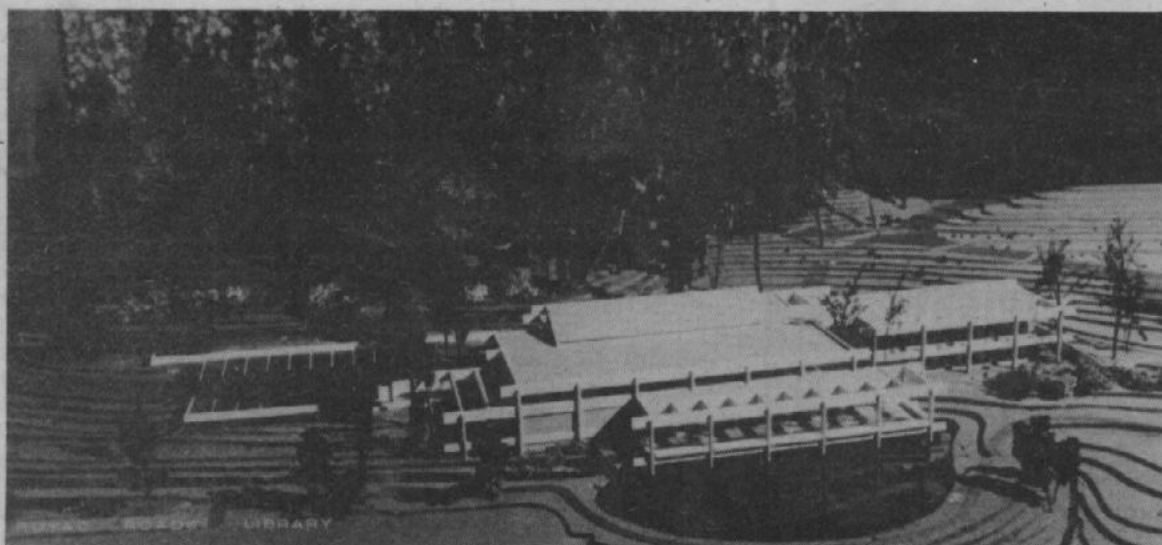


## ROYAL ROADS EXPANSION



VICTORIA — Architect's model of new million dollar library for Royal Roads Military College, near Victoria, B.C. The new library is part of the planned expansion of the west coast military college which will raise it to equivalent status with Royal Military College, Kingston, Ont., College Militaire Royale de Ste. Jean, Que.

Victoria (CFP) — Contracts have been let for construction of a new \$1,000,000 library for Royal Roads Military College near here.

The announcement of the new library coincides with the announcement of the expansion of the Royal Roads two-year course to a four-year course in environmental science.

Third year studies are expected to commence in 1974 and fourth year studies in 1975 by which time the college will have equivalent status with the two eastern military colleges: The Royal Military College of Kingston, Ont. and College Militaire Royale de St. Jean, in Quebec.

At present students take a two year general arts or a

pre-engineering course and then transfer to one of the two eastern colleges to complete their degree.

The future four year course

### Excellence of Training Recognized

Ottawa — Quality of trades-training in the Canadian Forces has been recognized by the Canadian Dental Association by awarding status of Approval to two courses conducted at the forces dental services school at CFB Borden, Ont.

Forces' Dental therapist and dental clinical assistant training now have equal standing with similar courses offered at civilian institutions.

Graduates are eligible for immediate registration in the respective civilian trade organizations and, because of the portability of their qualifications, have increased career opportunities upon retirement from the Canadian forces.

In announcing the accreditation, Dr. W.G. McIntosh, Executive Director of the Canadian Dental Association, said, "the survey team and the council on education commented on the excellence of the programs. I add my congratulations to theirs."

— (Canadian Forces Photo)

means Royal Roads will expand to include environmental sciences such as ocean studies, meteorology, climatology and pollution control. It is hoped that Royal Roads will also become the Canadian Forces study centre for pollution control and environmental protection.

A planned federal oceanographic centre at Patricia Bay will be available to the college as well as oceanographic research vessels stationed on the west coast.

The new library, which won a design award, will replace the present library housed in interim quarters. When it opens it will ease a shortage of faculty office space, as well as provide adequate shelf space for books.

### 64th Annual Military Ball

The annual Military Ball which is sponsored by the United Services Institute of Manitoba will be held in the Winnipeg Inn on Saturday February 2nd, 1974. This annual event has been well attended in the past and it is hoped this year will be no exception. Because 1974 is Manitoba's centennial year, the Directors of the Institute sincerely hope that this year's ball will be the greatest ever. This can only be achieved

See Military Ball  
Page 16, Column 4

## 1973 ARMED FORCES ROUND UP

Ottawa — Canada's expertise in peacekeeping and truce observing again was summoned by the world community in 1973; its servicemen being despatched on two new missions, half a world apart.

The year found Canadian Forces personnel on duty in Vietnam, Laos, the Middle East, Europe and other parts of the world, as well as responding to sporadic national and international crises.

They flew millions of pounds of grain to parts of famine-stricken Africa; essential food and other supplies to Newfoundland and Labrador; and evacuated people and livestock from the menacing flood waters of New Brunswick's Saint John River.

Peacekeeping and truce observing

The volatile Arab-Israeli clashes that brought Canadian troops to the Middle East in

## ORDER OF MILITARY MERIT

Timothy Parynuick of Newton Siding, Man., has been awarded the Order of Military Merit. It is the first time this award has been made to a member of the Winnipeg Militia District. Mr. Parynuick is a Chief Warrant Officer with the Camerons of Canada Militia unit at Minto Armoury.

The Citation reads:

"For consistent, outstanding performance in the conduct of his duties with the Queen's Own Cameron Highlanders of Canada in particular and in support of the Militia of Winnipeg in general. Chief Warrant Officer Parynuick has served his regiment with singular distinction both on active service from 1940 until 1945 and from 1 Aug. 1960 as a Private until the present as the Regimental Sergeant Major."



## LT. GENERAL MAKES FLYING VISIT

Ottawa (CFP) — Aboard HMCS Iroquois at sea — Lt.-Gen. W. A. Milroy, Assistant Deputy Minister, Personnel, literally dropped in on this destroyer during a three-week naval exercise being held in the western Atlantic.

General Milroy was lowered by cable from a Sea King helicopter when weather conditions precluded a landing on the pitching, rolling platform.

He was welcomed aboard by Cmdr. Macgillivray, the ship's commanding officer. It was

General Milroy's first time at sea in a naval vessel and he toured the Iroquois from end to end, stopping to chat with members of the ship's company throughout.

The general wanted to see for himself what the conditions for personnel are like in a Canadian Forces operational sea environment.

He said he was impressed at how highly sophisticated the ship is and the professional competence of the crew.

## NEW DIRECTOR NAMED



Col. Jean G. Boulet, 42, right, of Montreal and Montmagny, Que., takes over his new post as Canadian Forces director of information services in Ottawa, on promotion to his new rank. He will report to the defence department's director-general information, Brig.-Gen. Lloyd C. Morrison, seated. Col. Boulet last served at St. Hubert as senior information officer for Quebec Region. He coordinated PR activities for the armed forces' 1967 centennial tattoo, and has since served in Cyprus, Colorado Springs and Vietnam.

— (Canadian Forces Photo)

Ottawa — A new director of information services has been named for the Canadian Armed Forces.

He is 42-year old Lt.-Col. Jean G. Boulet of Montreal and Montmagny, Que., whose appointment and promotion to the rank of colonel was announced today by the chief of the defence staff, Gen. J.A. Dextraze.

Col. Boulet takes over the post vacated by Brig.-Gen. Lloyd C. Morrison, whose promotion to that rank and appointment as the defence department's director-general information was announced in mid-September.

In his new duties, Col. Boulet will be responsible to Gen. Morrison for all armed forces information activities in Canada and overseas. A former flyer

See New Director Named  
Page 16, Column 3

Roles of the more than 1,000-man Canadian contingent in the new force involve logistics and communication support for the international force, expected to reach approximately 7,000 in number. The force's objective is

See Armed Forces Round up  
Page 11, Column 1

### Planes for the Middle East

Ottawa (CFP) — Two Buffalo aircraft destined for service with the United Nations emergency force in the Middle East departed from Trenton Jan. 2 on their flight to Cairo, Egypt.

The planes and crews, the latest addition to Canadas contingent in the Middle East raised the total complement to more than 1100 men. The unit will provide air transport facilities for UNEF.

Depending on the weather the Buffaloes will fly via Fort Chimo, Sonderstrom, Greenland, Kinloss, Scotland, Lahr, West Germany, Brindisi, Italy, and Cairo.

Sixty-four air crew and ground support staff from 424SQN, CFB Trenton, CFB Edmonton and other bases, will make up the composition of the air support element which has been designated 116ATU (Air Transport Unit). LTCOL AG Tegart of Saskatoon will command the unit.

Support staff and equipment will be moved in seven or eight Hercules aircraft of Air Transport Command via Lahr, West Germany, to Cairo.

## DOTS and DASHES

By this time most Voxair readers will have been "shocked out" of that feeling of peace and content experienced during the holiday season and brought back to the 'real world' by the receipt of Income Tax forms and information in the mail this past week. Certainly no one can accuse Revenue Canada of not giving us ample time to review our financial situation and the implications of taxation legislation as it relates to our particular circumstances.

The 1973 taxation year is the second time that service personnel will be responsible for preparing a tax return on their service income. Prior to 1972, taxes applicable to our service income were deducted at source... a very convenient and off-time financially advantageous arrangement. One however that left many Service personnel with very little knowledge of taxation legislation, and the possible means of reducing the tax bite.

Last year, as most service personnel were groping their way through tax returns for the first time, many took a much greater interest in the tax relief available through the use of a Registered Retirement Savings Plan (RRSP). Some came to think of it as an interest free loan from the government, and as such a possible hedge against inflation.

The taxation regulations state in part that a service person can invest up to 20% of his earned income (up to a maximum of \$2500) in a RRSP, and deduct

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for registered savings plans (CFSA and CPP) account for about 7% of this value; thus a significant percentage margin remains that can be invested by the individual. The examples on page 14 illustrate, how one person was able to reduce his taxes by \$438.70 and another by \$633.80 by putting this tax regulation to work for his benefit. As the tax is not paid on income at this time, the tax reductions can in effect be considered an interest free loan from the government.

Now we all know that you don't get anything from

anybody for nothing. Taxes and Revenue Canada included. The rules in effect further state that as you withdraw the money invested along with the interest or dividends earned, from the fund in latter years, you must then consider it as income and pay the tax on it at that time.

In order to obtain the maximum financial advantage an investor would not normally withdraw money from a RRSP until he was in a lower income tax bracket after his retirement, and by withdrawing his funds at about the same rate they were invested the individual has gained in that the tax bite should be reduced; additionally and equally important he has had the advantage of using the tax money saved over the years for his investment purposes!

Sound interesting! By reviewing the examples provided on page 14, you should be able to see just about where you'd fit in. If you have any trouble following them through, I know that any of the capable personnel representing agencies advertised in Voxair who deal in RRSP would be pleased to discuss them with you. Remember February 28th is the deadline for registration, and as they say in the United Way "If you don't do it, it won't get done!"



### ROLAND MICHENER TRIBUTE

A one hour film tribute documenting the life of the Right Hon. Roland Michener, who retired as Governor General of Canada on Jan. 14, a post he held with great distinction since April 17, 1967, will be presented on CBC Television Wed. Jan. 16, at 8:30 p.m. A devoted family man, Mr. Michener talks with journalist Charles Lynch about his life and his family and gives his views on the importance of the highest office in the land.

## CANADA: CONTINENTAL PULL VS COMMON SENSE

(An editorial from the U.S. Armed Forces Journal)

Three out of four Canadians live within 100 miles of an undefended border with the United States. Despite 19th century antipathies, Americans and Canadians today share many other close bonds - economic, cultural and military.

Yet Canada's Secretary of State for External Affairs, Mitchell Sharp, has expressed pointedly Canada's inclination to go it more alone. He has invented a term for a problem that bothers Canada: "Continental Pull". It's a nice way of describing what others say is a "bear hug" - an

influence, if you will, not uncommon in history when a large rich nation borders a smaller one and the two share a common heritage and language. Terminology aside, there are unfortunate effects being felt from the United States' heavy - often controlling - investments in Canadian industry. Canadians understandably don't want to be overwhelmed, over-awed, owned or overcome.

Canada just wants to be independent, yet remain a good neighbor and a strong ally in common defence interests. We at Armed Forces Journal (AFJ) applaud Canada's independence of purpose (not to mention its past and laudable efforts in collective security and international peacekeeping).

