

# Postair

December 19, 1973

CANADIAN FORCES BASE, WINNIPEG

Vol. 22, No. 24

## Season's Greetings



Rear Admiral R. St. G. Stephens  
Commander  
Training Command

"And all eyes were turned to the East" has long been a part of the Christmas story announcing the birth of Christ. But this year there is a dual significance to this phrase — a place where open conflict has given way to an uncertain peace and has brought in its wake unforeseen and unprecedented impact on the whole world.

This nation may feel the effect of energy crises and shortages less than many, but one can take small comfort from one's own well-being whilst others are suffering. This is surely both the spirit and message of Christmas — peace and goodwill to all men.

Once again we find Canadian servicemen contributing as peacekeepers and if this can help to maintain a more stable world, then we are serving well and doing our duty. But even more is expected of us and we must continue to be prepared for all eventualities.

I believe that we in Training Command play a large part in ensuring the men and women of the Forces are well trained and possess the necessary skills for carrying out any of the tasks required of them. It is through your dedication and diligence that this becomes possible.

To all of you in the Command — both military and civilian — I convey my thanks for your efforts and support over the last year. To your families as well — I send seasons greetings and a fervent hope that 1974 might bring more peaceful times in an unsettled world.



Colonel C. A. LaFrance  
Base Commander  
C.F.B. Winnipeg

Last year at this time, I drew attention to the major challenges expected for 1973. Base personnel met these challenges in the best traditions of CFB Winnipeg. In fact, the reputation of the Base for providing excellent support in operational, technical and administrative fields was enhanced. The support required for NORAD exercises, transients, lodgers, Reserve and cadet elements was provided by highly competent and dedicated military and civilian personnel.

These challenges will still be with us in 1974. In addition, two significant events will have an impact on our activities. Firstly, Canada's UN Force in the Middle East will tap our resources directly or indirectly; we shall, of course, provide to this activity whatever support is required of us. Secondly, 1974 marks the Centenary of the City of Winnipeg. We have the good fortune of serving our country in a community where the Armed Forces are particularly welcome and it is therefore appropriate that we should participate fully in Centennial activities. Our general theme will be "100 Years of Military History in Winnipeg". It also happens that 1974 is the Jubilee of the Princess Patricia Canadian Light Infantry and, in our Centennial activities, we shall pay a special tribute to that gallant Regiment.

I extend my best wishes to all Base personnel for Christmas and the New Year. I also hope that, as you take a well deserved rest with your families during the Holiday Season, you will join me in a special thought for the families who will be separated by reason of military requirements.

# Dots and Dashes



'He He He' — not exactly the hearty 'Ho Ho Ho' we generally associate with the Yule Tide season, but nevertheless, its nice to know that Old Uncle Vox can still be so carried away with the Spirit of Christmas. I know he joins me in wishing all of you a very Merry Christmas and a Happy New Year.

Special wishes and a sincere vote of thanks are extended to those personnel who, during the past year helped make the publishing of Voxair possible. Surprisingly enough, the list becomes quite lengthy when we consider the Voxair Volunteer Staff, the contributors, photographers, printers, distributors, accountants and of course, our advertisers. Without the full support of all these people and possible others I might have overlooked, there could be no Voxair.

By the time the next issue of Voxair is published, Canada will have a new Governor-General. The installation of Canada's 21st Governor-General will take place in the Senate Chambers in Ottawa on January 14, 1974.

Many servicemen and women, have had reason to be in personal contact with Governor-General Roland Michener during the six years and eight months he served as the Queen's representative in Canada. All, I am sure admired the fine personal qualities and stature which enabled him to fulfil

his role in so exemplary a manner.

On his retirement from public life, service personnel wish Governor-General Michener and Mrs. Michener continued success, health and happiness.

# Letters to the editor

Winnipeggers can be proud of their performance in supporting their United Way.

Men and women from all walks of life, organizations, and over 5,000 companies, will have contributed \$236,841 new dollars when final receipts are in for a total of \$3,546,841 — 98.9 percent of the goal. This represents a 7.2 percent increase over last year's results and the largest dollar increase since the United Way began.

Indications from almost every area of the campaign, show a substantial number of new donors to share this community responsibility

of ensuring that social, health, and youth services are available to Winnipeggers who need them. Winnipeggers have made their United Way a "total community involvement" project.

I, am pleased too, with the performance of the 1973 campaign team. But they, as well as I, know that the success of a campaign is based on the generosity of our citizens.

Congratulations Winnipeg, and "Thanks to You — It's Working" — the United Way.  
Allan M. Moore  
Campaign Chairman.

# Confligere

by Bob Purvis

Optical Illusions, or 'Tis Human to Err. In a recent edition of VOXAIR, under the heading "Dots and Dashes," the plight of an editorial headache was explained; the result of a simple word being inserted where it was not wanted.

Since the introduction of offset printing to the industry, the insertion of incorrect words, plus the addition of unwanted words have turned sentences, indeed, paragraphs into real subjects of controversy.

How often have you read an article in any newspaper or magazine, discussed it with a friend, only to find that you are both in disagreement as to what it really meant? This may have been due to optical illusion or mistranslation of the material perused.

In many editions of VOXAIR we have noted lines, paragraphs and columns in the wrong sequence; words omitted and some inserted, and of course, incorrect spelling. How closely do you peruse an article?

Routine Orders are published almost daily at every unit. How often and carefully are they perused? Frequently we hear a person say, "Where did you see that?" with the answer invariably being "RO's" This may result in a verbal combat, but to settle the matter, RO's are generally sought and carefully fine-tooth-combed to find the entry covering the subject of controversy.

Whilst on the subject of RO entries, it would appear that many items should perhaps be printed in VOXAIR so that wives may read and absorb their content. It is quite obvious that husbands do not keep their wives informed of entries which are pertinent to the whole family, e.g.: Fire Prevention in PMQ's; Gas Furnaces PMQ's (emergency phone numbers); Heat Conservation PMQ's; Dogs at Large in PMQ's; Children Left Alone in Automobiles, etc. Many of these items a wife is more likely to remember, or take note of, than relying on the husband to pass on the same information.

Some wives complain about the type of eyeglasses a man is issued with. These wives should be made aware of the RO entry that frequently is printed re conformity and uniformity in type of glasses procured, etc.

Optical illusions and errors in what is read are bound to continue. The average person no longer has time to painstakingly peruse, assimilate and absorb words as they are meant to be. We note that hearing presents a somewhat similar problem. Almost daily, someone phones up the local radio station "hotline" narrators to commence an argument re what was actually said over the air; not necessarily for argument sake, but because they didn't hear, or understand, the facts as they were actually stated.

Let's anti-dim our eyeglasses and install new batteries in our hearing aids. 'Till then, Merry Christmas and a Happy New Year.

# NORAD Chief Visits Canada

OTTAWA — General Lucius D. Clay Jr., Commander in Chief NORAD meets with Prime Minister Trudeau during his first official visit to Canada recently. Photographed during the visit are

Defence Minister James Richardson, General Clay, Prime Minister Trudeau and General J. A. Dextre, chief of the defence staff. (CANADIAN FORCES PHOTO)



# CANADA SAFETY PLAQUE to CFB WINNIPEG

CFB Winnipeg has been awarded a Canada Safety Plaque for achievement of lowest accident rate for highway vehicles during 1972. The plaque was presented to Base Transportation Section, by RADM R. St. G. Stephens, Commander Training Command on 26 Nov 73.

This achievement is the direct result of many accident — free miles accumulated by CFB Winnipeg MSE drivers. Their success is attributable to the use of defensive driving techniques learned on courses sponsored by the Canada Safety Council.



Colonel C. A. LaFrance, center, LCol A. J. Shade, right, Base Technical Services Officer, and Capt S. F. Crooks, left, MSE Officer inspect the Canada Safety Council Plaque following the presentation to CFB Winnipeg Base Transport.

Base Photo



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

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

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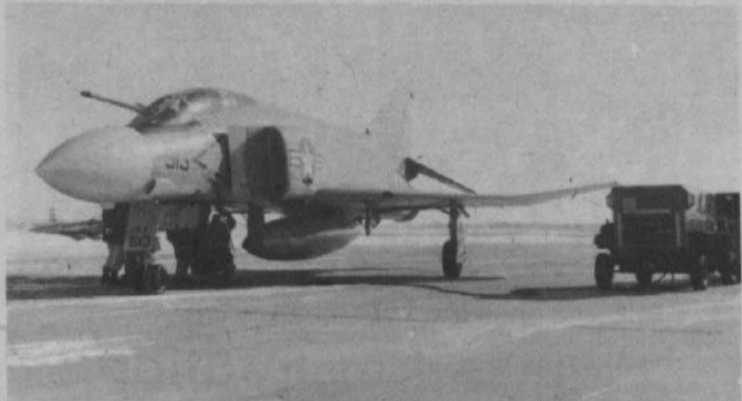
# NORAD Support

CFB Winnipeg may be the home of the Air Navigation School, but it is not uncommon to see jet fighters, fighter-bombers or electronic counter-measure aircraft on the flight line.

In fact, CFB Winnipeg plays a large role in support of North American Air Defence. In the past year our base has provided support to fifteen live NORAD exercises. This support has varied greatly — from 429 Squadron flying strike force sorties against exercise participants to flight line maintenance. But we cannot stop there. Along with these aircraft come men, and virtually the whole base gets involved. The par-

ticipants of these exercises are quartered and fed, they are provided with transportation, they use our communications and flight planning facilities.

Letters of appreciation have been received from NORAD, and while it is not possible to go out and thank each man personally, their efforts do not go unnoticed, be they clerks, cooks, aircraft technicians or pilots. All play a vital role and without their dedication and hard work NORAD exercises would certainly not enjoy the high degree of success which is made possible by such co-operation.



F-4 Phantom being serviced by CFB Winnipeg groundcrew during NORAD exercise.

Base Photo

# PATS CAIRO BOUND



WINNIPEG — Twenty-three members of the 2nd Battalion Princess Patricia Canadian Light Infantry load their gear at Winnipeg's Kapyong Barracks in preparation for their

move to the Middle East. They flew to the staging point in Calgary on November 30 before the flight to Cairo. (CANADIAN FORCES PHOTO)

# Drugs are for the Sick

A Drug Education Course was conducted by the RCMP Police at CFB Winnipeg on 7-8 Nov. The course was attended by members of the RCMP Police, Manitoba Rural Detachments and Sgt G. A. Gardiner and MCpl J. R. Chesney. The course NCOs were SSgt L. Wagner and Cpl R. Osika. Cpl M. E. Caldwell, the Chief Instructor has been employed in police work relating to drugs for the past twelve years. This together with his excellent instructional technique

resulted in a very interesting and informative course.

The course itself dealt with drugs from when they originated up to the present day, and included all the known "Pills" that are taken for a trip. The Narcotic Control Act and the Food and Drugs Act were covered dealing with importing and the trafficking in drugs. Also discussed on the course were a number of incidents which have occurred in Manitoba involving drugs. In 1971, there

were 451 known daily users of drugs in Manitoba and since then this number has greatly increased. It can cost a person addicted to hard drugs up to \$200.00 a day to satisfy his needs. This often leads to acts of crime if this person does not have a job that can help him pay for his needs. This course was very interesting and many eyes were opened in regards to drugs. NOTE: Never taste drugs and Never use drugs or smoke Marijuana at anytime. If you are not sick leave drugs alone.