We hope, however, Canada won't carry "independence" too far. The NORAD agreement, for instance, is up for renewal in 1975. Some Canadians want to modify it into a lesser instrument. Would such action lessen Canada's access to higher councils and strategic intelligence in Washington? Would that matter to Ottawa; to Canada; to Washington? We don't know the answers. But we're pleased to hear others debating the questions.

Whatever one's feelings about Canada's ambivalence over having ties too close to America, let's note that we can learn from our neighbor in the North. Look at Canada's armed forces.

Canadian-style unification would not work and indeed is not necessary in forces the size of the United States', but there are other innovations we would do well to look at. A service that has only a 10 per cent turnover annually can't be doing everything wrong.

To begin with, first enlistments are for five years. There are no second or subsequent enlistments. At the end of five years a man either signs on indefinitely or is discharged with a separation

Personal Evaluation Reports - Perhaps one of the hottest and touchiest of subjects in the Canadian Forces today is that one sheet of paper commonly referred to as a P.E.R. It is evident that a need exists for a means of evaluating and reporting on the performance of men in order to furnish career management with a complete picture of each man's ability and potential. In this manner, those men capable of assuming the increased responsibilities of higher rank/trade levels may be identified and considered for advancement.

A supervisor's handbook for performance evaluation of men is provided. It is well written and should be easily comprehended. One of the main principles stated in this handbook is as follows: Performance evaluations must be based on observations of a man's performance during the reporting period and should be free of personal bias. A man should be evaluated on what he did and not what he is like. The supervisor must take great pains to observe his men in a wide variety of settings, and all men should have the opportunity to demonstrate their abilities in the areas to be assessed.

It has been noted that many supervisors/evaluators are not in

a position to do a great deal of observation on the men whom they are responsible for. This may be a result of the men being employed over a large area; supervisors being moved from point "A" to point "B" before even being able to identify the personnel they were in charge of; men frequently being moved from point "A" to "B", etc., thus it is almost impossible in many cases at P.E.R. time for the evaluator to give a true assessment, particularly in the critical requirements, even if they had made a few notes re particular individual performances.

The originator of this article has never in 30 years service seen or been given a hint as to what any of his personal reports contained. In the past five years he has had five different evaluators who never once visited his section to observe his performance. In this instance, a true report should reveal all 19 critical requirements being annotated as "Not Observed," however, as a report cannot be accepted as such, what alternate does the evaluator have but to select a numeral somewhere in the acceptable performance bracket.

What makes it even more interesting is when you have comrades junior to yourself, not employed in their primary duty, etc., and who get advanced. It is also very interesting when a supervisor assesses a man in one of the superior performance brackets and the reviewing officer who has never seen the performance of the man in question states that he has been overrated.

A book could be written on the many strange and unexpected promotions observed, however, it is not our intention to initiate WW-III, but rather to remind comrades that no one is infallible and to continue doing their best. If you feel you have been unjustly surpassed, proceed through the proper channels and try to find out why.

## ICE SCULPTURING COMPETITION

Announcing the Biggest Ice Sculpturing Competition Ever, with Big Cash Prizes.

This year, the Festival du Voyageur has expanded the Ice Sculpturing Competition to include Provencher Park as well as the "Boulevard of Ice Sculptures" on Provencher.

The competition will be divided into two categories. Ten sites in Provencher Park will be allocated to groups of students representing their schools, with the prize money to be designated toward a particular project.

The contest on the Boulevard will be open to all residents of Manitoba who wish to join in the fun and create their own masterpieces out of snow and ice. Ten sites will be allocated along the boulevard to the ten best designs which are submitted.

Enter into the spirit of the Voyageur, and phone or write for your application form to: Ice Sculpturing Competition, Festival du Voyageur, 340 Provencher Boulevard, Saint Boniface, Manitoba R2H 0G7, 247-5067.

Application deadline will be January 31, 1974. Salut!

**Voxair**

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## 429 Sqn. Bison Brew

Howdy herd, and Happy New Year. Its old Granny Gooney's thirty-eighth year now and she's starting to feel arthritic with all this tooth-chattering weather. That's not to mention her drivers and passengers who need Uncle Herman Nelson's help in warming up after flights.

The commencement of a New Year usually heralds a flurry of resolutions, most of which last until February, but the Bisons completed a reorganization of the herd in December which appears to be permanent. After weeks of diagnosis and deliberation the problem was found to lie in D Flight, which was straightway abolished as an entity, and now may only be found in the squadron history book. All the guys from D Flight were diasporically scattered to the three remaining flights, and their old hangout is under occupation by the chiefs of their ancient rivals, A, B, and C Flights. Subversive to the end, D Flight managed to slip one of its former members into the occupying forces, and Capt Leo Salminen now occupies his former hangout in the guise of a flight commander.

Bill Allan, former "A" Flight Commander, has been posted to St Hubert where he will continue to fly gooneys. Bill has almost (but not quite) found the replacement for the gooney, and you can see it sitting on the Tarmac at the south side of 16 Hangar waiting for the designers to finish the wings, engines, control surfaces, and armament. He did a lot of work to get this machine, which will be part of the Winnipeg centennial activities, and we all had a chance to thank him in traditional manner last Friday at the mug party. Wally Pennell finally was collared for his mugging as well, and was given the time honoured send-off. Bob Gottfried, recently ops Gottfried, has been posted to CFB Portage where he will instruct on Musketeers. Bob also received the traditional goodbyes. We heard that when he left for the mug party Marlene gave him the Spartan farewell, "Come home with your shield or on it". Happily enough he made it home on a tray full of glasses. Keep a good lookout for Dakota wake turbulence, all of you, and thanks for your good work and companionship during your Bison years.

Vic Charlebois is spending a warm January in the ops room,

and seems settled in enough to stay there for several months.

For almost a month 429 Sqn personnel participated in a search for a light aircraft missing in northern Saskatchewan, and this is a good opportunity to thank all the spotters who flew with us, the flight kitchen personnel, 10 and 16 Hangar servicing crews, and the base operations and base weather office staff for all their excellent co-operation and help during this operation.

Well, the year is so new that there isn't much more news, but you guessed it, there are —

Rumors: We are going back to four flights so that those chaps occupying D Flight's hangout will have a fourth for bridge.

A Flight's wilted candle has revived and is ready to light up Bagtown again.

Overheard: The Kee Kee bird singing his song.

Seen around: Dan McGrath, happy about beating the internal revenue (again?).

Congratulations to Dan and Donna on the birth, Dec 28th of the last Bisonette of 1973, Melissa McGrath.



"It's from Detroit Your Eminence, they are unable to ship your new limousines due to the oil shortage!"

## Pro utilitate hominum

For the Service of Mankind — by WO A. Golding

Survival. Each year, upon the approach of fall, there is what may be termed an inbred yen for a certain calibre of person desirous of entering the field of curiosity and anticipation. Broadly speaking, we refer to the clan of hunters and trappers.

As you wend your way across the country by any of our national highways, you cannot help but note the great number of camper vehicles, plus ordinary automobiles pulled off, and parked on, or nearby, the verges of the highway. These are in the majority owned by hunters who have entered bushland.

Oddly enough, past experience has proven that no matter how much forewarning is given of the unexpected, people fail to heed dastardly, incident-accident situations, plus statistics quoted by the news media.

The following is some of the common pitfalls leading to grief, suffering and possibly death: Failing to find out if there are any hunting restrictions or other possible hazards in the area

entered. Failing to be properly dressed for the occasion. Failing to take along a first aid kit and emergency rations into the bush. Failing to take along a compass, and in some cases having one, but not knowing how to orient themselves. Trying to negotiate unfamiliar waters or cross insecure ice. Too old to be out in the bush, or have medical problems that should preclude themselves for such activities. Improper handling of weapons and/or traps, and one that has already claimed several lives this year — asphyxiation by fumes from coal-oil, or gas stoves (sometimes lanterns) when inside a fairly airtight camper or vehicle.

Just one person reported missing, or overdue, from a hunting expedition can cost the general public hundreds of thousands of dollars in search and rescue operations.

If you are a hunter — be properly prepared and ensure that you don't become the hunted.

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# PATRICIA REPORT



It would only be appropriate to begin the New Year with a synopsis of the events of the holiday season.

The Officers' Mess was involved in a hectic schedule. Starting with the Mens' Christmas Dinner, at which the Battalion officers and Senior Non-Commissioned officers served dinner to the corporals and privates, and ending with the New Year's Levee, the programme was almost more than one could cope with. The Warrant Officers and Sergeants were "at home" to the officers, following the Mens' Christmas Dinner, and moose milk and beef-on-a-bun were the order of the day. Both Messes held New Year's Balls, and all concerned enjoyed an evening of good music and fine food. In the course of the Levee, the following day, the Officers' Mess welcomed such distinguished guests as the Honourable W. J. McKeag, Lieutenant-Governor of Manitoba, and Rear-Admiral R. St. G. Stevens, Commander, Training Command. Visiting teams from the Officers' Mess and the Warrant Officers' and Sergeants' Mess paid a call on neighbouring units, the Royal Winnipeg Rifles and Cameron Highlanders to name but two, and the Battalion officers were received by the Lieutenant-

Governor at the Winnipeg Civic Centre.

Activity in the Patricia Arms Club was anything but slow. The children's Christmas Party was a great success on the 21st, and was followed by an evening dance for all the tired moms and dads. Two big bands, one from as far afield as Toronto, played on New Year's Eve. A New Year's breakfast, for which Mrs. Debbie Slaunwhite, Sgt Gallant and MCpl O'Connor must be thanked, preceded the traditional Levee and an afternoon of dance band entertainment. So ended a fantastic festive season.

## Patricia News

"Snow Walls Do Not a Prison Make..."

Mid-January will find the Battalion in the throes of deploying to Fort Churchill for a major winter exercise. Rumour has it that a few good wind chills will do a lot to remedy the after-effects of a hectic festive season. Winter sport enthusiasts are looking forward to ample opportunities to brush up on their snow-shoeing techniques, and were it not for the fact that we will be located slightly outside the suburbs of Churchill — better known as the tundra — a lively business could be done by the locals in soapstone carvings and seal skins. As it is,

arctic tents are in as part of the 2 PPCLI contribution to the Churchill winter sports programme.

All levity aside, the exercise should prove to be most worthwhile, as the Battalion missed winter training last season because of UN duty in Cyprus. It should be noted, however, that Cyprus weather did co-operate to a degree, in that it snowed in the Kyrenia Mountains for the first time in ten years. On return from Churchill, the Battalion will enter into a busy schedule of Regimental Diamond Jubilee, and Manitoba Centennial projects — but more about these in forthcoming issues of Voxair.

## Patricia Projects

In November 1973, Pioneer Platoon began the construction of a hockey players' dressing room at the Sir John Franklin Community Centre. All material for the project was supplied by the Community Centre, and most members of the Platoon contributed to the construction, under the guidance of Cpl R. Courtney. Principal constructors were Cpls Shinkewski and Simmons, and Ptes Deon, Ingram and Hall.

The project is nearing completion, and is the first of several which will be undertaken by Pioneer Platoon, as part of the Battalion contribution toward the PPCLI Diamond Jubilee and the Manitoba Centennial Program.

## Patricia Arms — Upcoming Events

As the Battalion will be absent for the latter half of January, there will be no band for the two weekends in this period. However, live entertainment will continue to be provided during lunch hours.