Personnel attending a Drug Education Course conducted by the RCMP at CFB Winnipeg included:

Back Row: L to R SSgt L. Wagner, Sgt G. A. Gardiner, Cst A. G. Phillips, Cpl D.R. S. Craig, Cst R. P. Zazulak, Cst K. A. McDougall, Cpl G. McLean, Cst G. H. Donovan, Cpl R. Osika  
Centre Row: L to R MCpl J. R. Chesney, Cpl D. M. Gray, Cst G. V. Wright, Cpl B. E. Durling, Cst P. G. Heintz, Cst H. E. Hilstrom, Cst G. R. Annand, Cst D. D. McPherson, Cst R. S. Powell, Cst F. J. Prisciak, Cpl L. P. Bacon. Front Row: L to R Cpl F. G. Chappel, Cst J. G. Callaghan, Cst D. E. Curtis, Cpl M. E. Caldwell, Cst P. C. Jacobs, Cpl W. A. Border, Cst T. W. I. Moriarty, Cst R. H. Kind, Cst D. G. Kessler. (Base Photo)

Ottawa (CFB) — Is there a SHAPE in your past?

A committee has been formed in Ottawa to organize a reunion of people, military and civilian, who served at Supreme Headquarters Allied Powers Europe (SHAPE), in Paris, France, or at its present location, Casteau, Belgium.

It is tentatively planned to hold the reunion in Ottawa sometime during the summer of 1974.

Those interested are asked to write to: MWO C. W. Usher, 1233 Maitland Ave., Ottawa.

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# PATRICIA REPORT



## Winter Concentration — 2 PPCLI

### Base Commander Visits Field



Col C. A. LaFrance, Base Commander CFB Winnipeg, being briefed by LCol J. H. Allan on training in Beausejour while remainder of his party enjoyed a hot cup of coffee.



Taking a tour of training area in Beausejour during winter concentration.

During the recent winter training in Beausejour, Col CA LaFrance, CD, Base Commander CFB Winnipeg, and party made a visit to the troops of 2 PPCLI. On his arrival in Beausejour by helicopter Col LaFrance was briefed by LCol J. H. Allan, CO2 PPCLI, on the training and the battalion exercise being conducted. After having a cup of hot coffee Col LaFrance and party were taken on a tour of the training area by ski doo.

During the two weeks, 26 Nov — 3 Dec, 2 PPCLI conducted winter indoctrination training for all of its personnel. The majority of the battalion was involved in winter training at Beausejour, a small radar station located 50 miles NE of Winnipeg. Training at Beausejour included working with four helicopters (Huey) from CFB Edmonton on movement of troops and their equipment and resupply; building of snow defences; cross country marches on snowshoes and skis. Other means of transportation was by Light Oversnow Vehicles (LOSVs) or more commonly called Ski Doos. To insure that the LOSVs are handled properly, the Battalion Transport Section under command of WO Stothard, conducted a LOSV course and qualified nine personnel. The Transport Section also braved the weather in Beausejour and slept out in improvised shelters for one night. All in all the battalion personnel became very proficient in the art of snowshoeing which was very evident during the three day battalion exercise "Nautical Puppet". During this exercise information was received that B Coy 2 PPCLI, under command Capt R. J. A. Bunner, never took their snowshoes off for 20 hours.

While the majority of the battalion was in Beausejour, A Coy 2 PPCLI, under command Major G. M. Reay, was involved in winter training in CFB Shilo. A Coy training not only included normal winter warfare indoctrination but also involved training in the use of the Armoured Personnel Carrier (APC) during winter operations. This training was designed to show the troops the art of winter warfare using APCs and also give the drivers practical experience in winter driving — which increases the proficiency of the troops in performing their tasks.

At the same time as A Coy was in Shilo, Mortar Platoon, under command Lt R. J. Pengelly, was also there but training in a different manner. Mortar Platoon has been in Shilo from 26 Nov until 8 Dec firing for the Artillery Officers Advance Gunnery Course. This training, in conjunction with the Gun Camp held earlier, has enabled the Mortar Platoon to reach a high degree of proficiency in the use of their weapon in all types of weather.

On completion of the training in Beausejour, LCol J. H. Allan presented a PPCLI plaque to Maj Ash, CO C. F. S. Beausejour, in recognition of his assistance to the battalion during its winter training.

### Happiness is . . . .



### Plaque Presentation



### Merry Christmas

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# 429 Sqn. Bison Brew

**Howdy Herd.** Did you hear about the UFO on the Oxford House navigation training route last week? Apparently the open cockpit, animal-powered aerodyne seen whisking along the sub-zero wind paths was not the Red Knight, nor was it the Red Baron. This was ascertained after the gooneybird applied max torque and gave chase to the wavering red light first spotted by the eagle-eyed youthful first officer, who was busy making out his Xmas list when the object was first spotted. Close approach to the object was accomplished before all the engine oil shot from the gaskets, and a fat, bearded old chap in a red thermal flying suit was seen driving along in a sleigh marked "Enroute Trainer", pulled by two new reindeer. Relax, first officer, he'll get your letter and will deliver just as soon as he gets the new crewmembers broken in.

Pretty well all of the guys have written the annual aircraft operating exams by now, and the standards dep't are settling down to a slack week or two. Through the grapevine to the movements section we heard that a lot of passengers had been getting worried seeing all the guys clambering uphill to the engine room with checklists open and the how-to-do-it books under their arms. It really wasn't intended to scare you folks — we just have this annual proficiency exam to write, you see, and reading keeps us awake up there.

George Hamilton is at it again. He's on temporary duty in Banff, trying out for the ski team, and dreaming up a scheme to get into the winter playoffs of the Venezuelan tiddlywink league. The scheme looks good so far. All that's left to do is to convince Ottawa to field an official team for the Tropical tiddlywink tryouts.

On the 14th Dec the Bisons held the annual aircrew groundcrew Christmas stag. Very little damage was done to the building. Just prior to the stag a mug party was held honouring departing Bisons. Jean-Louis Cauchon, who spent the best part of four years here has completed the initial helicopter course in Portage and is en route to CFB Valcartier. Gilles Tessier, who hasn't been here quite as long as Jean-Louis, is going to follow in his footsteps in January when he will commence the initial chopper course. Wally Pennell is off to Montreal very soon to take up DC9 duties. Wally's career on 429 has been a lively one, with its high and low spots, and his talents as a lobster raider will be missed by many of us. After a long debate it was decided that he would get a mug as did all the rest, but for a while it looked like the goggles, white scarf, and box of band-aids would be chosen. Thanks to all three of you for the good work and all the laughs we've had together in the Bison Herd.

At the same gathering Tex Deagon and Leo Salminen were recipients of Dakota captain's scrolls. These are important documents to have, as they provide written proof to first officers that the guy in the left seat is a demi-God and entitled to respect and adulation from Lower Mortals. Unfortunately they don't help much, since most first officers can't read.

George Trattner and Bill Learmond also had to put on a display of speed and dexterity as they quaffed their pints to the chug-a-lug tune in commemoration of their promotions to Captain Rank.

Other than forty-three arguments, three broken bones, and a raid by the law, things went quietly and smoothly as is normal in the Bison Herd Xmas roundups.

**Seen around:** Willy Williamson on his way back here. The sly devil got back in and beat the rush.

**Overheard:** Jasper abdicating the throne.

TTFN



*That fat guy you arrested on the roof, what did he say his name was, again?*

## CURRENT CURRENCY

\$ \$ \$ \$ \$

From each and all sections throughout the Base Comptrollers branch, we wish you a very Merry Xmas and a Happy New Year.

The Christmas party was a high success with a very good showing in the numbers of smiling faces.

A few speeches and the finance Christmas party got underway with the dinner and plenty of lively music.

If silence is golden, then the halls of base accounts are shiny with a golden hue. A reduction of staff by half throughout the festive holidays makes one slightly lonely as the only echo one hears is the fall of his own foot steps. Aaaw well, it comes but once a year, so finance personnel and their families, may your holiday be happy and wonderfully eventful.

We'll say no more and close this door, only until seventy-four.

# The Gift

by WO R. S. Anderson,

Asst Fire Chief CFB Cold Lake

And as time passed, the great star cooled and luscious vegetation grew in abundance over its surface. And as it was in those days, huge storms arose, jagged fire came from the black and cold heavens, and the destruction upon the lush growth was great. The animals that abounded there were sorely afraid. And as it was written, creatures of great intelligence lifted themselves from the great waters and reigned over all things, for this was the makers plan. And so it was that great gifts were bestowed upon these creatures, one of which was fire, and from this many other were found which brought great joy. But it came to pass that the creatures were careless with their gift, and great was the destruction upon the lush growth, and the animals that abounded there. And it came to pass that great structures arose from the land, and the creatures came from their caves and dwelt therein. With them they brought their gift of fire, for it was found that it gave both heat and light to their bodies and dwellings. And it also came to pass that those who understood the power of the gift came forth with rules and regulations for the protection of all the creatures, and to these and those that obey, blessed be ye, for it is written thus:

- Blessed are they that keep all exits free of snow: for they shall have a clear path to travel.
- Blessed be they that have a family escape plan: for unto them safety is assured.
- Blessed are they that hire a trained baby-sitter: for unto them shall come peace of mind.
- Blessed are they that teach fire safety to their children: for they will be spared anguish and despair.
- Blessed are they that check the wiring of Christmas trees and gala lights: for unto them shall shine the lights of happiness.
- Blessed be they that do not smoke in bed: for they shall open their eyes to wonder each morning.
- Blessed are they that smother a cooking-pan fire: for they shall remain free of disfigurement.
- Blessed be they that know and respect gasoline: for they shall not perish in a ball of fire.
- Blessed are they that read and heed the labels: for they shall read of greater things.
- Blessed be they that heed the advice therein: for unto them shall come a long life.



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## Pro utilitate hominum

For the Service of Mankind — by WO A. Golding

Well, old man winter is once again upon us and with it comes the rash of accidents, most of which generally happen as a result of not defensively driving, however, today we utilize a little space on a couple of particular potential accident injury contributions that people seldom give much thought to.

Under the provincial law of Manitoba, drivers are compelled to have frost shields mounted on both front door windows (left and right) so that their vision will not be obscured by frost. A larger frost shield is required on the rear window to permit clear vision in that direction.

Many drivers are not fortunate enough to possess a garage in which to park their automobile. Frequently in the morning, and at the last moment, he will run out to his auto, get it started and commence driving without any snow or ice removal from roof, hood and window areas, thus creating a hazard for himself and everyone else on the road.

Although legal in the province of Manitoba, winter tires with studs can also be quite a hazard. You may volunteer your services to help push a snowbound auto that has studs. When the rear wheels spin, they sometimes emit a few studs at sufficient speed to penetrate your clothing and skin. You may easily get hit in the face, or lose an eye. You don't even have

to be pushing an auto to have a stud incident. You can be driving comfortably in the warmth of your own auto, and without forewarning have a stud fly from the rear wheel of the vehicle in front of you, penetrate your windshield,

resulting in an unexpected accident-injury.

Remember that studs are illegal in Ontario and many of the States . . . so check the law before proceeding to any other Province or into a State.



## SEASON'S GREETINGS

Another Christmas is being heralded. Join with family . . . friends in light-hearted celebration. Let's make it festive and do it up bright! During the holidays do remember that we're grateful for your support. Our thanks.

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# CFANS news corner

The festive season got off to a great start this year with a party at Sqn Ldr Ian Reid's residence. The weather held true to form and started the party with a standard Winnipeg blizzard. For awhile it looked like we were going to be snow bound, and I heard calculations going on of how long the Chief Instructor's duty free would last. Vivienne topped off the evening with a fine buffet of curry and both Ian and Vivienne should be commended.

Meanwhile SANC 7303 added to the holiday hangovers with a farewell party in the Officers' Mess. Someone commented, "Why don't we replace course critiques with a new form called course complements?" However, the comment was attributed to an anonymous staff member and was politely ignored.

The ANS Sports Day was a resounding success due to the efforts of Lou Gagne. It was even more of a success than normal due to the fact that the staff won for a change. The ANS Broomball team could use some of that talent in its weekly encounter. If anyone is interested contact Art Armstrong, and you can exercise off some of that Christmas turkey.

Ed Arnott should be getting



back shortly from organizing the ASC long Canadian tour. This tour is presently scheduled to depart 21 Jan 74 and will be visiting various military and industrial establishments in Canada. Meanwhile Doug Cantley has been doing such a good job at Staff School that they have rewarded him with another course to attend as soon as Staff School is over. He will now be attending the School of Instructional Technique and won't get back to squadron until March 1974. So much for your first year on squadron Doug.

The suggested New Year's resolution for the staff is — I promise to complete my Academic Instructor Guides in 1974.

Since this is the last issue of 1973, I'd like to take this opportunity to wish everyone a Merry Christmas and a Happy New Year.

# SEASONAL HAZARDS

This is a very special and happy time of year. But it is also a season that can bring many serious and unsuspecting fire hazards into your home. Take a moment now to prevent a holiday FIRE tragedy.

**Your Tree** — Buy a firm, fresh tree (when dried out, evergreens become highly combustible!) Until ready for use, store tree in a cool place with its base in water.

Before setting up the tree, cut off tree at the base. This fresh cut helps tree absorb water. Place tree in a stand containing water. Keep water level above cut. Check daily.

Locate tree away from heat (hot air ducts, radiators, TV sets fireplaces, etc.) and where it will not block exits. Consider giving tree extra support with guy wires.

Take down tree as soon as possible after the holiday. Unless the tree you buy has been treated correctly with UL — listed chemicals. Do not rely on the tree's fire retardant qualities.

**Lighting** — Absolutely never, never, put lighted candles on a tree — or near any evergreen decorations. This practice is extremely risky!

Lighting sets can wear out or become damaged. So check them closely for worn insulation broken plugs, loose bulb sockets.

Use only lighting sets that show Underwriter's Laboratories Inc (UL) or Canadian Standards Association (CSA) label.

Plug tree and decorative lighting sets to circuits having only 15 amp fuses or circuit breakers. Use extension cords sparingly. Outdoors wiring needs special weatherproof cords.

Turn off indoor lighting sets before going out or retiring.

**Artificial Trees** — If plastic type, check for labels certifying slow-burning material. If metallic type, use only indirect spot lighting and do not hang lighting sets on tree — as there is a possible electric shock hazard. Trees with built-in electric system should carry the UL label.

**Decorations** — Use noncombustible materials (glass, asbestos, etc.) if possible, or flame-retardant decorations. Untreated cotton, flock, and tissue paper ignites so easily.

Ordinary polystyrene foam or natural evergreens make fine displays, but can be a serious fire hazard. Keep candles or any open flame away.

Select holiday masks, whiskers, and other costuming carefully.

See Hazards Column 4 Page 14

# Cadenza

By Sergeant L. Crawford

The Training Command Band annual Christmas party, held at the Sr. NCO's Mess on Wednesday, Nov. 28th, from all comments, was an outstanding success. Col. LaFrance honored us with his presence and a great time was had by all. A great deal of the service's musical problems were thoroughly ironed out that night although no one seemed too clear about the recommended solutions the following day! To those members of the band who worked so well and hard at organizing the party, a hearty: "Well done!"

The weather stopped the band from performing our annual Christmas Carol service at C.F.B. Portage la Prairie this year... at least that's the story I heard as to why the police wouldn't let us leave town that day... However, the band has been successful in providing entertainment for the R.C.M.P. Mess Dinner and the Sr. NCO's Mess Children's Christmas Party along with the usual round of commitments for this time of year. We will also have been to Regina for a concert there by the time this reaches print and also will have performed for the patients at the Misericordia Hospital here in this city.

MWO Cor Godri has been away from us quite a lot of late as he flogs away at his French course. He claims to be getting much more out of the late movies on channel 3 now...!!

Apologies to W.O. Don Washbrook who, amongst other things, is the Chief Librarian sans name mentioned in my last column. Sorry 'bout that, Don.

Sgt. Guy LeBlanc was very pleasantly startled the other day with the unexpected, unannounced arrival of a brand, spanking new

Farfisa "Professional Duo" organ and Model 145 Leslie Speaker system. After all these years of using his own equipment when he played hither and yon (usually in Bb) with the T.C. Dance Bands, at long last he has a very up-to-date and effective instrument supplied to him by the service. Hoever, even broken down for transporting, the "Pro-Duo" is big. I can just see the faces of the Dak. crew next time we hit the road (air?) with "Big Mother", as someone so affectionately has labeled the new organ, and we start figuring ways to tie it down.

The 'Tribune' is interested in doing an article or two on the T.C. Band. We have had the pleasure of meeting George Jacobs, the writer who will be handling the story as he met with us during coffee break the other morning. Some of the stories I heard being related to Mr. Jacobs by members of the band would provide very interesting reading, indeed! George normally handles crime reporting for the "Trib". Nuff said...!

The Rumour Dept. has it that the T.C. Band will be involved in much of the Winnipeg Centennial celebrations this coming year. Rumbblings of Province-wide Tattoos and concerts plus other special military and civilian functions could very easily see us moving into one of our busiest years since 1967. However, it would be difficult to beat last year's European marathon but, I have a feeling "we gonna try...!"

In closing may I take this opportunity on behalf of Capt. Terry Barnes and the Training Command Band to wish the readers of this column, one and all, a very Merry Christmas and Happy New Year. See you next year!

# HEALTH PROBLEMS PREVENTABLE

The health care system is consuming 95 cents of every health dollar but many of our health problems are preventable "diseases of affluence, choice or neglect".

Dr. Maurice Leclair, deputy Federal Health Minister, said it is people's lifestyles, rather than the availability of health services, that are responsible for much of the morbidity and mortality.

"An individual can do something about cigarette smoking, alcohol intake, over-eating, lack of exercise, abuse of drugs, wearing of safety belts, venereal disease, etc. . . It is apparent that we have been spending vast sums treating diseases that could have been prevented in the first place."

The effects of alcoholism were among some of the statistics that he described as impressive and alarming.

"The statistics are almost endless but there can be absolutely no doubt that excessive consumption of alcohol is a major cause of both morbidity and mortality for the Canadian population. It is also clear that alcohol abuse is a matter of individual personal responsibility and that legislation cannot replace that responsibility, but only reinforce it."

Dr. Leclair said his department's assessment of health problems "leads inescapably to the conclusion that improvements in our health now depend far more on how we behave as individuals, on our lifestyle, than on improvements in the quality and quantity of health care."

Another speaker, Dr. Ian W. Henderson of the University of Ottawa, was critical of some Canadian health care.

See Health Column 4 Page 14

# THEATRE COSTS RISING

Because of rising costs, the management of the Base Theatre were recently granted approval to raise the price of admissions. The increased prices were put into effect on 1 December and unfortunately little prior notice was

given, therefore if you were inconvenienced please accept our apologies. This is the first increase in approximately three years and I'm sure you will agree the price is still very reasonable. The new Prices are:

Regular Movies — Children 35c, Adults 75c.

Special Movies — Children 35c, Adults \$1.00.

The December calendar was printed before the prices were approved and therefore do not reflect current rates. In future the Calendar will show the new regular rates and special movies will be appropriately annotated. Please note that no movies in December will be classified as a special movie.

We appreciate your continued patronage and wish you a Very Merry Christmas and a Prosperous New Year.



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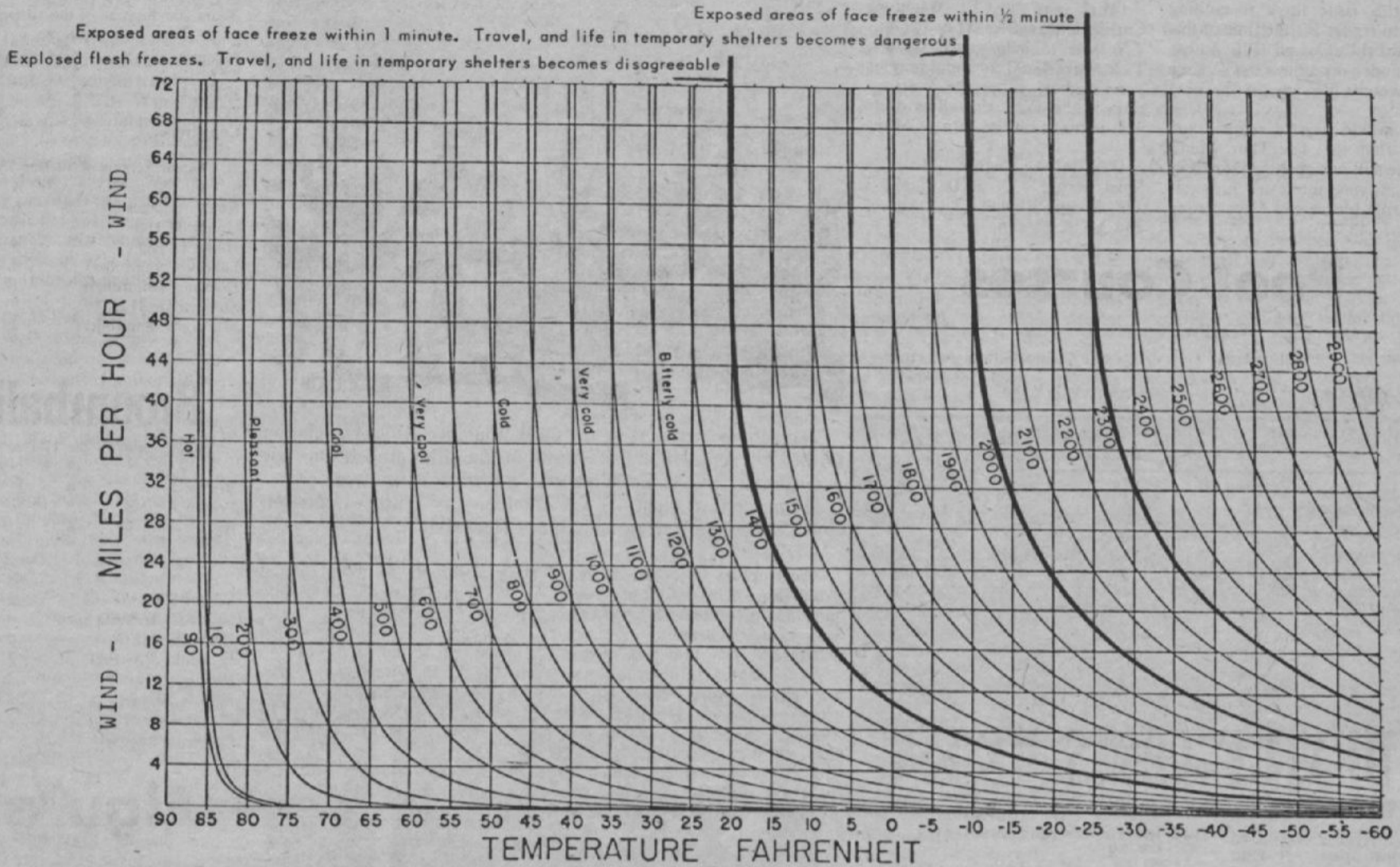
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# Baby It's Cold Outside



During periods of cold weather the relative amount of heat lost from the body — how cold you will feel — may readily be determined by using the Wind-Chill Factor.