## February Events

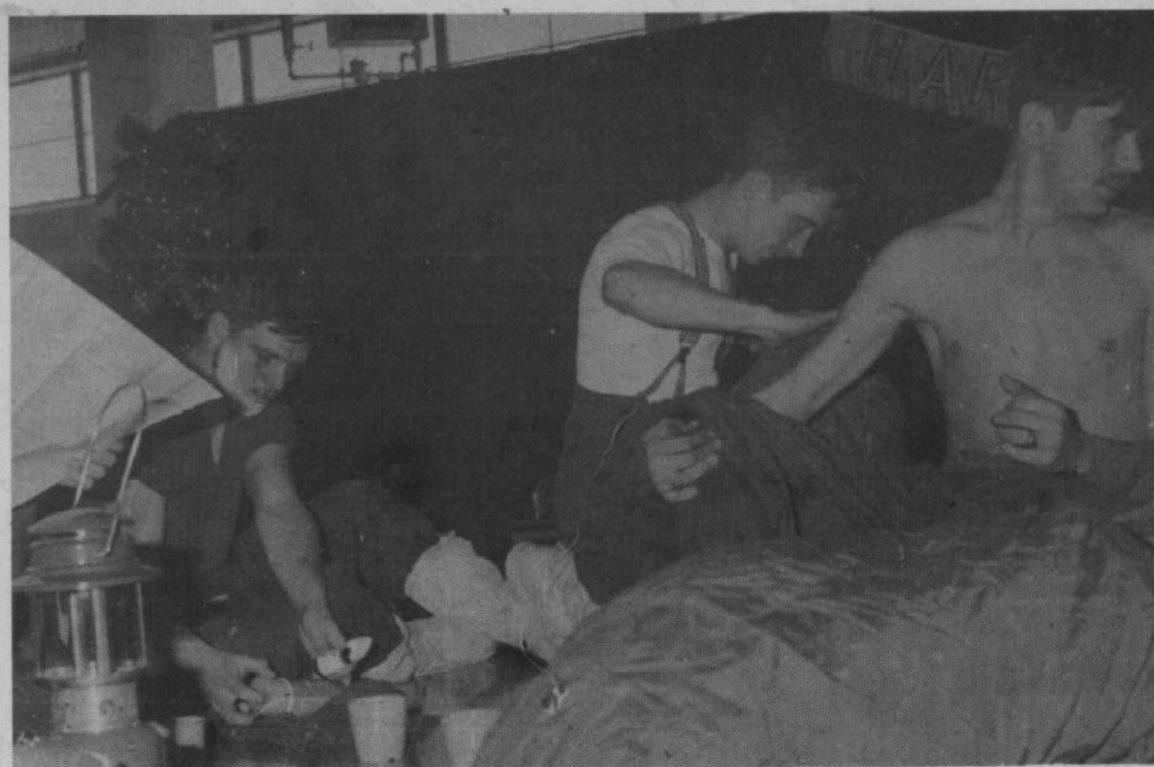
1 — 3 Feb — Band and Dance; Sat night is "Western Night" — put on your hats and guns and come out and enjoy yourself.

8 — 10 Feb — Band and Dance; 15—17 Feb — Band and Dance; Sat the 16th, a "Hard Times Dance."

22—24 Feb — Band and Dance; Sat the 23rd is "Casino Night".



• Sir John Franklin Community Centre — (L to R) Cpl Shinkewski, Cpl Simmons, Pte McAndrew, Pte Dion and Cpl Courtney.



## Top Photo

Mens' Xmas Dinner — The contingent from the 2PPC LI Warrant Officers and Sergeants Mess enroute to the Mens Mess.

## Centre Photo

Privates Gawluk, Bellamy and Melason from B Company entertain at the Christmas Dinner.

## Bottom Photo

Mens' Xmas Dinner — Pte Rattray, youngest soldier in the battalion, is served Xmas dinner by LCol Allan, Co, 2PPC LI.



Snowmobiles are heavy! Keep them on land surfaces!



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## CFANS news corner

The Aerospace Squadron really achieved the ultimate in synchronized delivery systems. Obviously the Plaxtons and Lazaruks got together and decided to split the baby bounty. The Plaxtons decided to maximize the income tax refund while the Lazaruks achieved front page fame with the first baby of the new year. Congratulations to Liz and John and a welcome to Robert Stewart, 7 lbs 14½ ozs who arrived 31 Dec 73. And congratulations to Pat and Jack and a welcome to Scott Andrew, 9 lbs who arrived 30 seconds after midnight, on 1 Jan 74.

Another welcome is in order for Staff Air Navigator Course (SANC) 7401. SANC 7401 commenced 14 Jan 74 and will continue to 22 Mar 74. There are 11 Officers from various bases in Canada and we will introduce you to the course in the next issue.

In the meantime Aerospace Systems Course (ASC) 26 is departing on 20 Jan 74 for the long Canadian tour (ASCAN LONG). This tour will visit various industrial and military establishments in Canada for the next two weeks. The purpose of the tour is to allow the course members the opportunity of observing planning methods and organizational techniques used by the military service of Canada; and to obtain information on subjects related to the ASC syllabus and their main project. The ASCAN LONG is presently scheduled to visit Computing Devices of Canada (CDC), Defence Research Establishment Ottawa (DREO), NDHQ, Defence Research Establishment Valcartier (DREV), Canadair, CAE, Marconi, Litton, DeHavilland and Defence and Civil Institute of Environmental Medicine (DCIEM). They are expected to return 1 Feb 74.

### NAV SQUADRON

Capt Art Sakamoto has received his posting to TCHQ effective Feb 1974.

The CFANS Broomball team has fallen on hard times of late but don't despair guys — we're saving the best for 74.

We welcome the return of Capt Wayne Reaume and Capt Glen McKay to staff duties after their holiday on the SANC course.

The CFANS Sports day proved very successful as everyone present seemed to enjoy the sports activities as well as the less tiring post game activities.

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# Graduates Awarded Wings



Graduates of Navigation Course 7351 (ROTP) are photographed with Major General W.M. Garton and Colonel C.A. LaFrance following graduation ceremonies held at CFB Winnipeg on 23 November 1973. MGen Garton, the Commander of Air Defence Command presented the graduates Wings in recognition of having successfully completed the navigator course training standard at CFANS Winnipeg. The graduates (left to right), their hometown, and the units to which they are posted are:

Lt R. E. May from Ottawa, Ontario posted to HS50

Lt B. R. J. Carter from Winnipeg, Man - HS50  
Lt J. E. C. Cloutier from St. Anselm, Que - VP 405  
Lt C. G. Rogers from Rivers, Man - VP 415  
Lt J. A. A. Chouinard from St. Laurent, Que - 416 AW(F) Sqn  
Lt J. M. Naud from Cowansville, Que - VP 407  
Lt P. M. Howe from Pointe Clair, Que - HS50  
Lt N. W. Davidson from Feversham, Ont - 436 Sqn  
Lt D. P. deVries from Leamington, Ont - VP 404  
Lt J. L. A. Tremblay from Kenosha, Que - 425 AW(F) Sqn

Base Photo



Captain C. Mathieu, a navigator of the French Air Force, presently on exchange duties at CFANS, is awarded the Canadian Forces Navigator Wing at graduation ceremonies held at CFB Winnipeg. Capt Mathieu completed his navigation training in Canada in Dec 1953 but was recalled to France before the Wings Presentation.

Base Photo

The New Year is an appropriate time to review the insurance protection needs for your family



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Winnipeg, Manitoba  
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and to plan your future financial security.

Without obligation, I would be pleased to go over your present policies with you; to brief you on the present benefits of the CFSA, the Canada Pension Plan and the Pension Act as they relate to your life insurance needs; and to assist you in plotting your future course as might be required.



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## Westwin Hockey Team Excels

The Westwin ABC team of eleven and twelve year old boys, under the capable coaching of John Hosang, have been rolling up victories in a commendable fashion. Manager Alex Weir reports a series of fine performances beginning with the first league game on December 16th against the Crestview Community Club. This large club was the first to experience Westwins dashing display, by coming out on the short end of a 5 to 0 score. The goalie, John Weir started the season appropriately with his first shut-out. Wes Waddell and Joey Rice provided two goals each with Donnie McLean administering the "coupe de grace". This fired up Westwin team skated all over their contemporaries in the Airways Club five days later, and came out with a 5 to 1 win. This time Blaine Bonnell potted a hat trick, and that little package of dynamite, Joey Rice did his usual thing and collected 2 goals.

In case anyone may think that this fine team were just lucky, they proceeded to hang a 7 to 0 whitewash on the St Charles ABC team on December 30th. Joey Rice of course, blasted in a hat trick, complemented by singles from

Donny Chester, Glen Brauen, Blaine Bonnell and Wesley Waddell. This game represented another shutout for goalie John Weir. Bouyed up by confidence and ability this ABC team of eleven and twelve year olds again travelled, to Crestview, this time to defeat the Crestview Canucks by a score of 7 to 1. Probably the biggest win by this team was posted against the Heritage Victoria Bee's on 6 Jan, when they rolled up a 9 to 1 victory. Hat tricks by both Joey Rice and Blaine Bonnell highlighted this effort followed by two goals by Wes Waddell and a single by Doug Swanson.

One should not overlook the exceptionally fine goal tending by John Weir and back up goalie Doug Swanson who incidentally is quite capable in the scoring department as well. The scoring mentioned does not include the many assists provided by the defence squad and other forwards without whom a team such as this one can not function. Parent support especially, those fathers who drive the youngsters, deserve an assist for every goal scored. A young lads inner happiness is complete when he can tell his coach, "My father will drive".

## CENTURY 73 JOGGING CLUB CIRCLES THE GLOBE



Cpl B. D. Shultz receives the Top Jogger Award in the Century 73 Jogging Club from Major S. E. Beaudoin, The Base Aircraft Maintenance Engineering Officer.



M/Cpl A. R. Taylor receives the Top Jogger Award in the 30 to 39 year class from Colonel C. A. LaFrance.



M/Cpl Burke receives the Top Jogger Award in the 40 to 49 year Class from Colonel C. A. LaFrance.



Mr. C. W. Palmer receives the winning Jogger Award for the 50 year and up class from Colonel C. A. LaFrance.

In just under 11 months of 1973, 130 personnel from CFB Winnipeg, both civilian and service accumulated an impressive grand total of 20,000 actual miles of jogging, or very close to once around the world on foot.

The club got started back in February and has grown steadily since. We have now put 1973 behind us and press on into 74 with renewed enthusiasm and a new goal of twice around the globe. If January 7th is an indication or example of the club's effort to attain the 1974 goal, it is certainly within our grasp when between the hours of 1100 and 1300 this day, no fewer than 30 club members logged distances on the Westwin gym floor.

Congratulations for outstanding performances in 1973 are extended to the following four members of the club who logged the most miles in their respective age categories.

| Under 30 years of age |       |        |
|-----------------------|-------|--------|
| Cpl. Shultz           | B. D. | Age 28 |
| Total miles 1079      |       |        |
| 30 - 39 years of age  |       |        |
| M/Cpl Taylor          | A. R. | Age 32 |
| Total miles 842       |       |        |
| 40 - 49 years of age  |       |        |
| Cpl Burke             | C. R. | Age 41 |
| Total miles 875       |       |        |
| 50 years and up       |       |        |
| Mr. Palmer            | G. W. | Age 55 |
| Total miles 741       |       |        |

## CENTURY 74

Personnel wishing to register for 1974 and this applied to all 1973 members as well as new-comers are requested to drop in to the Recreation Orderly Room and pay your fees as soon as possible.

## Fitness Your Greatest Asset

Editor's Note. The following article is by Dr. Lloyd Percival, president of the New Fitness Institute in Toronto. Dr. Percival has recently been appointed a member of the Technical Committee of the COA. We found this editorial of interest. We know you will too.

Ultimately, the success of an individual, a corporation, a nation, depends on energy — it is our single most important natural resource. And only through improving our fitness can we maximize and sustain our energy supply. Gardner Murphy, in his famous book, "Human Potentialities" says, "Only through sustaining muscular activity can man fully realize his complete potential. When truly fit, everything is possible, everything is workable."

If you list the things in life which you value most and then consider how improved fitness will help you achieve or enjoy these values, you will readily see that time spent on developing and sustaining fitness is an investment beyond compare. Keeping before you the instrumental values of fitness, the things it can do for you, is the best motivational device you can use to get and stay fit.

Fitness is relative, and individual needs vary according. See Fitness Page 12, Column 1

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## BAMEO PRE-CHRISTMAS BONSPIEL WINNERS



WO L. Scriber presents "C" event "trophies" to the thirsty foursome of Capt D. Redikopp, Mr. Peloquin, Cpl D. Simms, Cpl A Kuntz.



BAMEO, Maj Beaudoin, BAMEO, presents the "Blue-Award" to the winners of "A" event. They are: Sgt B. Steckler, M/Cpl G. Bennett, Cpl W. Shaak, Cpl B. Demmler. They edged out Cpl J. Choptains rink in a 7 - 6 battle. On Choptains rink were: Mr. Johanneson, Cpl Harris and WO Cairns.



Mr. Charlie Moar, CAE representative, presents the CAE Trophy to "B" event winners skipped by Draw Master M/Cpl Merv Paine. Other members of the rink include: Cpl D. Erickson, Mr. R. W. Brown and Mr. E. Van Shie.



Our action shot is one of the 16 Hgr waitresses, Norma Spence, and Maj Beaudoin throwing the first rock to get the bonspiel underway. Don't forget the BAMEO Bonspiel for the Maskell Trophy and Carling's Award which is scheduled for February 1st.



## CFB Winnipeg Ski Club Ski Bus Announcement

The Ski Club is at the beginning of a new season and with the good snow condition so far this winter we should have excellent conditions on the slopes for the whole season.