The Wind-Chill Factor is the cooling effect of any combination of temperature and wind. It is the loss of body heat expressed in kilogram-calories per hour per square meter of skin surface. Simply stated: the higher the Wind-Chill Factor the more rapid the rate of heat loss from the body. For each combination of temperature and windspeed there is a calculated Wind-Chill Factor, shown in the Nomogram below on the curved lines labelled 90 — 2900.

Using the Nomogram: When a temperature of -5 degrees F. is accompanied by a wind of 30 mph the Wind-Chill Factor is 1800. Secondly, a temperature of -40 degrees F. occurring with a 4-mph wind speed will produce a Wind-Chill Factor of 1600. These two examples illustrate that the amount of heat lost from an exposed body is greater (by 200 Kg-C/hr/meter<sup>2</sup>) in the situation where the temperature is -5 than in

the condition with a temperature of -40; the rate of heat loss was largely dependent on the wind chill.

Regardless of what the temperature is if the Wind-Chill Factor exceeds 1800 extraordinary precautions are required to keep the body safe from excessive cooling.

Records of recent years show that on the average the Wind-Chill Factor at Winnipeg equals or exceeds eighteen hundred about 1 per cent of the time in December and 11.4 per cent of the time in January. Even a Wind-Chill Factor of 1200 or greater which occurs 85 per cent of the time in January and 59 per cent of the time in December is classed as "bitterly cold" and good winter weather protection practices are required to maintain an unimpaired, comfortable body condition.

The precise, scientifically — calculated Wind-Chill Factor which we can easily determine from the Nomogram is a much more accurate indication than the temperature reading is of how cold we will feel when we expose ourselves to the wintery blast.

OTTAWA — The Canadian Forces introduced at 10 percent cutback in heating fuel consumption on Nov. 9, at the direction of the chief of the defence staff, General J. A. Dextraze.

Defence department savings are being achieved through the lowering of thermostats, warmer clothing, efficient heating plant operation, avoiding heat loss through doors and windows, reducing temperatures at night and weekends and turning off heat in unoccupied buildings.

Other measures to be taken by the Forces will follow guidelines prescribed by the federal government. Operational activities are not expected to be curtailed, but the rate of training activity is being examined with a view to a possible slowdown, according to priorities.

The word has gone out to defence installations across the country to restrict the use of road and air transportation and to observe all fuel conservation measures for vehicles.



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# VOXAIR SPORTS

## Curling Corner

In this issue there is nothing much to report. At the time of this writing the Consul Playdowns were underway and we will have some results for you in the next issue.

We would like to remind you again that the Tue/Thur Men's League still has openings for three rinks. Anyone interested in entering a rink please call Capt Jensen at local 643.

Every year the CFB Winnipeg Curling Club raffles off two colour T.V. sets to help junior curlers. Tickets are \$1.00 each and may be purchased at either the Westwin rink or the FOB rink. The draw will be made on the 17th of May.

Upcoming Events: Holiday Spiel, Mixed — 26-30 Dec and 2-3 Jan, Bonnie Bonnet 17-19 Jan 74 and MCA 24 Jan 74.

## Pool Courses

### WESTWIN POOL

COURSE	DATES	TIME & DAY	REGISTRATION	DURATION
WATER SAFETY & LEARN TO SWIM	18 FEB TO 24 APRIL	MON & WED 1730-2030	11-15 FEB	10 WEEKS 20 LESSONS
WATER SAFETY & LEARN TO SWIM	26 JAN TO 27 APRIL	SATURDAY 0900-1200	21 TO 25 JAN	13 WEEKS 13 LESSONS
BRONZE MEDALLION	18 FEB TO 24 APRIL	MON & WED 1630-1730	11-15 FEB	10 WEEKS 20 LESSONS
ADULT SWIM	18 FEB TO 24 APRIL	MON & WED 2030-2130	11-15 FEB	10 WEEKS 20 LESSONS
MINNOWS	5 MAR TO 11 APRIL	TUE & THUR 0930-1000	25 FEB TO 1 MAR	6 WEEKS 12 LESSONS
TADPOLES	5 MAR TO 11 APRIL	TUE & THUR 1400-1430	25 FEB TO 1 MAR	6 WEEKS 12 LESSONS
WATER SAFETY LEADER	7 JAN TO 23 JAN	MON & WED 1800-2100 SATURDAY 0900-1200	BY 31 DEC	4 WEEKS 24 HOURS

### LIPSETT HALL POOL

COURSE	DATES	TIME AND DAY	REGISTRATION	DURATION
WATER SAFETY & LEARN TO SWIM	21 JAN TO 27 APRIL	MON 1700-1900 WED 1700-1900 SAT 0900-1200	7 TO 15 JAN 16 TO 18 JAN	14 WEEKS 42 SESSIONS
ADULT LEARN TO SWIM	18 FEB TO 24 APRIL	MON & WED 1900 TO 2000	4-12 FEB 13-15 FEB	10 WEEKS 20 LESSONS
MINNOWS	5 MAR TO 11 APRIL	TUE & THUR 0930-1000 1000-1030	21 TO 27 FEB 28 FEB & 1 MAR	6 WEEKS 12 SESSIONS
TADPOLES	5 MAR TO 11 APRIL	TUE & THUR 1400-1430 1430-1500	21 TO 27 FEB 28 FEB & 1 MAR	6 WEEKS 12 SESSIONS

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## Silverware Home



The above members of the CFB Winnipeg Rifle Association formed a team and went to Ottawa for the rifle competitions this past summer and came home with a load of silverware!

From left to right — Ed Dunlop, Les Williams, Nelson Colville, George Burton and Henry Heckman.

The trophies from left to right are: Militia Cup — first presented in 1952, presented 15 times and won by CFB Winnipeg 7 times, Patrons Cup — first presented in 1953, presented 12 times and won by CFB Winnipeg 4 times, Shea's Challenge Cup — first presented in 1924, presented 42 times and won by CFB Winnipeg 2 times, H. S. Holt Cup — first presented in 1914, presented 36 times and won by CFB Winnipeg 6 times,

Dingwall Trophy — first presented in 1929, presented 20 times and won by CFB Winnipeg 5 times, Tyro Team trophy first presented in 1958, presented 10 times and won by CFB Winnipeg 3 times, O'Keefe Challenge trophy — first presented in 1958, presented 14 times and won by CFB Winnipeg 6 times.

These trophies are now on display in the lobby of our Rec Centre.

## Hockey

Team standings as of the 10 Dec 73.

Team	GP	W	T	L	PTS
Avionics	8	4	2	2	10
BAMEO	7	3	4	0	6
2PPCLI	4	3	1	0	6
TCHQ	6	2	4	0	4
Comptrollers	6	1	2	3	4

Top scorers as of 10 Dec 73.

Player	G	A	PTS
Kuntz Avionics	6	4	10
Houde TCHQ	5	4	9
Houle TCHQ	5	3	8
Landry Comptrollers	4	4	8
Dobson Comptrollers	1	7	8
Stevens BAMEO	3	4	7
Macuria Comptrollers	2	5	7

## Broomball

Standings as of the 11 Dec 73

Team	GP	W	T	L	PTS
BAMEO	6	5	1	0	11
French Alpines	5	1	1	3	3
ANS	6	1	5	0	2

Top scorers as of 11 Dec 73.

Player	G	A	PTS
Hebert BAMEO	5	0	5
Sadletski BAMEO	4	1	5
Hache BAMEO	0	5	5
Ignatenko BAMEO	2	2	4
Hunnie BAMEO	2	2	4
Sigouin Alpines	2	1	3
Blouin Alpines	2	1	3

## Figure Skating

Our first test day for beginners and juniors was held on Nov 30th. It was most successful and many skaters passed tests. Three of our junior skaters, Teri-Anne Whitten, Anne Holstein, and Rose McDermott passed their 8th badge, and have moved up to the Intermediate group on Sunday. Congratulations girls, and good luck! Our thanks go out to all the judges for their hard work during test week.

Starting in Jan our club hopes to have some practice ice time available at the Westwin outdoor rink. As the time allotted is still unknown, we will be notifying the skaters early in the new year.

Registration for the next session of adult and pre-school lessons will be held on Sat Jan 12th, from 10-12 AM at the St. James Civic Center on Ness Ave.

Our regular Fri night group lessons will begin again on Jan 4th. "Merry Christmas" skaters and we'll see you in 1974.

### CFB Winnipeg Amateur Winemaking Club

The next meeting of the Amateur Winemakers will be held on Wed 19 Dec. 73 at Room 12, Building 61 at 2000 hrs.

After a short business meeting and the election of the 1974 executive a wine and cheese tasting session will take place.

## Fitness — Fact and Fancy

Exercises or Diet can help you burn off fat from a specific area of the body, and from that area only.

**Fancy:** Recent findings indicate that spot reducing does not work. Exercises causes a mobilization of fat from all over the body and not one specific area, regardless of the type of exercise. For those with too much fat tissue in the wrong places, the answer remains the same as that for persons with an overall weight problem — increased physical activity and decreased caloric consumption.

Flabbiness is a different matter. It is the result of weakened musculature, and specific exercises can be helpful in firming up an area by toning the muscles. A person may then have a reduced circumference simply because the muscles have become firmer.

Methods which involve wrapping a person from ankle to neck with tapes soaked in a "Magic" solution produce a permanent loss of inches exactly where wanted.

**Fancy:** There is no chemical substance or method known to science which can be applied to the body to produce a permanent reducing effect and/or "react with the fat" to make it disappear. For a variety of reasons, the person's measurements are apt to decrease

temporarily as a result of treatment. A dehydration solution, pressure from the bandages, vasoconstriction from cold and perhaps a little cheating with the tape measure, can produce "amazing results" for a short time. The "loss of inches" will not be permanent.

Putting on Weight is not always just a matter of eating more than other people because people are different in the way they react to food.

**Fact:** It used to be thought that anyone who developed too much fat just ate too much. But research indicates that differing body and temperament types vary in their utilization and burn up of calories. Some people have slow internal furnaces, others fast burning ones. Some are more active, are faster when they move and are more tense and activated.

You have to find out your type and if you are a "slow burner" get more exercise to burn up calories and stimulate your metabolism. Learn to avoid the high calorie foods. If you feel you are not really eating enough to put on weight but you do — check it out with your family physician. It's not how much you eat, but what you eat that makes the difference.



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# Base Transportation News and Views

## SAFETY SAM SEZ

### SAFE DRIVING WEEK REPORT

Safe Driving Week efforts by the MSE Safety Staff were enthusiastically supported by all members of CFB Winnipeg, resulting in a successful promotion of safe driving practices throughout the week. MSE Safety's hope is that these safe driving practices continue throughout the year, thus "throwing a wrench" into the mushrooming epidemic of vehicle accidents with the resulting deaths and injuries.

### SAFE DRIVING AWARDS

Although some people (those who do not read either the Voxair or R.O.'s) became slightly perplexed upon being stopped by the MSE Safety "gendarmes" in their unmarked black sedan, they all willingly accepted the silver dollar prizes for having displayed safe driving practices. Readers may note the top award was won by an MSE OP. (did not have inside knowledge).

The following personnel were the recipients of the awards made available through the Manitoba

Motor League and Base Funds. **Grand Award** Manitoba Motor League Membership 1974.