By the time this issue of Voxair is distributed we will have completed a bus trip to Mount Agassiz Ski Resort at Riding Mountain National Park (Sat. 12 Jan. 74). The following is a schedule of future planned bus trips:

Sat. 26 Jan. 74 Destinations TBA  
Sat. 9 Feb. 74  
Sat. 23 Feb. 74  
Sat. 9 Mar. 74  
Sat. 23 Mar 74

Departure will be from the Curling Club (North Site) parking lot at 0730 hrs (promptly) and returning at 1930 hrs (approximately).

Seat reservations will be in effect and all eligible skiers are required to phone Capt P. Fabricius local 252. For planning purposes please attempt to make reservations prior to the Wednesday before each trip. Seats will be held until 0720 hrs of day of departure, after which time they will revert

to open seats.

All Forces members and dependents are eligible. Dependents 14 yrs of age and under must be accompanied by parents or responsible senior club member. Civilian DND employees and their dependents are also eligible to become club members.

Club fees for the 73/74 season will be \$5.00 for family membership including all members of one family. Single membership will cost \$3.00 and applies to single personnel or to an individual of a family where only one person participates.

The CFB Winnipeg Ski Club is proud to announce that free ski instruction will continue to be available to all members of the club. A Canadian Ski Instructor's Alliance, certified ski instructor will conduct

classes on most, if not all, ski trips.

The Recreation Centre has six pair of skis and poles for rent and anyone not owning ski equipment is encouraged to make use of this inexpensive

method, as an introduction to skiing. Equipment may also be rented for periods of annual leave and/or ski trips.

The above schedule of bus trips will, of course, be dependent upon availability of

transportation and in rare cases, commensurate with sunny Manitoba's weather conditions. All skiers are encouraged to participate, and aid the world energy crisis "SAVE GASOLINE - TAKE A BUS".

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## Aquatic News

The 15th of December saw the end of another series of Learn to Swim and Water Safety sessions in the CFB Winnipeg pools. It would be gratifying to be able to say that a "Successful series of Learn to Swim and Water Safety sessions had been completed" but unfortunately in the business of Water Safety we never really know whether or not we have been successful.

Our success or failure in teaching Water Safety is measured each spring by the annual report of drowning statistics both provincially and nationally. Sometimes these reports seem to indicate to us that we have failed miserably, but we must all understand that Water Safety is not something that we can be taught in 12 or 15 one hour lessons.

Water Safety must become an attitude, a positive attitude towards Aquatic recreation. We must respect and not fear water, the same as we respect and do not fear fire. It is amazing how these two opposites can take so many lives needlessly. Ignorance causes fires; ignorance causes death by drowning.

Here is a brief resume of the Aquatic programme at both Lipsett Hall and Westwin pools: Mighty Minnows for moms and children up to three years old (our youngest started at five months), Tadpoles for moms and children three to five years old, Red Cross swim awards from Prebeginners to Seniors starting at six years of age, Adult Classes for swimmers and non swimmers (our oldest swimmer was 60 plus) Bronze Medallion in the Royal Life Saving Society, and a Water Safety Leader

Course in the Canadian Red Cross Society.

So in a nutshell, we have Aquatics exposure from six months to sixty years, for non swimmers, poor swimmers, good swimmers and advanced swimmers.

At Lipsett Hall pool the experimental programme in unstructured swim sessions was a complete success. In the programme the candidates are free to come to the sessions at a time suitable to them, to stay as long or as briefly as they wish, to choose any area or level they feel most comfortable in, and to be tested on any item from Pre-Beginner to Senior levels, whichever they decide they are ready for, and when. Only the positive is recorded and stressed, and the negative is of no consequence. What was the result? Safe enjoyable aquatics —

the aim of the Water Safety service.

Swimming races and a skills demonstration was staged at Lipsett Hall pool on the 15 of December. The races were in each of the five levels (Pre-Beginner to Senior) of the pupil training programme. Midway through the races the parents were treated to a display of skills and strokes the swimmers had mastered during the previous swim sessions.

The highlight of the demonstration was a simulated under water search for a supposedly drowned person, with the recovery, First Aid and finally, the evacuation of the victim. A fitting climax to put the emphasis on "Safe" of safe — enjoyable — aquatics.

The results of these races were:

### Results — Lipsett Hall Swim Day

#### — 15 December 1973

##### Pre-Beginner — Boys

1st Greg Seabrooke

##### Beginner — Boys

1st Greg Seabrooke  
2nd Brad Lambert  
3rd Mike Ginter

##### Beginner — Girls

1st Sharon Ahl  
2nd Sherri Rierson  
3rd Shelley Derksen

##### Junior — Boys

1st Steve Egan  
2nd Trevor Jack  
3rd Mike Carragher

##### Junior — Girls

1st Wendy Hill  
2nd Cathy Balacko  
3rd Heather Duncan

##### Intermediate — Boys

1st Jeff Kubie

2nd Duane Laycock

3rd Rocky Boston

##### Intermediate — Girls

1st Donna McWilliams  
2nd Barbara Forbes  
3rd Cindy Jack

##### Senior — Boys

1st Graham Gavin  
2nd Ted Fudge  
3rd Rob Christmas

##### Senior — Girls

1st Michelle Robertson  
2nd Marlene Ahl

### Distances Swum:

Pre-Beginner 1 Width (15 yards)  
Beginner 2 Widths (30 yards)  
Junior 4 Widths (60 yards)  
Intermediate 2 Lengths (50 yards)  
Senior 4 Lengths (100 yards)

## ATTENTION ALL WIVES

This is for women who have snow shovels and husbands to go with them. The Manitoba Heart Foundation suggests that you keep these three things in mind:

1. Even if your husband's health is fairly good, insist that he take it easy with that snow shovel, don't get to the point of exhaustion.
2. If his heart is not up to par, check with his doctor before

you permit him to shovel at all. 3. Generally good advice is to shovel snow before and not after eating.

"Cleaning up after a heavy snowfall," says the Heart Foundation, "should be considered for what it is — strenuous physical exercise, especially for people not accustomed to regular exercise or heavy labour."

Shovelling heavy snow and pushing stalled automobiles out of snowbanks are among the more physically taxing winter activities. What is more, in cold weather, a person tends to work faster and harder to keep warm, little realizing the tremendous exertion he is undergoing.

"The sudden demand for more blood from overworked muscles," says the Heart Foundation, "increases the work of the heart."

The younger person in good health and the older person who exercises regularly, ordinarily will not suffer from the burden imposed on the heart by snow shovelling or by pushing a stalled car. If he is over 40 and healthy, the rule is to shovel moderately.

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Actually I weighed several of them, and they all varied slightly, within 20 grams. To use the easiest figure, a can weighed 350 grams. So, subtracting the weight of the empty can (50 grams), the net weight — equivalent to 10 fluid ounces — is then 300 grams. Multiplied by 11.8, this gives you 35.4 calories per tin. That seems reasonable enough. Nevertheless, I still think the manufacturer of this soft drink should tell us on the label either that the can contains 35.4 calories, or that one ounce contains 3.54 calories, or that the content of the can is not

See Housewife  
Page 12, Column 2

## Ladies Fitness Class

The Spring session of Ladies Fitness classes will commence on the 7 Feb 74 at seven pm at the Westwin Recreation Centre.

Registration fee will be \$2.00 for the 12 week programme of exercises and swimming.

Registration and first class will take place on Thursday 7 February 1974.

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# Voxair Variety

by John Landor

STUDIO 22 is off and running in '74. Big plans for performances in the merry month of May are in the mill, with both a play and a night of musical entertainment to be offered. The play will be *Plaza Suite*, the comedy by Neil Simon, and the co-directors are to be Don and Joan Lawrence. Readings for actors will be held in early March. Watch this column for more details.

The music offering will add a new dimension to Studio 22's activities. So the group is not only looking for actors and stage helpers, but also in a big way for anyone with the inclination to sing, whether trained or not. The new president of the Studio is *Capt. Bob Ross*, who can be reached at local 271. If you would like to participate in something worthwhile, give him a call and volunteer. As mentioned above, experience not necessary. It's a chance to get into the entertainment business on the ground floor.

\*\*\*

This is Winnipeg's centennial year and various theatrical groups are holding suitable celebrations. One of the first to get into the act is the CONTEMPORARY DANCERS COMPANY, who will stage a gala "Salute to Centennial" on the 18th and 19th at the Playhouse Theatre. This offers you a chance to see modern dance and also meet your Mayor and Councillors at the same time, provided they all show up as promised on the opening night.

\*\*\*

However it looks as if the ROYAL WINNIPEG BALLET has come up with the best centennial show of all. They will import the world famous Bolshoi Ballet from Russia to give three performances here in July. This will likely be the finest entertainment we will see in this year or any other year. The RWB is using the Bolshoi as a gimmick to sell season tickets for next year, and I am not sure that I like this ploy. After all, the local Ballet is quite capable of selling season tickets in its own right and the supporters who buy their season tickets early would probably attend the Bolshoi, anyway.

Speaking of the Royal Winnipeg Ballet's capabilities and their ability to sell tickets, the Christmas-New Year run of *Nutcracker* was a joy to behold. I liked it better the second time around, possibly because the dancers in many instances were familiar with their roles and whole Company seemed to be having such a wonderful time on stage.

While our two main American imports, Bonnie Wyckoff and Sylvester Campbell shared the major load on opening night and both danced excellently, the total success of the show was due to others in lesser parts. David Brown, who is an impossible self as the Drosselmeier, and he seemed to infect the Company with joy and energy as he hammed up his role. It is certainly hoped that *Nutcracker* will become a Christmas tradition.

\*\*\*

Footlight footnotes... the Toronto Dance Theatre performs to-night, January 16th, at the Centennial Centre... the Manitoba Theatre Centre production *The Dybbuk* runs at the Centre until February 2nd... although it opened too late last week for comment here, the publicity releases promise the occult, love, song, dance, ritual and a bit of religion in this one... The Opera Association presents *Tosca* at the Concert Hall on the 24th and 25th of this month, with stars from all over the world. So sell your TV, and buy tickets instead.

## Calendrier Francais

Chers lecteurs et lectrices;

Afin de vous tenir à jour des activités qui se déroulent (en français) dans la région de Winnipeg, ce journal publiera régulièrement le programme du Centre Culturel Franco-Manitobain (CCFM). Ce Centre, construit avec l'aide du gouvernement Fédéral et du gouvernement Provincial, sera officiellement inauguré vers la fin de ce mois-ci. Le public est cordialement invité à assister aux jours "Portes Ouvertes" samedi et dimanche le 26 et 27 janvier respectivement; 340 Boul Provencher St. Boniface.

26 et "Portes Ouvertes" Tous les groupes offriront leurs cours et ateliers comme à l'habitude, et le public y sera admis gratuitement. Il y aura exposition et mini-spectacles de 10h00 à minuit.

1-2 et Les "100 NONS" 3 présente "LES LOUIS février BOYS"

"Songez à participer aux fêtes du Festival du Voyageur qui se dérouleront du 19 au 24 février."

### Programme

| Date   | Activités                                                                                                                              |
|--------|----------------------------------------------------------------------------------------------------------------------------------------|
| 17 jan | Film "Il était une fois dans l'Ouest..." avec Claudia Cardinale et Henry Fonda                                                         |
| 25 jan | "Ouverture officielle du CCFM" pour ce soir-là, entrée par invitation seulement. La soirée complète sera télévisée à compter de 19h30. |

## AVIS

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## LAUGHING AT OURSELVES

by John Semeniuk



**A MATTER OF FACT:** After an operation, a patient came out of the anaesthetic and noted that all the blinds in the Recovery Room were drawn. "How come all the blinds on the windows are closed tightly?", inquired the patient. "The house across the street is on fire", the nurse replied, "And we didn't want you to wake up and get the wrong idea!"

\*\*\*

**BOTTOMS UP:** Johnny Carson claims that he was spanked so hard as a youngster that even today he can still go to a fortune teller and have his father's palm read!

## From the Grooves

by Mark Cyluck

Many people have applauded the successes of Simon and Garfunkle, without ever really thinking of them as single persons, but as a duo at all times. Paul Simon has made himself well known for his solo work, now the taller half of the duo has his turn, as Arthur Garfunkle debuts his solo album "Angel Clare". Art has been a very important factor for the success of this, now defunct group, and now is really showing his front, with the excellent material he has chosen for his first initial outing. Listen to the woe-someness of "Travelling Boy" in comparison to the tenderness of "Down in the Willow Garden", (actually a song about a murder). As if telling the world his intentions Art picks a Van Morrison selection in "I Shall Sing", letting us know that though he has split Paul Simon, he intends to continue on. A very funky piece, almost calypso in its rhythms. Randy Newman's "Old Man" is also included.

Every time I listen to "All I Know", I just can't help being affected by its pleading tenderness of the loneliness of a person in love. It should be a piece to live on many years after the name Simon and Garfunkle is long forgotten. A masterpiece in its own rights, penned by Jimmy Webb. "Mary Was An Only Child" portrays the awesome loneliness of having no-one. Other pieces on this Columbia LP (KC-31474) featuring Paul Simon and Gerry Garcia (from the Grateful Dead), are "Woyaya", "Barbra Allen", and "Another Lullaby".

K-Tel Records has once again come up with an album of its entitled "Fantastic" (22 Original Hits - Original Stars). The album which is better produced than its Sha NaNa LP, features several Canadian artists like Chester (Make My Life A Little Bit Brighter), Les Emerson (Cry Your Eyes Out) Five Man Electrical Band (I'm A Stranger Here) and The Stampeders with "Minstrel Gypsy". The LP features several categories of music from bubble gum (Brother Louie) by Stories, (Little Willie) The Sweet, and (Tie A Yellow Ribbon Around the Old Oak Tree) and Rocket Man, to Focus's (Hocus Pocus) Bill Withers, "Lean On Me, and the Theme song from the Posidion Adventure, "The Morning After", by Maureen McGovern. Bound to please all facets of listeners with its wide variety of music. K-TEL - TC212.

**VICE OR VERSA:** A couple became increasingly alarmed by the fact that their teen-age son was coming home later and later each night. They finally hit upon a tactful way of counselling the boy. As the son and his girl were driving to their favourite haunt, they were surprised to hear a ringing coming from the glove compartment of the car. Investigation revealed an alarm clock with a note (addressed to the boy) which said, "This is the hour we start worrying about you, how about coming home." Late the following night, the couple was awakened by a strange noise coming from the drawer of their night table. Upon investigating, they found the same clock (that they had planted in their son's car) with a note that said, "Stop worrying, I'm on my way home, How about preparing some sandwiches!"

\*\*\*

**TOOTHY SALE:** The young boy returned jubilantly home and proudly announced to his mother that he'd made a great deal of money by selling 15 magazine subscriptions. "That's wonderful, Dale", praised his mother; "How many customers did you have to visit in order to sell such a huge amount?" "Just one," replied Dale. "One?" echoed his mother. "Yup", responded the boy thoughtfully, "It's kinda funny, the man

wasn't going to buy any, but after his dog bit me, he wasn't happy until he'd bought them all!"

\*\*\*

**ALL IN PUN:** An Irish Catholic was showing a non-Catholic friend through a village church. The visitor pointed to a confessional booth where a parishioner could be seen confessing his sins on bended knee. "What is that?", queried the visitor. "Our fire escape," was the tongue-in-cheek reply.

**PUNCH LINES:** A salesman selling his wares in northern Canada sent the following wire to his parent company in Toronto: "Snowed in. Locals estimate snow clearance will take two weeks; hence cannot leave area to continue sales trip. Advise." The company's reply: "Start vacation immediately."

\*\*\*

**SIGN LANGUAGE:**

**ON A BEAUTY SALON:** "You'll look alive if you dye here"

**ON A LAUNDRY TRUCK:** "We thrive on clothes calls"

**IN A LOAN COMPANY'S OFFICE:** "Compassionate refusals"

**AD FOR A COMPACT CAR:** "It makes your house look bigger"



## Cadenza

By Sergeant L. Crawford

1974 seems intent on starting off with a reminder that winters in this area can be uncomfortably cold. Fortunately we aren't a part of the world that is trying to live on limited quantities of fuel. It makes one shudder to imagine what -35° would feel like if we were existing like the British these days! As for the T.C. Band, well, we're pretty much into our normal routine for this time of year with a long series of school concerts along with our military commitments ahead of us at the moment. One thing different from the usual is that the T.C. Band is about to make its first "side". ("Side" is musician talk for phonograph recording.)

Century 21 recording studios, a hundred percent Winnipeg enterprise, will be doing the taping which will later be transformed into an LP via pressing in Toronto. Century 21 was the first recording studio west of Montreal (and that includes all that is west of us too) to become fully equipped with 16-track tape facilities and the "Mission Control"-like equipment that goes with it. From what the studio musicians around town say, we couldn't be in better hands professionally. Century 21 has already made quite a name for itself for quality engineering and the many albums they have contributed to the Canadian music scene. They also deserve mention for their excellent work in sound production for many of the major T.V. shows originating from this area and elsewhere. So, with all that expertise looking after us we are looking forward to a very good two-day session later this month.

Time is again getting close to our annual concert in the Centennial Concert Hall here in

Winnipeg. Feb. 27th is the date as we are joined by the PPCLI band from Calgary in an Armed Forces Musical Salute to Winnipeg in her 100th year. Our own Sgt. Fred Greenwood has composed a march for Winnipeg's Centennial which will be premiered that night. So, why not come out and join us!

The members of the band would like to extend our congratulations to Sgt. and Mrs. Jim Kirby on the birth of their son Trevor Elston on Dec. 28th... just in time for a year's tax deductions, right, jim?!

Many may have caught a glimpse of the T.C. Salon Group on national T.V. as they entertained at the Lt. Governor's New Year's Day Levy held, this year, in Winnipeg's City Hall. Prior to that the T.C. Dance Band played for 7 (!) hours on New Year's Eve at the WO's and Sgt's Mess on the airplane side of CFB Winnipeg. Sgt. Guy LeBlanc kept the bilingual spirit flourishing by playing "Auld Lang Syne" in French while the rest of us played it in English, which, except for the odd inflection here and there, turned out to be pretty much the same.

So, as Kohoutek approaches the Winnipeg viewing area on this, the city's Centennial year, may it prove to be the opposite of what the ancients might have hailed it and prove an omen of very good times for not just Winnipeg but the whole world as a whole. Let's face it, the old globe could stand it, n'est ce pas?

## MQ Residents

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

# Base Transportation News and Views

## Wagon-Express

Wagon Wheels Christmas Party  
Rousing Success

The Transportation Christmas Party was held at Lipsett Hall on the 13th Dec 73. One hundred and forty members and guests were in attendance. The party was a rousing success from start to finish with excellent food and music being provided. The success of the party is largely due to the efforts of Capt R. Martel and his committee composed of:

M/Cpl Charbonneau  
Cpl Cowie  
Cpl Gunter  
Cpl Hordylan

Cpl Hansen  
The efforts of these people and numerous others made this the best Transportation Christmas Party to date.

### Welcome

Another new member to Base Transportation is Cpl Hlady. Cpl Hlady recently remustered from the Infantry trade, and has served with 2 PPCLI in Winnipeg. Cpl Hlady will be undergoing a OJT program prior to a 935 MSE OP course at CFB Border.

## TOP DRIVER



Mr. J. L. Berven of the Manitoba Motor League presented Corporal C. G. Mathews, Base Transportation, with a one year membership as part of the top award presented to the driver attaining the highest score in a safe driving contest sponsored by the MSE Safety Section during Safe Driving Week 1-7 Dec 73. The Manitoba Motor League, very interested in promoting the safe operation of motor vehicles, co-operated with MSE Safety in the donation of a yearly membership as an award in the contest. Pictured from left to right are Capt. R. Martel, MSE Safety Officer, Cpl. C. G. Mathews, and Mr. J. L. Berven, Sales Manager, Manitoba Motor League.

Base Photo

## ? TAX SAVING PLANS ?

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## Sergeant I.M. Berry retires



Sergeant I. M. Berry is presented with the CFB Winnipeg plaque from Mayor Drapeau upon his retirement from the Canadian Forces.

Base Photo

Sgt Mack Berry joined the Royal Canadian Army Service Corps in 1942 and served during the war in NW Europe and England. After the war, Mack took his release and fished commercially on the East coast till 1952. In April 1952 he rejoined the RCASC and spent the years 1953-56 with No. 10 Company in Shilo. During that period he remustered to Clerk Admin in 1954. Since 1956 Mack and his family have been stationed in Winnipeg. During the last 18 years he has been

internally posted between 10 Company, Base Winnipeg, Prairie Area HQ and Personnel Selection Unit. Mack has been employed in various capacities including NCO i/c Tn OR, Personnel and F&E Movements and Postal NCO.

Mack and his wife Esther and four children own their home in Winnipeg, and plan to make Winnipeg their home. Best wishes from Base Transportation are extended to Sgt Mac Berry for a prosperous and happy retirement.



Corporal N.A. Horbaty is awarded the CD and congratulations by Major M. W. Drapeau. Cpl Horbaty is presently employed in B17 as a driver/operator.



Corporal D. Barry is congratulated by Capt S. F. Crooks on his promotion to M/Cpl effective 1 July 72. M/Cpl Barry is presently employed as the Dispatcher at B17.

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## Safety '75 Sécurité SAFETY SAM SEZ

### Safe Winter Driving

Although most newspaper weekend magazines, all safety magazines and most safety literature at this time of year are covering the topic of safe winter driving, we have within this office, during the past few weeks of bitter cold, seen through accident/medical disposal forms, that some personnel do not respect the "prairie winter". People feel that if they leave their warm house reasonably dressed they can have total trust of their buggy's reliance in prairie temperatures which have dipped to -40°F already this year.

Since some people obviously have not been exposed to some of the winter driving hints which are available — or they simply do not want to be — winter driving hints which are documented aids in preventing vehicle failure or serious suffering and possible death upon such failures in sub-zero temperatures, we have gathered together helpful points and are again showing them for the safety of our readers.

Trusting that all our readers have winterized their vehicles, because they could not operate otherwise in some of our recent temperatures, we have concentrated on vehicle operation in winter conditions and survival equipment recommended for your vehicle.

### Operation

The main consideration when driving on snow and ice is to SLOW DOWN. Expert drivers have a great respect for winter driving conditions and drive accordingly. The following tips will help you, the operator, in coping with winter hazards:

1. In extremely cold weather, when your car has been parked for some time, turn on the headlights for a few seconds before starting the car. The flow of current will warm the battery slightly and will provide a slight increase in the electrical output.
2. Before starting, ensure you can see! Clear the entire windshield, side and back windows!
3. Keep tires at recommended pressure — letting air out of tires provides fairly little increase in traction but greatly increases tire wear due to tire flexing.
4. Added weight in the trunk is another fallacy. It provides very little added traction, but has a tendency to make big skids out of little ones.
5. Before driving off, run the engine a few minutes with the heat and defroster on to warm the glass and dry out the system. This will avoid sudden fogging of the inside glass which is very hazardous and disconcerting while you are moving in traffic.
6. Back into your driveway or parking stall at night. When starting the next morning, your driving wheels will have a car's length or fairly clear area to get you moving. Pedestrians all bundled up in winter clothes passing by your car will be easier to see, and if your car won't start, it will be easier to reach your engine compartment with jumper cables.
7. Don't use your parking brakes on cold, slushy days because the cable will probably freeze. On automatics use the "Park" position. On standards use the first gear or reverse.
8. When the temperature is

See Safety Sam Sez Page 12

# 1973 ARMED FORCES ROUND UP

Continued from page one

to keep feuding elements apart while leaders attempt to work out a solution for lasting peace.

As Canadians went about their jobs in the Middle East, their compatriots on the Mediterranean island of Cyprus, about 225 miles away, carried out a similar role, one in which they have been involved with other UN peacekeepers since 1964.

And in the first 30 days of the year, Canadians were in the vanguard of another tenuous peace operation, supervising the uneasy truce between warring parties in South Vietnam.

The task of the Canadians, basically, was truce observing — along with contingents from Hungary, Indonesia and Poland — but under auspices of other than the United Nations.

The operation was an arduous and frustrating one, and Canada soon decided that conditions were such that it could make no further contribution. The 290 military and foreign affairs experts were withdrawn July 31.

While responding to Canada's commitments abroad, the forces at home continued to support authorities from coast to coast, as well as hone their skills as military professionals. \*

## Exercises and operations

Men and equipment made sojourns into the Arctic, the jungles of Jamaica and in, under and over the world's oceans. They took part in NATO and NORAD training operations, to assess capabilities of maintaining Canada's sovereignty and independence, and their contributions to collective security.

They flew patrols to identify and control intrusion into Canada's 12-mile coastal limit by foreign vessels, and recorded and helped clean up oil spills threatening environmental damage to coastlines.

They also mounted sea, land and air search-and-rescue and mercy missions; built airstrips in the Arctic; roads on B.C. Indian reservations; and coordinated government projects to provide summer employment for students.