Alphonse Plaque (TCHQ Safe Driver recognition) Cash Award (\$12.00)

1. Cpl. Mathews CG (BTN) **Runners-Up** Theatre tickets for two Odeon-Morton Theatres

1. Mr. Waugh L. W. (BTN) 2. Cpl Witty E. J. (TCHQ) 3. Mrs. Lewis V. M. (Compt-TCHQ)

4. Capt Hunt R. A. (Dental) **"Safety Patrol" Silver Dollar Winners**

1. Mr. Wood W. (BTN) 2. LT/Col McBride W. W. (TCHQ)

3. Mr. Archibald E. (CE) 4. Sgt. Dunphy J. F. (BCEO) 5. Cpl Trotter J. J. (BAMEO) 6. Cpl Goyette J. J. M. (RSS Prairie)

7. Cpl Banton J. N. (CE) 8. Capt. Uglov B. P. (TCHQ) 9. Sgt Tompkins C. D. (2PPCLI)

10. Mr. Krawchuk E. (BTN) 11. Mr. Tesluck B. (B Civ Pers)



12. CWO Jamieson J. E. (TCHQ) 13. Mr. Richards J. K. (CE) 14. Mr. Schindel J. W. (CE) 15. WO Cairns R. (B Photo) 16. Capt Howard J. A. (AETE 401 CFTSD) 17. Sgt Gray A. (Dental) 18. M/Cpl Gleadell C. A. (B Supp) 19. Mr. Sim G. (BTN) 20. Lt Reid I. (RC ASC Cadets) 21. Cpl Mathews C. G. (BTN) 22. Mr. Waugh L. W. (BTN) 23. Cpl Witty E. J. (TCHQ) 24. Mrs. Lewis V. M. (B Compt) 25. Capt Hunt R. A. (Dental)

**FESTIVE SEASON SAFETY**

A noted heart specialist once stated, "Man dies much too early in comparison with other animals."

Animals in general live six times as long as it takes them to grow, therefore so should man. Man should live to the ripe old age of approximately 120 years. Two reasons which stop man from reaching this ripe old age are:

He drinks when not thirsty.

He drives cars. Research by Peter Warren indicates that 40% of the North

American death toll is due to these two factors.

During the festive season both drivers and pedestrians tend to consume alcoholic beverages in larger quantities than their thirst requires and then insist on driving their cars, or paying little heed to vehicle traffic. The two factors combined therefore create a hazardous condition — which is in-

creased at this time of year.

**"IF YOU DRINK — DON'T DRIVE"**

**"IF YOU DRIVE — DON'T DRINK"**

### SEASONS GREETINGS

Safety Sam and Staff wish to extend to all, wishes for a Very Merry Christmas and a Happy New Year.

## Wagon-Express

### THE V.I.P. DRIVER

This week, the "WAGON EXPRESS" features the V.I.P. Driver. Of the many duties of the MSE tradesman, perhaps the most demanding is the task of driving V.I.P.s. The V.I.P. driver must maintain a high standard of dress and deportment, have a pleasing personality and be aware of the

fact he is always in the public eye. He is able to function with good judgement, discretion, and a minimum of supervision at all times. To a large degree, the reputation of Base Transportation rests on the shoulders of the V.I.P. driver. The numerous commendations received go to prove the skill and pride our drivers possess.



V.I.P. Drivers from the Base Transportation section parked their Staff cars long enough to gather for this photo. Pictured left to right are: M/Cpl Gauthier, Cpl Breen, Pte Desjarlais, Pte Pittman, Cpl Hansen, Pte Bryden, Cpl Calnar, Cpl Buckle, and Cpl McLean.

Base Photo

The Base Transportation section welcomes three new members to its staff. Pte. Ball arrived in Winnipeg on Dec. 6 from CFSAL CFB Borden. Pte. Ball calls Brampton, Ontario his hometown. Pte. McKechnie a native of Dugald, Manitoba reported in on the 19th of Nov. from CFB Borden. The third member of the trio is Pte. Kennedy whose hometown is Deep River, Ont.

The first phase of their training as MSE Ops at Base Transportation is extremely important, and Capt Crooks takes a personal interest in all new members of the Transportation staff. Under his expert supervision, Ptes' Ball, McKechnie and Kennedy will be

tutored in the art of volleyball. Upon successful completion of this phase of training, the new members of the staff will be allowed to drive our staff cars.

### CHRISTMAS GREETING

As this is the last edition of the VOXAIR before Christmas, now is a good time to wish all members of Base Transportation and their families, and all members of CFB Winnipeg a most Merry Christmas, and a happy and prosperous New Year. We at Base Transportation are looking forward to the New Year with the expectation of further excellent co-operation and support from all members of CFB Winnipeg.



Major M. W. Drapeau, Base Transportation Officer, presents Cpl Mathews C. G. with the Alphonse Award, part of the Grand Award presented, for displaying safe driving techniques, during Safe Driving Week 1-7 Dec 73.



Contest were presented by Major M. W. Drapeau, Base Transportation Officer. Pictured are from left to right NCO I/C MSE Safety Sgt. W. Melville, Capt. R. A. Hunt, Mr. L. W. Waugh, Major M. W. Drapeau BTNO, Capt. R. Martel MSE Safety Officer, Mrs. V. M. Lewis and Col. E. J. Witty.



Winnipeg — Shocking vehicle wrecks, made available through Autopac were displayed at both north and south site gates throughout Safe Driving Week 1-7 Dec. to remind drivers of the results of unsafe driving practices. The Canadian Armed Forces have

instituted a year-round drivers' education and driving improvement program that is emphasized during national Safe Driving Week. Canada Safety Council statistics indicate that in 1972 the national fatalities numbered 53 during this week as compared to

an average of 115 weekly throughout the year. The C.A.F. co-operates with the Canada Safety Council in minimizing these traffic fatalities throughout the year.

(Canadian Forces Photo)

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# ...from the diary of a mod housewife

by R. Kay

## THE CUP THAT CHEERS OR A VOTRE SANTE

"Wine is one of the most civilized things in the world, and one of the natural things that has been brought to the greatest perfection."

— Ernest Hemingway

"Some of the most dreadful mischiefs that afflict mankind proceed from wine; it is the cause of disease, quarrels, sedition, idleness, aversion to labour, and every species of domestic disorder."

— François de Salignac de la Mothe Fénelon

Two opposite views on an age-old beverage whose popularity in this country has grown remarkably in the last few years. Some people probably agree with the latter quote, but its writer, a French theologian who lived from 1651 to 1751, must have been a bitter man, for he also said that "the art of cookery is the art of poisoning mankind..." I like Hemingway's attitude better.

**Check Supplies.** With the holiday season in full swing, you should check your wine supply and decide what you will need for different occasions: family Christmas dinner, party punch bowl, fondue or dinner party and so on.

Remember last summer when imported wine prices suddenly shot up — some of them 200% and everybody started looking around for acceptable substitutes? Probably most of us briefly burst into patriotism and made an effort

to find a good Canadian wine. Alas, no matter how chauvinistic one started out, the enthusiasm could not be sustained long: Canada just is not one the great wine-growing nations in the world.

**Substitutes.** So, when some of our favourites rose to the heights of unaffordability, we turned to the imports from Spain, South Africa, Greece, etc. Because we wanted to keep track of what we had tried, I soaked the labels off each finished bottle, dried it and wrote our comments on the back. Some samples:

- A wine from Spain: *Lively, pleasant; reminds N. of Italian wine, me of French.*
  - Greece: *Light and rather nice, especially for \$1.80.*
  - Chile: *Thoroughly forgettable, use for cooking.*
  - France: *Good, but no raves.*
  - South Africa: *Trying hard to resemble a Moselle — and just about succeeding.*
  - Germany: *Lacks smoothness; not one of Germany's best.*
  - Canada: *A week before payday — not too bad at all!*
- We are still trying...

**A Matter of Taste.** All this is, of course, highly subjective and not necessarily according to 'standard' taste. But aren't we always told these days that our individual taste is all that matters and that you can even have white wine with steak?

Still, the basic rule of red wine with red meat and white with light meat seems perfectly sound to me. I am also quite willing to compromise with a good rosé. I do draw the line, however, at so-called wines with names like Duck, Goose or Turkey, et al. The less said about these, 'pop' drinks the better.

**A Myth Exploded.** You have heard and read about all those mysterious ways in which good wines should be treated — stored in temperature-controlled cellars away from drafts, opened so many hours before consumption in order to 'breathe'... Some of these traditional myths recently got a real jolt, when Henri Gault and Christian Millau, publishers of a French magazine, ran an exposé in which they described how they had packed a load of expensive Bordeaux wine in a car and, for weeks, drove all over Paris with it, not caring about bumps, heat, cold drafts. When a group of expert wine tasters later poured and sniffed and sipped the wine that had been exposed to all this punishment, they appeared not to notice any difference from other, properly-treated bottles.

Serve a good wine to drink with a festive dinner. For punch bowls or mulled wine concoctions, you don't need expensive ones.

### Fruit Punch Bowl

A punch bowl can be a pleasant drink for a gathering of friends. But do keep the ingredients pure and simple. Do not regard this as an opportunity to throw in any old left-over wine or liquor: a mixture like that is bound to produce headaches or memorable hangovers. If you want to 'stretch' or weaken the punch a bit, use simple club soda, not flavoured soft drinks! And a good punch bowl does not need any hard liquor.

1 lb. fresh, frozen, or canned fruit (strawberries, peaches, or pineapple) cut into slices or bite-sized pieces (drain, if canned)  
4 to 6 tablespoons white sugar  
2 bottles white wine  
1 or 2 bottles sparkling wine (white or rosé)

Place sliced fruit into large bowl (a big soup tureen will do), alternating with the sugar. Pour half a bottle of wine over this, cover and refrigerate one or two hours. Just before serving, add the rest of the wine and sparkling wine (or soda). Serve cold.

### Gluehwein (Mulled Wine)

1 cup water  
½ stick cinnamon\*  
4 whole cloves\*  
lemon peel\*  
½ cup sugar  
2 cups red wine  
lemon slices

Tie spices in a square of cheese cloth and simmer in water for 5 minutes. Then add and dissolve sugar. Add wine and heat, being careful not to reach the boiling point. (All the goodness will go out of it if it boils.) Remove spices and serve wine with a slice of lemon. (If you don't like watering your wine, just heat spices with wine and forget the water.)

\*Some Fancy-food and gourmet shops sell the spices 'ready-made' in little sacks like tea bags.

### Egg Brandy

Although nothing to do with wine, here is a recipe that is quick and easy and very good to serve to people who drop in for a short visit (although they may decide to stay a little longer after one of these). One caution, however: this drink looks deceptively like any innocent egg nog. *It is definitely not recommended to feed it to children.*

Brandy gives this liqueur a particularly exquisite flavour, but vodka or another favourite liquor can be substituted if need be.

6 egg yolks\*  
6 tablespoons white sugar

# Voxair Variety

by John Lauder

The newspaper Variety would probably headline it as "22 Becomes 44" or "CF Players Go Musical" or "Military March in New Direction". Anyway, our own Studio 22 plans to take on a new dimension in the New Year. In addition to straight drama, they hope to provide operetta and/or musical plays. There will be a big meeting in the Studio 22 building at 8 p.m. on January 7th, a Monday night, and everyone who is interested is asked to attend. Experience is not necessary, for if you want to learn, Studio 22 have qualified people to teach.