Search, rescue and mercy missions for the first nine months of 1973 added up to 3,387 incidents, an average of more than 12 a day. Figures for the last three months still are being compiled.

## Equipment

A thaw in the budget was announced Oct. 10 by defence minister James Richardson, ending a three-year freeze on defence spending. The Minister explained that the budget will be increased by 7 per cent a year over the next five years. At the end of that time, the total defence budget will be more than \$3 billion, to meet a modernization and renewal program, with the emphasis on new equipment.

During the budget freeze, the forces were required to maintain operational efficiency by cutting back on non-operational maintenance and allowing back-up stocks of spare parts and ammunition to dwindle to minimum levels.

The major equipment acquisition during the year was the last of four DDH-280 helicopter destroyers for Maritime Command, said to be the most modern of their kind in the world.

## The Reserves

A major shift of emphasis to the Reserves evolved during the

year, to reinforce the need for professional back-up support for the Regular Force.

The Reserves will be brought up to standards for integration

Other parts of the program included specially designed training to give students basic military training in caring for themselves and others.

Apart from normal summer cadet camps across the country, the year also saw the first camp for young Canadians from the Arctic. Called "North of 60," it was held at Whitehorse, with cadets from 11 Arctic units attending, under the auspices of Canadian Forces Northern Region. They learned to live and operate on water, in bush, barrenlands, and mountain terrain.

## Miscellaneous events

As a result of a new policy in 1973, the word "Canada" all of a sudden became a familiar sight at military and civilian airports at home and abroad. It now appears on all armed forces aircraft, replacing the former "Canadian Armed Forces," and "Forces Armees Canadiennes."

The words "Armed Forces" and "Forces Armees" now appear in two lines to the left and right of roundels on the fuselage of aircraft.

And when it came to lifting, the forces did more than life their feet during the year. One task involved the recovery of a Sea King helicopter from a depth of 525 feet in the Atlantic Ocean, about 30 miles south of Halifax.

Using a floating crane, a 50-man work party and the new mini-submersible, the SDL1, the helicopter was recovered in four days.

Meanwhile, at CFB Shilo in western Manitoba, trials were conducted on something called SIMRAD, a new distance-measuring device employing laser beams.

And on the other side of the world in 1973, two Canadian servicemen replanted their roots in China after an absence of several years.

They were Col. D.G. Struthers, first Canadian Forces attache to the People's Republic of China, and Warrant Officer V.L. Lee, his assistant. Both lived in China as youths with their parents.

with the Regular Force in time of need. They will get more pay and equipment, and more extensive training with Regular Force elements in Canada and overseas. Also, they have been issued with the Canadian Forces new green uniform. Additionally, those whose military qualifications are current may be eligible for tours of duty with Canadian peacekeeping elements.

In the past 12 months the Reserves were involved in many operations and training exercises with their Regular Force



**Northern Patrol** — A Canadian Forces Tracker aircraft flies past an iceberg during a routine patrol of northern waters. Maritime Command aircraft regularly patrol Canadian coastal and northern areas on ice reconnaissance, surface and sub-surface surveillance flights as well as fisheries and pollution patrols and search and rescue duties.

Canadian Forces Photo

counterparts. They provided the back-up to operate the Student Summer Employment Program, and undertook a variety of other projects independently. In addition, more than 300 from the land component (Militia) served with the Canadian Forces in Europe during NATO training exercises.

Naval reservists, in addition to meeting their normal training schedule, also mounted extensive programs in observance of their 50th anniversary.

One project involved a 20-day, 1,200-mile trip in July and August from Yellowknife to Tuktoyatuk in the Northwest Territories. Twelve reserve sailors, from seven naval divisions across the country, made the survival training venture in two 27-foot, sail-equipped whalers. They completed the journey five days ahead of schedule.

While naval reservists trained ashore and at sea, the Militia was engaged in a variety of land-based operations. Meanwhile, search and rescue and other operational training occupied the Air Reserve.

## Summer employment

Since the inception of federal government programs to provide summer employment for students, the defence department has been in the vanguard of organizing and operating a variety of projects.

Also in 1973, under the supervision of the Canadian Forces, student reservists mounted the guard on Ottawa's Parliament Hill; performed a tattoo on St. John's Signal Hill; cleaned up waterfront properties, brushland, and took part in pollution control and other environmental protection projects across the country.

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## FITNESS

Continued from page 6

to the type of life you lead. But for everyone, fitness means increased energy, sharpened zest, improved appearance, higher morale, sustained physical youth and the only truly effective defence against the unavoidable stresses of life.

Man's destiny lies in his choices. Medical research now has demonstrated that a sedentary life is a downhill slide toward deterioration and early degenerative disease. Conversely, a muscularly active life provides insurance against the established medical hazards of inactivity. It is not your chronological but your physiological age that counts. If you choose, you can be physically younger on your next birthday than you have been for years.

Dr. Wilhelm Raab, the internationally famous cardiologist has said, "Exercise is indispensable for man, his body, mind and emotions. But its vigour, duration and type must be based on the established needs of the individual."



Pretty But Powerful Second Lieutenant Beverley Campbell proves that she can take care of herself to Lieutenant Bob Sears during demonstrations at Minto Armoury. Both members of Winnipeg Service Battalion, they demonstrated their Judo skills during the annual inspection of Militia units.

— (Canadian Forces Photo)

## HOUSEWIFE

Continued from page 8

only 10 fluid ounces, but also 300 grams. Or something. . . .

**Diet Aids** If you do the food shopping and the cooking, you have the advantage of controlling your family's and your own food consumption and diet. The preparation of weight-reducing yet nutritious meals is important for the dieter. There are several paperback cook books specializing in diet recipes. One I really like for its gourmet touches is called *The Doctor's Wife's Thinking Thin Cook Book* by Eleanor Rubin. These books come up with some interesting "different" recipes that are a joy to try — and eat. Another useful aid is a little 25-cent Del Purse Book, called *Food and Drink Counter*. It not only lists foods by calories, but

also by carbohydrate grams, proteins, fat, and sodium. And it does give both grams and ounces. . . .

**Weight-Losing Expert** Last year I kept a running weight graph on the bathroom wall, and from it I calculated that I lost 149 pounds from January to December. A remarkable achievement? Not really: I also gained 148 pounds in the course of that year. So I am right back where I was a year ago. But this time, it will really be different. . . .

Here is a favourite diet fish dish for four, at 259 calories per portion.

### Baked Fish in Cheese Sauce

1 tablespoon butter or margarine  
1 tablespoon flour  
¾ cup skimmed milk  
salt and pepper  
½ cup grated cheddar or other cheese  
2 lb. fish fillets  
½ teaspoon basil or dill weed  
Fresh parsley

Preheat oven to 375°F. To melted butter, add flour and stir until well blended. Slowly add milk, stirring continuously. Add salt and pepper, and when sauce begins to thicken, add cheese. Keep stirring until cheese melts. Place fish in baking dish and pour sauce over it. Sprinkle basil or dill weed on top. Bake in oven for about 30 minutes — until top is browned and fish flakes easily. Garnish with fresh parsley.

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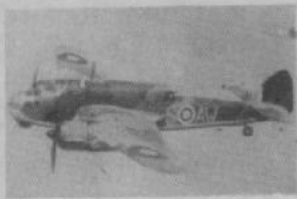


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## SAFETY SAM SEZ

Continued from page 10

below freezing, don't lock all the doors in a freezing drizzle or after going through a car wash. 9. Start gently — second gear if you have a standard transmission. Don't try to power your way out. Spinning only melts the ice and makes it slicker. Point your wheels straight ahead if possible, until you get moving.

10. Braking must also be gentle. Sudden or hard braking will only throw you into a skid. If you must stop fast, pump the brake pedal.

11. Smooth steering is vital on snow or ice. Anticipate directional changes and make all turns and lane changes gradually. Be extra-careful with power steering.

12. Stopping distances must be increased on icy pavement. It takes up to 12 times as much distance to stop as it does on dry pavement. Adjust your speed so that a sudden stop will not be necessary. Posted speed limits are for ideal conditions, during winter weather even half the posted speed limit may be too fast.

13. Watch for hazardous areas. Be cautious when going over the crest of a hill, there may be ice on the reverse side. Ice and snow last for a longer period of time and freezing occurs more quickly in shady areas, areas of crosswind, overpasses, tunnels, and on bridges. Remember, ice at 30° is twice as slippery as ice at 0°.

14. If you get caught in a skid, steer into the direction of the skid until the car straightens out. With skids the old adage of "an ounce of prevention is worth a pound of cure" very definitely applies.

15. Drive with a window slightly open at all times, in case of an undetected exhaust leak. Driving with warm winter clothes and the heater on can make you drowsy, therefore, occasionally open the window completely for a blast of cold fresh air. Also remember that some cold remedies can make you sleepy and less alert.

16. No matter what time of year, but even more important during the winter, use your safety belts — if you don't have them — get them!

If you have read all the way to here, you now have the knowledge potential for an accident-free winter. **Safe Driving!**

### Survival Hints

Should you get marooned, access to a basic survival kit and following some of the basic proven principles should help you survive.

### Basic Kit

1. Always carry warm clothing and boots for short or long trips.
2. Carry sleeping bags or blankets.
3. Carry candles for both light and warmth.
4. Carry flashlights, flares or signal mirrors.
5. Carry a lengthy piece of tow rope.
6. Have available traction mats.
7. Nourishing food like chocolate bars. Food helps the body stave off cold.

### Actions

1. Check your situation and attract attention with flares.
2. Clear all snow possibly plugging tail pipe and open window slightly to prevent CO poisoning.
3. Conserve engine fuel by running engine 15 minutes every half hour.
4. Exercise to prevent frostbite.
5. Do not go to sleep — which drops resistance to cold.
6. Do not leave your car unless absolutely certain of help a short distance away.

### Fool Proof Prevention

During a blizzard, light fireplace and favorite pipe, pour favourite drink, snuggle into deep pile chair and settle down to the book you meant to read years ago.

### Assumption

You as a driver, have you ever assumed the position of an ass because you have made assumptions as to the intentions of the other driver?

Some asses have assumed that:

1. The light will remain green until after I have travelled through.
2. The other driver will signal before turning left.
3. Radar equipment can be spotted before they spot you.
4. The distance to work is only three blocks — I don't have to clear my windows.
5. I don't require frost shields by law.

Every time an assumption is made while driving, your neck is stuck out a mile, and sooner or later it may be lost. (Lost heads not replaceable through Base Supply.) Anticipate the other driver's actions and drive defensively. You can't go wrong.

### Observation

One of Base Transportations "User" Sections (Base Armament) brought to the attention of the MSE Safety an unsafe condition on recently acquired vehicles. Safety conscientious personnel such as these help to keep safety statistics in the black. Safety suggestions are welcomed since they not only prevent accidents, they help us perform our job.

Thank you Base Armament.  
Safety Sam (Jr.)

## Drugs Leveling Off?

RCMP Commissioner Nadon says not.

Canada's top policeman said in a recent interview, reported in the Winnipeg Free Press 5 Jan 74, the drug problem shows no indication of levelling off. "Addiction is on the increase particularly among the young, and addicts are turning to cocaine as well as heroin. He linked the relatively new problem of cocaine with the public attitude toward SOFT DRUGS.

"This is what happens when you allow or liberalize the use of soft drugs. The others (addicts) say what's the difference between this drug and the other drug and they go from one to the other."

Want to know more? The Base Drug Education Committee can provide information on these and other drugs. Several good books on drug abuse, and use, as well as free pamphlets are available at our Base Library, Building .

## AUTOMOTIVE LEMONS

All car buyers are potential "lemon" owners says Consumers' Association of Canada. Consumers should not have to pay for the mistakes and shoddy products of automobile manufacturers. Car owners should urge their Member of Parliament and the provincial legislatures to support the establishment of class action suits and other consumer legislation. CAC National Headquarters is located at 100 Gloucester Street, Ottawa.



**Palm not Christmas Tree** ... is the background for Major W. J. Pettipas as he reads a poem about Christmas without Dad written by his wife Christina, at home in Stellerton, N.S. Maj. Pettipas, in Cyprus for a second time, is deputy commander of 2 Battalion, Royal Canadian Regiment, on a six month tour of duty with the UN Peacekeeping Force. His previous tour in 1969 was one year on the staff at U.N. Headquarters in Nicosia. The battalion is not scheduled to return to home base at CFB Gagetown, N.B. until April, 1974.



**On Greenline** ... Private T. W. Ellis, 2 Battalion, Royal Canadian Regiment is one of 450 members of the CFB Gagetown-based unit now on peacekeeping duties in Cyprus. Until April, 1974, the RCR will patrol the Greenline throughout the old walled city and suburbs of the capital city, Nicosia. Most of the battalion commanded by Lieutenant Colonel E. C. Quinn is located in the city with a logistic company and a 50 man augmentation force located at Blue Beret Camp about five miles from Nicosia.

Canadian Forces Photos

## MUSEUM PLANNING UNDERWAY

OTTAWA (CFP) — Trustees of the National Museums of Canada have approved the commencement of detailed planning for a new aviation museum to house the National Aeronautical Collection.

This has been announced by the director of the National Museum of Science and Technology, Dr. David Baird.

The sketches are being prepared on the basis that a site adjacent to Ottawa International Airport will be chosen. Dr. Baird stressed, however, that the proposal has yet to receive cabinet approval for funding and location.

Administrative control of the National Aeronautical Collection comes under the National Museum of Science and Technology.

The collection is scattered throughout Ottawa, with the bulk of the 90-odd aircraft exhibited in three aging, wartime hangars at CFB Ottawa North. One of these is used for restoration, maintenance and storage of aircraft. Other aircraft are located at Uplands airport, the war museum and the National Museum of Science and Technology.

Air Marshall C. R. Dunlap

(Ret'd.), president of the RCAF Memorial Fund, has extended support for this recent step.

He said "the collection deserves a suitable display building which must be fire-proof and water-proof, because these aircraft are priceless and irreplaceable." He added that the proposed building should be air-conditioned, because these old aircraft are susceptible to damage by changing weather. The Rockcliffe hangars are neither air-conditioned, fire-proof or weather-proof.

The air marshal said the RCAF Memorial Fund committee is considering the allocation of funds towards the cost of a commemorative foyer in the proposed building.

The detailed proposals for this memorial foyer now are being developed. The displays to be shown in the foyer will commemorate past achievements and sacrifices of Canada's civil and military aviators. This will be additional to the larger displays of civil and military aircraft in the main part of the building.

Unnecessary duplication of aviation and other exhibits between the proposed museum and the Canadian War Museum must be avoided, he said. He felt that the war museum and the proposed aviation museum would be mutually supporting and helpful to each other.

Air Marshall Dunlap, last RCAF chief of the air staff, retired in the fall of 1967 after serving nearly 40 years. His last appointment was deputy commander-in-chief, NORAD, Colorado Springs, Colo. He describes Canada's aeronautical collection as "one of the top four or five in the world."

RCAF involvement, he said, had been very extensive in forming the collection. As a result of a post-war decision, two of every operational-type aircraft used by the RCAF were earmarked for storage and retention for future historical display. These and other aircraft acquired by the Department of National Defence make up more than half of the collection.

## U.N. SERVICE IN CYPRUS EXTENDED

OTTAWA (CFP) — Secretary of State for External Affairs, Mitchell Sharp, announced today that the government has extended Canadian participation in the United Nations Force in Cyprus for a further period of six months.

Canada's contingent may, however, be reduced to approximately 490 personnel from its May, 1973, level of 580. This will be part of an overall 25 per cent reduction in the strength of the force.

These reductions are part of a plan being developed by United Nations Secretary General, Kurt Waldheim, in consultation with the Cypriot authorities, concerning the future role and responsibilities of the Force.

These changes would involve a restructuring of the force to emphasize measures such as negotiation and persuasion, while reducing reliance on the deployment of interposing UN

troops on the ground. The Greek and Turkish Cypriots could then assume greater responsibility themselves in ensuring the maintenance of peace on the Island.

Mr. Sharp stressed Canadian support for the United Nations Force. He noted that the inability to achieve military de-confrontation between the armed forces of the two sides clearly demonstrated the continuing requirement for a UN presence, if inter-communal violence is to be avoided.

The force is composed of personnel from Australia, Austria, Britain, Denmark, Finland, and Sweden as well as Canada. Canada provided the second largest contingent. The Canadian unit currently serving in Cyprus is the 2nd Battalion, The Royal Canadian Regiment, normally stationed at CFB Gagetown.



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## TUXEDO INN

### Help Wanted

Kitchen and Coffee Shop Help  
Days — Evenings — Week-ends  
Part Time

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**BINGO \$450.00 BINGO**  
Jackpot  
in 55 Numbers

Additional games this week only  
CFB Winnipeg OLD REC HALL  
8 p.m. 16 January 74

Admission \$1.00 Extra cards available

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YOU INCOME TAX  
DOLLARS FOR 1973!  
IF YOU ACT NOW!**



Under new tax legislation you are able  
to save more tax dollars than you prob-  
ably realize.

Don't Delay, call me today!

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District Manager  
Polo Park Region  
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Off: 786-5701

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666 St. James St. (Towers of Polo Park)

## EMPLOYMENT OPPORTUNITY

Casual help required for employment in Service Station sales, located at McGillivray Blvd. and Perimeter Highway. Week day evenings and/or Saturday and Sunday.

FOR FURTHER INFORMATION  
as to hours, wages and benefits, please call  
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DRY-CLEANER AND  
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Drapery and  
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**SAME DAY SERVICE**

**"Try Us And Compare"**

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2165 PORTAGE AVE. AT SHARPE

**QUALITY  
WORK**

**FAST  
SERVICE**

## IMMEDIATE TAX RELIEF AND FUTURE FINANCIAL SECURITY WITH RRSP

|                                           |             |
|-------------------------------------------|-------------|
| CAPTAIN GENERAL SERVICE INCENTIVE 4 EARNS | \$14,640.00 |
| Less Employment Expense Deduction         | \$ 150.00   |
| Net Earnings                              | \$14,490.00 |
| Maximum RRSP Deduction                    | \$ 2,500.00 |
| Less Contributions to CFSA                | \$ 1,032.00 |
| Amount Eligible for RRSP                  | \$ 1,468.00 |

|                                              |             |
|----------------------------------------------|-------------|
| CORPORAL PAYFIELD C INCENTIVE 4 EARNS        | \$10,800.00 |
| Less Employment Expense Deduction            | 150.00      |
| Net Earnings                                 | \$10,650.00 |
| Maximum RRSP Deduction (20% of \$10,650.00=) | \$ 2,130.00 |
| Less Contributions to CFSA                   | 763.00      |
| Amount Eligible for RRSP                     | \$ 1,367.00 |

### TAX CALCULATIONS WITH & WITHOUT REGISTRATION

|                                                                             | WITHOUT     | WITH                                               |
|-----------------------------------------------------------------------------|-------------|----------------------------------------------------|
| Net Earnings                                                                | \$14,490.00 | \$14,490.00                                        |
| Deductions: CPP \$ 90.00<br>CFSA \$1,032.00                                 |             | CPP \$ 90.00<br>CFSA \$1,032.00<br>RRSP \$1,468.00 |
|                                                                             | \$ 1,122.00 | \$ 2,590.00                                        |
| Net Income                                                                  | \$13,368.00 | \$11,900.00                                        |
| * Less Personal Exemption: \$3,600.00<br>Less Standard Exemption: \$ 100.00 | \$ 3,700.00 | \$ 3,700.00                                        |
| Taxable Income                                                              | \$ 9,668.00 | \$ 8,200.00                                        |
| Federal Tax                                                                 | \$ 2,009.00 | \$ 1,636.00                                        |
| Manitoba Tax                                                                | \$ 898.70   | \$ 737.90                                          |
| Total Tax                                                                   | \$ 2,907.70 | \$ 2,373.90                                        |

TOTAL TAX WITHOUT MAX RRSP \$2,907.70  
TOTAL TAX WITH MAX RRSP -2,373.90

RESULTS IN A REFUND OF \$ 633.80

Thus a RRSP Deposit of \$1,468.00 can be obtained at a cost of \$834.20. (\$1,468.00 - 633.80)

\* Personal exemptions include wife and two children under 16 years.

### TAX CALCULATIONS WITH & WITHOUT REGISTRATION

|                                                                                           | WITHOUT     | WITH                                                            |
|-------------------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------|
| Net Earnings                                                                              | \$10,650.00 | \$10,650.00                                                     |
| Deductions: CPP \$ 90.00<br>CFSA \$763.00<br>\$853.00                                     |             | CPP \$ 90.00<br>CFSA \$ 763.00<br>RRSP \$1,367.00<br>\$2,220.00 |
|                                                                                           | \$ 853.00   | \$ 2,220.00                                                     |
| Net Income                                                                                | \$ 9,797.00 | \$ 8,430.00                                                     |
| * Less Personal Exemption: \$3,600.00<br>Less Standard Exemption: \$ 100.00<br>\$3,700.00 | \$ 3,700.00 | \$ 3,700.00                                                     |
| Taxable Income                                                                            | \$ 6,097.00 | \$ 4,730.00                                                     |
| Federal Tax                                                                               | \$ 1,127.00 | \$ 819.00                                                       |
| Manitoba Tax                                                                              | \$ 521.40   | \$ 390.70                                                       |
| Total Tax                                                                                 | \$ 1,648.40 | \$ 1,209.70                                                     |

TOTAL TAX WITHOUT MAX RRSP \$1,648.40  
TOTAL TAX WITH MAX RRSP -1,209.70

RESULTS IN A REFUND OF \$ 438.70

Thus a RRSP Deposit of \$1,367.00 can be obtained at a cost of \$928.30. (\$1,367.00 - 438.70)

\* Personal exemptions include wife and two children under 16 years.



**SCHMOCKEY NIGHT!!!**  
HELPING "THE ABILITY FUND" MANITOBA MARCH OF DIMES  
8 P.M. Saturday, January 19th  
WINNIPEG ARENA  
ADMISSION STILL ONLY \$1.50

### CANEX Hours of Operation

**BASE EXCHANGE** (Westwin Rec. Centre) (Wytewold Road) Telephone 832-1311, Ex. 683  
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|           |                        |                        |
|-----------|------------------------|------------------------|
| Monday    | 10:00 a.m. - 5:30 p.m. | closed                 |
| Tuesday   | 10:00 a.m. - 5:30 p.m. | 12:00 a.m. - 4:30 p.m. |
| Wednesday | 10:00 a.m. - 5:30 p.m. | 12:00 a.m. - 4:30 p.m. |
| Thursday  | 10:00 a.m. - 9:30 p.m. | 12:00 a.m. - 9:30 p.m. |
| Friday    | 10:00 a.m. - 9:30 p.m. | 12:00 a.m. - 9:30 p.m. |
| Saturday  | 10:00 a.m. - 5:30 p.m. | 10:00 a.m. - 5:30 p.m. |

**We at MONARCH LIFE feel that the words SECURITY and LOVE go hand in hand**



**Jon. R. Toogood**  
B. Comm.  
338 Broadway Ave.  
8th Floor Britania House  
Off. 956-1153  
Res. 889-1830

Why? Because, when a man worries about his family's financial future, in essence, their security, that is an expression of his love. However, we know that "financial planning" seems like a very complex term. So, we developed an analyser, which turns the words "financial planning" into a clear concise objective, of what you and your family want! ... It's called Monogram. Are you worried about your financial security? Maybe Monogram and I can help?



THE MONARCH LIFE ASSURANCE COMPANY

## NEW ANTI-TANK WEAPON FOR FORCES

OTTAWA — The Canadian Forces are getting a new anti-tank weapon.

Delivery of the new missile system identified as TOW, (Tube-launched, Optically-tracked, Wire-guided). Will begin in 1975 for Canada's NATO forces in Europe, as well as for infantry and reconnaissance units at home. Approximately 150 units will be bought.

Cost of the program, including spare parts, technical publications, target and missiles, is estimated at approximately \$30,000,000. It will be bought through a Canada-U.S.A. sales agreement. The designer is the Hughes Aircraft Company of California. Contract negotiations will be handled by the Department of Supply and Services.

TOW is a highly accurate, semi-automatic missile system capable of destroying a tank at ranges from 70 yards to a maximum of 3300 yards, or about two miles. It will give the Canadian Forces a greatly increased, long-range, anti-armour capability.

It will replace the 106-millimetre recoilless rifle in use since the early '60s and the SS11B1 guided missile system, in use since the mid-1960s.

TOW is air portable and can be mounted on armoured personnel carriers, jeeps, helicopters or a ground tripod. With a weight just over 200 pounds, it can be broken down in 50-pound sections and carried by a four-man crew.

It is designed to destroy

bunkers, gun positions, vehicles and other targets, as well as armoured vehicles.

A standard weapon in the U.S. Army, the missile system is also used by the armed forces of West Germany, Denmark, the Netherlands, Italy, Israel and Iran.