On the drama side, the 22rs plan two major plays in early 1974. Neil Simon's "Plaza Suite" will be one, and the other is a Canadian play "Yesterday the Children were Dancing". Come out to the meeting for information re casting and other details.

If there is an energy crisis in Canada, it was certainly not evident in the show at the Concert Hall last week. The *Feux Follets*, Canada's National Dance Company, presented a song and dance show par excellence. The group of young performers mixed Canadian history of folk dance and songs in a fast paced montage with never a dull moment.

Two lead singers, **Bill Hosie** and **Brian McKay** carried a large part of the load, and were excellent in all respects. The dancers seemed to be burning about 2,500 calories per second in acrobatic leaps and fast stepping. This group come to Winnipeg about once each year. When they come back be sure to catch their show. It's fine entertainment.

Speaking of fine entertainment, I have remarked in the past that the Winnipeg Symphony occasionally imports really great talent. Such an artist was **Henryk Szeryng**, master violinist, who appeared with the Orchestra early this month. With forty years of experience, he proved that he is a man who belongs with the best in the world, and it was sheer joy to the musician at work. Next month there should be a smiliar show, as soprano **Teresa Stratas** will appear with the Symphony on January 12th and 13th.

If you are wondering what to give your favourite relative for Christmas, consider tickets for the Royal Winnipeg Ballet's *Nutcracker*. It will give an evening filled with beautiful sets and costumes, brilliant choreography and happy fantasy. This show is really what Christmas is all about and must be seen to be appreciated. The shows run from December 26th to January 5th.

Don't forget to make a New Year resolution to get out to the Studio 22 meeting on 7 Jan. 74. Let's all roar in '74.

# Bingo

1 small bottle (12 oz.) Brandy  
Few drops vanilla extract (optional)

In a blender or with a rotary beater beat egg yolks and sugar (with vanilla) until sugar is dissolved. Gradually add brandy (slow setting on blender). Fill into bottle or decanter. It will look like a lot at first, but will diminish in volume once it settles. Give it a little time to blend and mellow, if possible.

\*Use the egg whites for baking.

God made the vine.  
Was it a sin  
That man made wine  
To drown Trouble in?  
— Oliver Herford

Did anyone wonder how 'Chinese' Fondue could have originated in Switzerland? It did through a typographical error. Makes more sense when you read it as 'Cheese' fondue. Sorry.

Good news, Bingo Fans. Prizes are now bigger and better. The jackpot has skyrocketed from a minimum of \$150.00 to \$300.00 with a weekly increase of \$25.00.

Don't miss the Xmas festivities **Wednesday 19th December**, when there will be 3 outstanding prizes: a movie camera, a razor, and a lovely necklace for door prizes.

No Bingo on December 26th or on January 2nd, but circle Wednesday, **January 9th** on your calendar, when, once again, you may be lucky enough to win one of our weekly door prizes, donated by the Base Exchange Store.

We would like to see more and more bingo fans to come on Wednesday Nites and who knows? You might be lucky and leave with the jackpot (tax free)!

The Bingo Staff wish you all a Merry Xmas and a Happy New Year.

# SEASON'S GREETINGS

Season's Greetings

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LAUGHING AT OURSELVES

by John Semeniuk



**Today's Cackle Category:** "Look Up In The Sky ... It's a Bird, It's a Plane, It's Santa Claus."

It's that "Ho, Ho, Ho" time again, when the round, jolly, bewiskered man with the red suit and the reindeers makes his annual visit. It's actually a wonderful time of year and I wouldn't mind it so much, if it weren't costing me about \$35.00 for each "Ho"! As a matter of fact, I've just finished paying for last years "Ho's". The money that the Department of National Revenue and the cost of living doesn't get, Christmas commercialism does. However, my feeling toward Christmas was voiced beautifully by the drunk who shouted (while going down for the third time in a vat of whiskey), "Wonaful, Wonaful, Wonaful!" Let's examine the chuckle side of this "Better To Give Than Receive" (sounds like an income tax slogan) Xmas Madness.

**Memorial Murmurs:** A Canadian customs official picked up a neatly wrapped Xmas gift from the baggage of a visiting UK Clergyman. "What is in this gift package, Sir?", inquired the official. "Holy Water", replied the visitor in a heavy Irish brogue. The customs man opened the gift, uncorked the bottle, and took a swig. "For Pete's sake!" he exclaimed, "This is Irish Whiskey!" "Saints be praised", cried the man of the cloth, "It's a miracle!"

**High Ways:** A Texas millionaire purchased a swimming pool as a Christmas present for his teenage daughter. Then, to give added enjoyment to the gift, he invited many of the eligible young men in the neighbourhood over for a swim. "Oh thank you for the pool, Daddy," cooed the daughter, "And I see that you've stocked it too!"

**Dubious Distinction:** Some ladies get fur coats as Xmas gifts to keep them warm; others to keep them quiet!

**Ego Twists:** In an asylum for the mentally insane, one patient was dressed exactly like Santa Claus and to make the likeness even more realistic, he sported a Santa Claus beard. "Who said that you could be Santa Claus?", asked one of the inmates. "God did", came the reply. "I did not!", shouted another of the patients.

**Story in Song:** "I Saw Mommy Kissing Santa Claus Underneath The Christmas Tree Last Night" ... "All I Want For Christmas Is My Two Front Teeth".

**Lady's Daze:** A lady was trying to purchase a certain record as an Xmas gift for her promiscuous spouse. The record was entitled, "One Pair of Lips and Ten Love Affairs". After phoning a number of stores and receiving negative replies, she called a small record store and asked, "Do you have One Pair of Lips and Ten Love Affairs?" "No, Lady, but I have one black eye, an angry wife, and ten kids", replied the clerk. "Is that a record?", asked the lady dubiously. "No, but it's a damn good average", responded the man.

**Scrooge-Like Complaint:** "Hello, Police? There's a nut in a red suit with a bunch of reindeer on my front lawn. Yes, I know it's Christmas, but who's going to clean up the Mess?"

**From The Semeniuk Clan To You And Yours:** "May your home not only be filled with laughter at Christmas, but also for each and every day of the New Year."

From the Grooves

by Mark Cyluck

To go back twenty-five years in the music industry is to dig up the "mouldy", golden oldies. That far back few people of today remember. Atlantic Records has done just that, gone back 25 years, to come up with "The Soul Years" (Atlantic 2SA-504), beginning with "Stick" McGhee and his Buddies version of "Drinking Wine" "Spo-Dee-O-Dee" recorded originally in February of 1949. The album set is composed by the producer of the material enclosed — Jerry Wexler, — from here on I'll let his comments suffice for the album since he knows them best. "One Mint Julep" written by Rudy Toombs, a great R & B songwriter in the late 40's and 50's. Ray Charles later made this song very famous. This version is by the Clovers. "Mama He Treats Your Daughter Mean" by Ruth Brown leads into the Drifters "Money Honey". (I remember this one done by Elvis Presly at one time). Joe Turner's "Shake, Rattle and Roll" had no background singers at the time of taping, so the

producers themselves did the Shake, rattle and roll parts. This song is more commonly known by Bill Haley and the Comets. (1954) "Sh-Boom" written for the Crew-Cuts, here is done by The Chords, (March 15, 1954). La Vern Bakers (1954) "Tweedlee Dee" was supposed to be a B side, written by Sam Coslow, the Tin Pan Alley writer. "I Got A Woman" by Ray Charles was the first record with his new band, which was cut in a radio station WGST in Atlanta. "Since I Met You Baby" by Ivory Joe Hunter is a mixture of "Santa Fe Blues" and a resemblance of "I Almost Lost My Mind". A blues song with a very strong melody. A landmark in rhythm and blues records was Chuck Willis's "C. C. Rider" (1957), (also made big by the Spencer Davis Group). Its a novelty record, its a rock and roll record, its everything, is an apt description of "Mr. Lee" by the Bobbettes (1957). In 1958 came the Coasters with "Yakety Yak". See GROOVES Column 5 Page 14

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BITS AND PIECES

If you haven't purchased your turkey for the holiday season yet, here are some hints that may help. What size turkey are you going to buy? Selecting the proper size to suit your needs can be a problem unless you have some idea of how much meat you will get from the cooked bird. A recent study conducted by Food Advisory Services, Agriculture Canada, in Ottawa has come up with this information.

They say that there is considerable loss in thawing and cooking a turkey and waste in bone, skin neck and giblets has to be considered as well. Actually there's only thirty-nine per cent of the bird that is edible meat, half being white meat from the breast. For example a twelve pound bird will provide about 4 3/4 pounds of meat or twenty-five average servings, three ounces each. This means that you can generally count on two servings of cooked meat per pound of turkey. But if you wish to allow for larger servings or second helpings the table below can help you in selecting the right size bird.

CALCULATING TURKEY YIELDS

Weight of Turkey (pounds)	Breast	Leg	Other
(Number of 3-ounce servings cooked meat)			
8	8	5	3
12	12	8	5
16	16	11	7
20	20	14	8
24	24	17	9

The meat termed as "other" is from other parts of the bird and may be both white and dark. It may be diced for salads, sandwiches, casseroles and soups. Nine ounces of cooked turkey will provide two cups diced meats. (The Food Basket)

Wherever Christmas is observed a hearty dinner is part of the holiday celebration. In France it is eaten in the early hours of Christmas morning after midnight mass. In Britain, it is a mid day affair, after morning church services. Scandinavian countries celebrate on Christmas Eve.

Across Canada many families of different racial origins will prepare favourite Christmas dishes of their "home" lands. Perhaps they will also have a few of the traditional British dishes like mince pie and plum pudding.

Mince pie originally had religious symbolism. It was baked in an oblong shape to represent the manger of Bethlehem. The minced meat was mutton in memory of the flock of sheep being watched by the Christmas Eve shepherds and the spices represented the frankincense and myrrh brought by the Magi.

Originally Plum pudding was a soggy, sorry mess of boiled wheat and broth served in a soup tureen. Spices, raisins and suet have, over the years, sweetened the mixture to the delicious pudding we know today.

Here are some typical Christmas menus gathered in various countries:

Italy — Antipasto, codfish, roast

kid with salad, boiled chicken, dessert and wines.

**France** — Pâté de foie gras (liver paste), soufflé de poisson (fish course), dinde farcie aux marrons (roast turkey with chestnut stuffing), bouche de Noel (Christmas cake in the shape of a log), cheese, fruit and wine.

**New Zealand** — (where Christmas comes in summertime) fruit cup, white bait fried in butter, roast lamb and mint sauce, or cold ham, roast potatoes and peas, salads.

**Germany** — main course of roast goose, red cabbage and potato balls.

**Yugoslavia** — soup, gibanica (a kind of pastry), sarma (chopped meat with rice rolled in cabbage leaves), roast suckling pig, cesnica (cake made with nuts and honey).

Here are some Christmas Menu helps:

**MINCEMEAT CHIFFON PIE** (A good substitute for Christmas pudding)

- 1 envelope unflavoured gelatin
- 1/2 cup water
- 1/2 cups prepared mincemeat
- 1/4 cup almonds (optional)
- 3 egg whites
- 1/3 cup sugar
- 1/8 tsp salt
- 1 cup whipped cream
- 1 9" deep baked pie shell
- Maraschino cherries

Sprinkle gelatin on water to soften. Place over low heat, stirring constantly until dissolved. Remove from the heat and stir in

mincemeat. Chill in refrigerator, stirring occasionally, until mixture mounds from a spoon. Beat egg whites until stiff. Beat in sugar and salt. Fold gelatin mixture into stiffly beaten egg whites. Fold whipped cream. Turn into baked pie shell. Garnish with maraschino cherries. Chill until firm.