## SMOKE CONCENTRATION HARMFUL

Smoking several cigarettes in a closed room soon makes the concentration of nicotine and dust particles so high that the non-smoker inhales as much harmful tobacco by-products as a smoker inhales from four or five cigarettes. Smoke from an idling cigarette contains almost twice the tar and nicotine of smoke inhaled while puffing on a cigarette.

On the average, smoke inhaled while puffing on a cigarette contains 11.8 mg of tar and 0.8 mg of nicotine, as compared to 22.1 mg of tar and 1.4 mg of nicotine from idling smoke. Thus, smoke from an idling cigarette may be twice as toxic as smoke inhaled by the smoker.

Although the concentration of harmful substances inhaled by the nonsmoker is less than the concentration inhaled by the smoker, the nonsmoker's

exposure will be for a greater period of time. Smoking in an airplane will obviously constitute something of a menace to a nonsmoking passenger.

It seems obvious that in the confines of an airplane where a nonsmoker may be required to sit next to one or between two smokers, and where the air circulation is typically poor, the nonsmoker will be subjected to a significant health hazard from the smoker. An editorial some years ago in SCIENCE magazine concerned the pollution of air by cigarette smoke.

In a poorly ventilated, smoke-filled room, concentrations of carbon monoxide can easily reach several hundred parts per million, thus exposing present smokers and nonsmokers to a toxic hazard.

In fact, it has been found that children of smokers are ill more frequently than children of nonsmokers, usually because of respiratory disease. It is becoming increasingly apparent that the nonsmoker who must be present in the traditional "smoke-filled room" characteristic of many conferences and social gatherings has an exposure to tobacco by-products quite similar to the exposure of the smoker.

There is some evidence that this "smoking environment" extends even into the home where children may have a sufficient exposure to influence their cardiovascular system and add years of exposure to their smoking history, even before they actually smoke themselves.

## MOVING TO TRENTON?



write for free map and information on — homes — rentals — mortgages

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REAL ESTATE LTD.

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82 Division St.  
"EVERYTHING IN HOUSING"  
G. E. Forchuk

A warm welcome awaits you at

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**Kirkfield Pharmacy**

DELIVERY SERVICE  
All day to 9 P.M.

See you at the friendly pharmacy

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Tel. 832-3456

**How to get  
great sound without  
getting a headache.**



**GET A SONY.**

HP-179A: FM-Stereo, AM, Phono System, Cassette Tape Player/Recorder

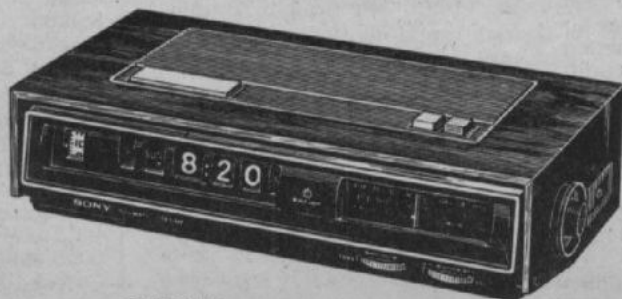
**How to get  
to the  
fourth dimension  
in one piece.**



**GET A SONY.**

SQP-400A: SQ 4-channel System; FM Quadraphonic/Stereo, FM/AM Receiver; Record Player

**SONY.**



C770W



HP178A



TFM660

**THESE SONY PRODUCTS  
ARE AVAILABLE AT EX OUTLETS**

*Shilo*

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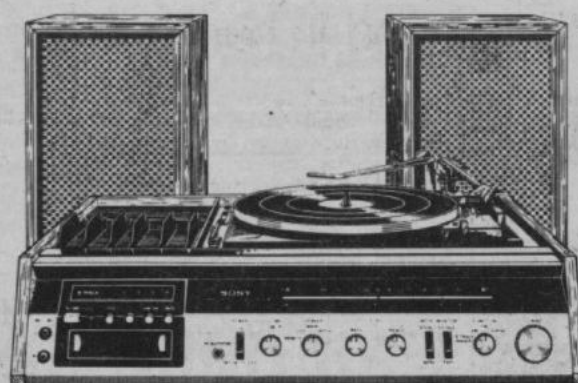


*The Town or Country Portable.  
It's always great listening.*

**Sony AM portable**

Slim and lightweight, the Sony TR-6400 is a go-anywhere portable radio.

**How to get it  
all together.**



**GET A SONY.**

HP-238: FM-Stereo, Phono System, 8-track cartridge Player/Recorder

**Make THINGS HAPPEN... support your**



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Barrister, Solicitor,  
Notary Public  
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Winnipeg 12, Man.  
Phone 832-1381 - 2  
Res. 837-2297

**K. A. TURNBULL**  
**BA LL.B.**  
Barrister & Solicitor  
& Notary Public  
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(Charleswood)  
ROOM 203  
PHONE: 889-0836

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957-1700

**CHAPMAN,  
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888-7973

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Barrister & Solicitor  
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Avenue,  
Winnipeg 12, Man.  
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**KEVIN McCULLOUGH**  
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McARTHUR & SINCLAIR  
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Winnipeg  
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Also  
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Phone 642-5485

**FOR SALE**  
**STEREO SPEAKERS BOSE**  
901; Yashica-MAT 2 1/2-in.  
camera, electronic flash; Aurora  
race set. Phone 489-7376.

1970 POLARIS CHARGER  
436CC 32HP. Good condition.  
Asking only \$450.00. Phone  
888-2261.

1970 CHEV IMPALA  
350-Custom two-door hard top;  
P.B., P.S., A.T. Excellent  
condition with brand new snow  
tires. Tuned up in Oct 73.  
Asking \$2,150. Posted overseas  
end of month and must sell.  
Phone Cpl Serge Nelson Loc  
513.

1968 PONTIAC PARISIENNE  
4-door sedan V.8, A.T., P.S.  
radio, 51,000 miles. \$1,750.  
Phone 889-4846.

CF DRESS UNIFORMS EA 3,  
pants size 39-in. waist, jacket  
size N14 chest 42-in., 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.

**H O V E R M A T I C**  
**WASHER/SPIN-DRYER** in  
excellent condition used only 6  
months; \$100 or best offer.  
Childs ride-em spring horse, \$15;  
pedal car, \$5.00; 110/220  
Velectric 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.

### SERVICES

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— completed by qualified  
personnel at reasonable rates. In-  
dividual tax returns, small busi-  
nesses, property and rental re-  
turns. Contact Sgt Ken Murphy  
at 837-4705, MWO Adrien Des-  
biens 837-7444 or local 654-705-  
706.

### SERVICES

WISH TO BABYSIT. IN MY  
home days. Phone 889-6856.

### HELP WANTED

### SALES REPRESENTATIVE WANTED

Due to our expansion pro-  
gram, we need real estate  
personnel. An excellent op-  
portunity to earn while you  
learn. We offer a training  
program, attractive com-  
missions, trade-in guarantee  
plan. Applicants with ambi-  
tion have an opportunity to  
earn attractive salaries. We  
are members of the Winni-  
peg, Manitoba, Canadian  
Real Estate Associations.  
For confidential interview  
— please contact Mr. John  
A. Patrick, 837-1366 or write  
2003 Portage Ave. RJJ 0K3.

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

**HELP, HELP, HELP THE 51ST**  
Boy Scout Group is in dire need  
of five adult leaders for Cubs,  
male or female, 18 years of age  
or older. Previous experience an  
asset but not necessary. Meeting  
nights every Tuesday from 6:00  
PM to 8:00 PM in building 24.  
Interested personnel contact:  
M. Roadley — home 888-6400,  
work 406; J. A. Desbiens —  
home 837-7444, work 654; J. E.  
Jamieson — home 888-8063,  
work 623; F. Guest — home 889-  
6445.  
On the 12 Jan. 74 there will be a  
coat hangar and bottle drive.  
Please help your local group.

## DIRECTOR NAMED

Cont'd  
from  
Page 1

with 24 years service, he has  
served in various information  
appointments for the past 13  
years.

In 1967 Col. Boulet  
coordinated public relations  
activities for the armed forces'  
centennial tattoo that travelled  
the country. Appointments since  
have included service with the  
United Nations in Cyprus, the  
North American Air Defence  
Command (NORAD) head-  
quarters in Colorado  
Springs, and as senior press  
officer with Canadian observers  
in Vietnam.

Col. Boulet moves to Ottawa  
from Montreal, where he was the  
armed forces' senior information  
officer for Quebec Region.

Succeeding him in Montreal is  
another veteran information  
officer, Major W.K. Reginald  
O'Donnell, 45, of Montreal and  
Quebec City, a former member  
of the Royal 22nd (Van Doos)  
Regiment.

Col. Boulet, the son of Mrs.  
Georgette Boulet of  
Montmagny, Que., is married to  
the former Enid Robins of  
Winnipeg. They have four  
children.

## MILITARY BALL

Cont'd from Page 1

by the participation of all  
concerned, namely, members of  
the Institute, and Regular and  
Militia Force Officers together  
with their guests. By kind  
consent of Rear Admiral RS&G  
Stevens, Commander, Training  
Command, we are again  
fortunate in having the services  
of the Training Command Band.  
The Band will attend at the  
dinner at which time they will  
play the regimental march past  
of the unit's represented.  
Following the dinner, music will  
be provided so that present may,  
"trip the light fantastic," into  
the wee hours. What could be  
more fun!

For the benefit of those not  
familiar with the format, officers  
and guests with ladies commence  
arriving at 1900 hours. It is  
requested that all be in the Ball  
Room for dinner by 1955 hours  
immediately prior to the arrival  
of the Lieutenant Governor, His  
Worship, J. McKeag. Dinner will  
begin at 2000 hours followed by  
the Grand March at about 2110  
hours and dancing from 2130 to  
0100 hours.

As in the past, the Winnipeg  
Inn has kindly agreed to provide  
overnight accommodation to  
those attending at a reduced rate  
of \$15.00 per double. Rather  
than run afoul of the law, many  
take advantage of this offer so  
why not book early. By the way,  
tickets are \$20 per couple and  
may be obtained through your  
unit or by contacting L. Col.  
John Hall at 946-4291 or  
334-3326.

See you at the ball and lets  
make it a memorable occasion.



MARK SAUDER MAJ.

### ANNOUNCEMENT

C. & L. Realty announce with  
pleasure the appointment of  
Mark Sauder Maj. (Ret'd) as a  
Real Estate Salesman with this  
firm. Having just retired after 28  
years military service, Mark is  
well aware of service families  
problems and desires and will be  
pleased to assist them in the  
purchase or sale of homes in the  
Winnipeg area.

Phone: Bus. — 889-4440  
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## C. & L. REALTY LTD.

Real Estate — Mortgages — Insurance  
2727 PORTAGE AVE., COURTS OF ST. JAMES  
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## DOMINION WHOLESALE DISTRIBUTORS

WHOLESALE SUPPLIERS OF FINE QUALITY  
FURNITURE, APPLIANCES, STEREO SETS,  
COLOR TELEVISION, AND CARPETING

FEATURING FAMOUS NAME BRANDS  
KROEHLER, SKLAR, ZENITH, PEPPLER,  
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KAUFMAN, SIMMONS and many more.

Dominion also carries a fine selection of paintings and  
accessories to complement your decorating ideas.

PLEASE ENQUIRE AT YOUR BASE EXCHANGE

AND VISIT OUR

3-FLOOR DISPLAY OF FINE FURNITURE

92 PRINCESS STREET — PHONE 943-7471

## Classified ad rates

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

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

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

Voxair mailing address:  
VOXAIR  
CFB Winnipeg  
Westwin, Manitoba  
R2R 0T0

**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.

**USED PIANO — ANY**  
CONDITION, will pay a good  
price. Phone 453-7514 anytime.

**REPAIRS**  
**TIRED OF**  
**RIDICULOUS PRICES**  
in recovering furniture?  
Try me. Basement shop  
means lowest prices in  
town.

Day 233-7217;  
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### RENT

**SALE OR RENT, CUSTOM**  
BUILT 2 storey home, Crystal  
Beach, Ottawa. 4 bedrooms, one  
full bathroom with shower stall,  
two half bathrooms, fireplace,  
finished basement, family room,  
separate dining room, roofed  
verandah, some wall-to-wall  
carpeting, fenced backyard, fully  
landscaped with mature trees,  
bus at door, newly redecorated  
throughout, occupancy 1 Feb.,  
\$65,000 or \$350, Ottawa  
828-2184 or 992-4114, LCol  
P. R. Partner.

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

### WANTED

WANTED TO BUY 30-IN.  
ELECTRIC range. Phone  
889-8373.