**CRANBERRY FLUFF** (A sure hit)

- 2 cups ground, raw cranberries
- 3 cups miniature marshmallows
- 3/8 cup sugar
- 2 cups unpared, diced, tart apples (about 2 medium)
- 1 cup grapes, halved and seeded
- 1/2 cup broken walnuts
- 1/4 tsp salt
- 1 cup whipped cream.

Combine cranberries, marshmallows and sugar. Cover and chill overnight. Add apples, grapes, walnuts and salt. Whip cream and fold into fruit mixture. Chill. Turn into serving bowl or spoon into individual lettuce cups. Makes 8 to 10 servings.

At no other time of the year are we more aware of the relevance of the human pathos of the story of Bethlehem than at Christmas. Sorrow, loneliness, greed, generosity and love are all mixed up in the lovely story that is as meaningful today as it was long ago. Let's take time out during this rushed and hectic season to think about the real meaning of Christmas.

Hobby Shop Open House

There will be an OPEN HOUSE AND CLINIC held in the Hobby Shop for all personnel interested in wood working. It will include shop safety, operating procedures, care and maintenance

of all tools and power equipment. This clinic will take place in New Year.

For further information contact Cpl Conroy, at local 511.

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## "WE HAVE SEEN HIS STAR..."

As the Wise Men came from the East to find the newborn King... so do we gather now at the manger... seeking new answers to age-old questions: "Where is meaning? What is joy? How can we know peace?" Now... as then... the answers are in the hearts of men, waiting to be searched out, recognized and understood. May each of us find the strength and wisdom to follow his own star to truth. May the peace that passeth all understanding be with us at Christmas and all through the year.

### RC CHRISTMAS PROGRAM

<b>Our Lady of the Airways Chapel</b> (North Site)	<b>St Georges Chapel</b> (South Site)
<b>Penitential Celebrations &amp; Confessions</b>	
20 Dec 73 at 7:00 p.m.	17 Dec 73 at 7:00 p.m.
<b>Private Confession Time</b>	
24 Dec 73: 6:00 to 9:00 p.m.	24 Dec 73: 5:30 to 6:30 p.m.
<b>Christmas Carols</b>	
24 Dec 73: 11:30 p.m. to midnight	
<b>Masses</b>	
24 Dec 73 at midnight	24 Dec 73 at midnight
25 Dec 73 at 11:00 a.m.	25 Dec 73 at 11:00 a.m.
Sunday 23 and 24 Dec 73 as well as 6 Jan 74 Catechism classes will be suspended for the Christmas and New Year's Season.	
<b>New Year's Programme</b>	
<b>Masses</b>	
31 Dec 73 at 7:00 p.m.	31 Dec 73 at 7:00 p.m.
1 Jan 74 at 11:00 a.m.	1 Jan 74 at 11:00 a.m.

### PROTESTANT CHRISTMAS PROGRAM

24 Dec 73 at 7:30 — Northsite, Carol Candle Light Service  
 24 Dec 73 at 7:30 p.m. — Southsite, Carol Candle Light Service  
 24 Dec 73 at 11:30 p.m. — Northsite, Holy Communion (Anglican).

### Mass in French

The Roman Catholic Chaplain is completing a comprehensive survey to ensure that the religious services meet the needs of the military community. To-date, several changes have been made based on stated requirements and/or requests from servicemen and their dependents. The requirement for a Sunday mass in the French language is now being determined. Consequently, all personnel desiring a Sunday Mass in French should indicate this by calling the RC Chaplain or his secretary at local 272. If it's more convenient, you can mail in the form below.

To:

Base Chaplain (RC)  
 CFB Winnipeg  
 Westwin, Man.  
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I would like to attend a regular Sunday Mass in the French language at the ..... site chapel.  
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### 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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 Padre J. I. Mills,  
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 Tuesday to Thursday 6:15 p.m.  
 Friday "Mothers Mass" 9:00 a.m.  
**Baptisms:** by appointment  
**Marriages:** by appointment (one month in advance)  
**Sunday School:** 9:30 to 10:30 a.m.  
**South Site: Masses**  
 Sunday 9:00 and 11:00 a.m.  
 Weekdays 7:30 a.m.  
 Sunday School 10:00 to 11:00 a.m.

#### CHAPLAINS

Father R. A. Gkofcheski,  
 Office 832-1311 loc 272  
 Residence 832-2970  
 Father E. Cremona,  
 Office 889-9173  
 Residence 888-1331

### Chaplin General

OTTAWA — Defence Minister James Richardson has announced the promotion of Colonel Raymond G. Cunningham, 57, to the rank of brigadier-general and his appointment as chaplain-general (Protestant) for the Canadian Forces.

Brig.-Gen. Cunningham succeeds retiring Brig.-Gen. Joseph Cardy, 58, of Port Credit, Ont.

A native of Springhill, N.S., Brig.-Gen. Cunningham received his theological training at Pine Hill Divinity Hall in Halifax.

He served with the West Nova Scotia Regiment in Britain, Sicily and Italy during the Second World War. In October, 1950, he went overseas to serve as protestant chaplain with the 2nd Battalion, Princess Patricia's Canadian Light Infantry, in Korea.

### CENTRE NEEDS HELP

Service personnel and your families, your help is required to make Christmas as wonderful for others as you've planned for yourselves. The Indian Metis Friendship Centre wants to help their nursing school children ages 1 month to 12 years, have a warm, well-remembered Christmas. Alone, it's a very overwhelming task. With your help, by contributing food, clothing and toys, a lot of young friendly children will be warm and happily smiling at the brightest star in their young lives. Let these youthful Canadians know the full meaning of Christmas through the spirit of your generosity. The children wish you a very Merry Christmas. Won't you wish the children the very merriest of Christmas?

The Friendship Centre will pick up all contributions. Please contact Dan or Milly Reid at 888-5881 or 586-2986.

Or phone the Centre at 590 Main St. at 943-1501.

A very Merry Christmas to one and all.

Playpen Prevention  
 Consumers' Association of Canada warns parents not to tie toys to playpen railings — children can easily strangle on the string. Keep playpens away from lamps, cords, glass, venetian blinds, fireplace tools and stoves.

### Season's Greetings

We wish you a very merry Christmas. May each magic moment fill your heart with happiness... warmth. Our special thanks to good friends, loyal patrons.



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Merry Christmas

'Tis the season to be cheery! Laugh... feast... carol. Join in all the fun festivities... be merry. And help make this the most together, happy-to-remember Christmas ever.

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## Distinguished Graduate



Col C. A. LaFrance, Base Commander and LCol A. J. Shade, BESO, are shown the American Logistics Association Distinguished Graduate Plaque presented to **Capt S. Rollwage** of the base Supply Section. Capt Rollwage placed first this summer in the Defense Inventory Management Course held at the United States Army Logistics Management Centre, Fort Lee, Virginia.

## Companies Compete

OTTAWA — Defence Minister James Richardson announced today that the government will continue negotiations with the Boeing Company and Lockheed Aircraft Corporation for the possible purchase of long-range patrol aircraft.

Requirements for the new long-range patrol aircraft include surface and sub-surface military surveillance of Canada's east, west and Arctic approaches; surveillance of coastal water, for information on ice formations; detection and assessment of marine pollution; monitoring of

mineral exploration and compliance with fisheries regulations.

The two companies, Boeing and Lockheed, were selected following an intensive evaluation of all submissions by a project team involving six government departments.

Under the project manager, Brigadier-General T. S. Allan of national defence, other government departments were industry, trade and commerce; supply and services; regional economic expansion; finance; and the treasury board.

## Vancouver Bound



CAPT TE MARION Base Security Officer CFB Winnipeg presents **CPL LES REIDY** with a gift and offers best wishes as he departs to his new position as constable with the Vancouver City Police. CPL REIDY has been a Military Policeman for the past nine years and came to this base July 1971. (Base Photo)

## Jr. Ranks Westwin Entertain

Apparently confusion reigned fervently after our last advertisement. To prevent such confusion we require the help of the mess members. So as not to be confused with the functions of another mess, we need a name for our mess. Everyone please participate and submit your suggestions for a name for our mess.

21 DEC — Music man — Rudy Wetk — entertains with your choice of music for the Christmas Mug-Up Party. Bring your boss for a drink. Free cocktails 1600-1700.

22 DEC — Christmas Inflation Dance. Music man 2100 hours. Dress reelexed. Special Inflationary prices. Members free — Guests half price.

25 DEC — The Mess is closed. Merry Christmas to all.

29 DEC — Last Western Round-up for 73. Music man from 2100 hrs. Relaxed dress so roundem up and herdem in.

31 DEC — New Year's Eve Ball — The gala occasion of the year. Cocktails from 730 to 830 PM. Full smorgasbord 1000 to 0100. Rip, roaring tremolo music, professionally adorned by Pat Blyth in the Western lounge and St. Louis Aces in the Eastern lounge. Dress — semi-formal. Prices — \$15.00 for members, \$25.00 for guests. No refund on returned or un-used tickets. Ample parking within the lots surrounding the Jr. Ranks Mess. Sale of tickets ceases 21 DEC, so rush over and sign for a gala ball ticket or tickets NOW.

1 JAN — NEW YEAR'S DAY FUNCTION — A great day to sit back and watch your PMC, VICE PMC and committee working directly for you. Starting at 1100 the committee will serve moose milk. Great sounds of music will begin at 1300 featuring "Fantasy Fashion". Free smorgasbord served during the day. Rolling in the New Year's crop of music from 6-11 PM is "Harvest." Guests \$2.00 — Relaxed dress day and evening.

11 & 12 JAN — Music man.

11 JAN — TGIF — Games night has finally returned to the mess. Get a partner and challenge the membership.

14-19 JAN — LIVE entertainment with the "Harvest" A week of hard time dress. Put on the blue jeans and an old straw hat and stomp those boots.

1-2 FEB — IT's here gain. Kicking off a midnight is the Jr. Ranks Mess Curling Bonspiel. Gather up your sweater, broom and boots and we'll see you on the ice.

MERRY CHRISTMAS AND A HAPPY NEW YEAR.

## Mr. Poppy Still Serves



OLD AND YOUNG — An old soldier young airmen landing at Peace River Airport recently to give familiarization flying to Air Cadets from 124 Squadron (Peace River), 224 Squadron (Fairview) and 539 (High Prairie). To meet the flying aces from CFB Winnipeg's 429 Squadron on the eve of Remembrance Day is an

"old sweat" 92 year old Joe Newman pinning poppies on the air crew. From left Capt. Dave McCracken, Lt. J. G. Tessier, Cpl. Patrick Smith and Lt. Peter Rebek. Joe, well known in Peace River for his sales of poppies in honor of Remembrance Day, had been dubbed affectionately as "Mr. Poppy".

## Pineimuta Post

Yes CFS Gypsumville has finally obtained a printing press for Pineimuta Post the station's newspaper. Lieutenant Colonel K. O. Simonson, Commanding Officer officially cuts the ceremonial ribbon with Mrs. Lynn Johnston Editor of the Pineimuta Post lending a helping hand.

The new printing press and office were moved to the Recreation Centre of CFS Gypsumville with much acclaim for the improved print-quality of the newspaper.

A dream come true for the Editorial staff of the Pineimuta Post.



**Jon. R. Toogood**  
B. Comm.  
338 Broadway Ave.  
6th Floor Britania House  
Off. 956-1153  
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### WANTED

THE 104TH SCOUT TROOP NEEDS equipment for winter camping. If you have any of the following articles, in any condition, and are willing to donate them to the Troop it will be greatly appreciated. Tents — any size, tarps — any size, swede or buck saws, axes, ropes, and cooking utensils. Please contact Sgt Spence, Base Main (Land), 888-3100, for pick-up or delivery.

### ANNOUNCEMENT

Cuddeford — Aaron Arthur Jacob Jack and Doreen Kling, 190 Braintree Crescent, are very pleased to announce the arrival of their first grandchild on December 7th, at 1:30 a.m. weighing six pounds, two ounces.  
First time grandparents also are Mr. and Mrs. Hubert Cuddeford, 41 Ferndale, St. Boniface. The proud parents are Arthur and Shoranne. (Attention — former 408 Shoran Squadron Personnel — 1948 to 1953)

### LOST

LOST ON THURSDAY 29 NOV 73 BETWEEN the Base and Deer Lodge Hospital one pair prescription sunglasses in a print case. Glasses are square shaped horn rimmed rosy tint. If found please phone Miss Stephanie Shuper ext. 371.

### SERVICES

**VICTORIA BOUND?** For information on residential or investment properties write Bob Hughes, National Trust Co. 3108 Shelbourne St. Victoria, B.C.

## FOR SALE

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

1970 POLARIS CHARGER, 437 CC 32HP. Good condition. \$550.00. Phone 888-2261.

**SIZZLERS SUPER CONTROL SET FAT** Track with extras such as power pit energizer and 4 additional cars (total of 6). One year old. Original cost \$55.00. Asking \$40.00. Call Gord 832-1311 loc 314 or 837-8700.

**GIRL'S SKATES, GOOD CONDITION,** size two and man's Bauer skates size 10, nearly new, excellent condition. Voigtlander Vitomatic 1 35 mm camera complete with flash. Phone 888-2175.

**LARGE COLLECTION OF HOT WHEELS** and accessories — best offer. Brownie uniform — dress, hat, belt, tie — excellent condition. \$5.00. Phone 489-2728.

1966 CHEV SUPER SPORT FULLY equipped, 283 automatic with stick shift, bucket seats, power brakes, power windows, power and tilt steering, positraction differential, tinted glass, rear window defogger, AM/FM radio, 4 near-new belted tires. \$900.00. Phone 889-5832 evenings.

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**REGULATION SIZE POOL TABLE, \$75,** or nearest offer. Phone 888-2153 or MWO D. C. Hughes, Dental Clinic, Local 522.

**WESTINGHOUSE AUTOMATIC WASH-ER** and dryer, for sale as pair or individually. Washer \$100, dryer \$75. Phone days 698, or 888-5863 after 5.

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**CF DRESS UNIFORMS EA 3, PANTS** size 39" waist, jacket size N14 chest 42", shirts dress size 16-32 ea 6, one work dress, 2 shorts same size, hats dress size 7 1/4, 4 ties, asking \$125.00 or best offer. Phone 889-1035.

**HOVERMATIC WASHER / SPIN-DRYER** in excellent condition used only 6 months; \$100 or best offer. Childs ride-em spring horse, \$15; pedal car, \$5.00; 110/220V electric motor from Westinghouse dryer, \$10.00. Contact MCpl J. Craig at local 522 or at 479-6404 after 5 P.M.

**SKATES, GIRLS SIZE 8 NEARLY NEW,** \$5.00; boys sizes 5 and 6, \$3.00. Phone local 355.

**ALMOST NEW CF GREENS — GREAT** coat and heavy raincoat (N10); Lt. weight raincoat (N18); 3 tunics (N18), 2 pr. pants (N10); 6 shirts. Also workdress and fur hat — \$100.00. Phone evenings 222-3712.

67 BUICK LeSABRE 4-DR HARDTOP, V8, AT, PB, BS, vinyl roof, new tires. Asking \$900.00. Phone 832-5081.

**SLIDE PROJECTOR, 20 SLIDE CAP-**acity \$45.00. Seldom used and in mint condition. Ph. Cpl Serge Nellen, Loc 513.

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## Hazards

Continued from page 6

dian attitudes towards drinking. He is associate professor in the departments of surgery and pharmacology.

He said we were going through a "funny phase" in Canada. "We have lowered the drinking age to 18, and there is a move to reduce it to 16. We have some advocating the concept of a continental way of drinking, but France has the highest rate of alcoholism in the world. Forty-four per cent of all its hospital beds are occupied by alcohol-related conditions. Is that what we want for Canada? I don't think so."

He also noted that 50% of car accidents in this country now involve alcohol or a combination of alcohol and other compounds.

—The Journal as reported by B. L. Lee

## Groves

continued from page 11

probably one of the most expressive songs of the youth in that day and today. "What'd I Say" by Ray Charles is in all ways a masterpiece, (1959). The Drifters in their incarnation had been the Crowns with Ben E. King singing the lead, but the Drifters are themselves as they lament, "There Goes My Baby" (1959). Originally the producers thought that it stunk, but it turned out to be the biggest hit the Drifters have had to date. 1960 was the year for Solomon Burke's "Just Out of Reach" and in '65 came "Midnight Hour" by Wilson Pickett and back in '62 was "Green Onions" by Booker T & the MG's. Sam and Dave held the limelight for a while with "Hold On I'm Comin'" (66) written by Issac Hayes. All of these are here including "When A Man Loves A Woman" (Percy Sledge) and Aretha Franklin's "Respect" and "(You Make Me Feel Like) A Natural Woman" written by Carol King and Gerry Goffin. But Joe Tex only thought of "Skinny Legs and ALL" (1967), while Otis Redding was "(Sittin On) The Dock of the Bay". Also included on this 25th Anniversary package is Brook Benton's "Rainy Night In Georgia". Floyd King's "Groove Me" and Clarence Carter's "Patches". More recently is Betty Wright's "Clean Up Woman" and the Spinner's "I'll Be Around". An excellent collection of 25 yrs of music.

## Health

Continued from Page 6

Unless "flameproofed", they can change tradition into tragedy!

**Small Children** — Holidays are exciting and active times for small children. But, playing with toys under or near the tree should be declared "OFF LIMITS".

**Smoking and Matches** — Too many fires are started by misuse of matches and smoking. Holiday celebrating calls for extra special caution. So, don't allow smoking near the tree, use adequate safety type ashtrays, empty them frequently and safely. Keep matches and lighter out of children's reach.

**Fire Escape Plan** — Review your fire escape planning. Know two escapes from each room. If fire occurs, get everybody out of the house, then call the Fire Department. Only attempt to fight a fire if it is small, keeping near an exit.

**Gifts** — Electric toys should carry UL or CSA labels to show they meet safety standards. Gasoline, alcohol, kerosene operated toys are risky in children's hands — causing clothing and house fires. Avoid pyrosilin plastic toys and dolls. Give fire-safe gifts!

**Wrappings** — Pick up wrappings while opening gifts. Put them into covered trash containers. Do not burn them in fireplaces.

Have a Happy and Fire-Safe Holiday.

## Classified ad rates

Voxair classified ad service is available to everyone. Charges for this service are: 20c per agate line with a minimum charge of \$1.00 per issue.  
Service personnel or DND employees and their dependants will be charged a flat rate of 50c for non commercial ads which may be reprinted upon request in up to three consecutive issues free of charge. Notices or lost and found ads are free. To receive this reduced rate, payment must be in advance and accompanied by the name, local and place of employment of the service or DND member.  
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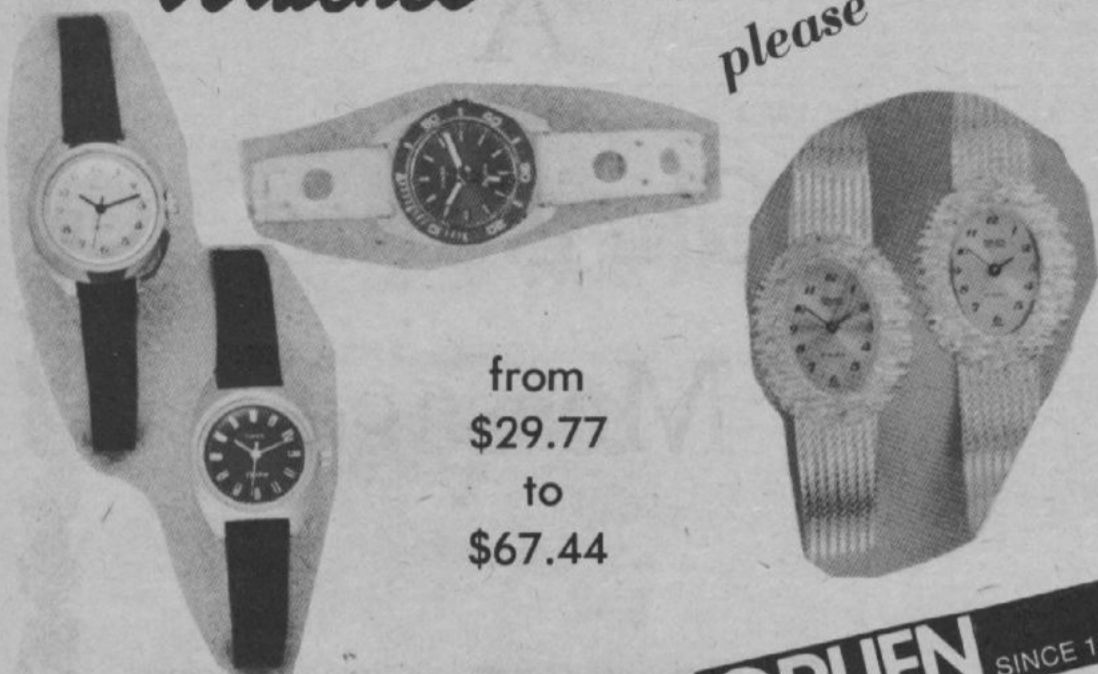


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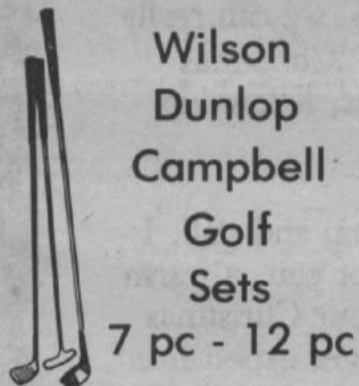
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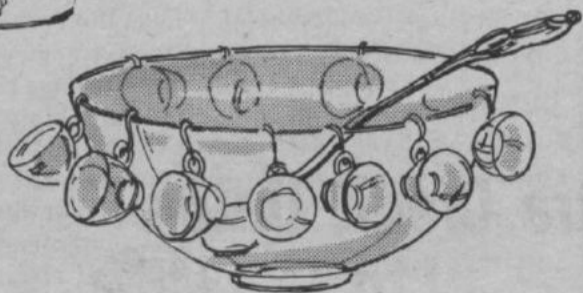


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# A Christmas Message

The Christmas season is a time of happiness, fellowship and a closeness with our family. Let us not forget those persons around us who are less fortunate; the sad, the lonely, and the poor. As a suggestion this season, I would challenge each one of you to extend a warm greeting and a helping hand to one other person less fortunate than yourself.

By taking up this challenge, we can really experience and state that the "Christmas Season" is a time of happiness, fellowship and joy.

On behalf of the membership and staff, I extend to each and everyone of you, a warm and heartfelt greeting. May your Christmas season be the best you have ever experienced, and may 1974 bring you happiness, harmony and good health.

ROBERT JACKSON,  
President

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