

New Stanovforlant Head



COMMODORES MEET — Commodore G. M. de Rosenroll (right) of Edmonton, newly appointed commander of NATO's Standing Naval Force Atlantic, confers with the outgoing commander, Commodore J. W. H. Wevers of the Royal Netherlands Navy, Cmdre. de Rosenroll, who assumed command of the force Jan 19, is the second Canadian to head the squadron since it was formed in 1968. Composed of between four and nine ships from NATO countries, STANOVFORLANT is the first multi-national naval force to permanently operate together in peacetime.

HALIFAX — Commodore G.M. de Rosenroll of Edmonton, Alta., officially took command of NATO's Standing Naval Force Atlantic in a multi-national change-of-command ceremony at CFB Halifax Jan 19.

In front of an honor guard composed of sailors from the five ships of NATO naval force, Cmdre. de Rosenroll accepted the flag of command from Commodore J. W. H. Wevers of the Royal Netherlands Navy

who has headed STANAVFORLANT for the last year.

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Star

January 30, 1974

CANADIAN FORCES BASE, WINNIPEG

Vol. 23, No. 2

NEW COMMANDANT FOR CANADIAN FORCES COLLEGE

TORONTO — Defence Minister James Richardson has announced the promotion of Col. J. Arthur St-Aubin, 43, to the rank of brigadier-general and his appointment as commandant of the Canadian Forces College, here.

Formerly director of the college, he succeeds Cmdre. William P. Hayes, who retired from the Forces Jan. 1, after more than 34 years service.

Brig.-Gen. St-Aubin, a native of Montreal, enrolled in the Canadian Army in 1949. An armored corps officer with the 8th Canadian Hussars for most of his career, he also served with

the International Control Commission in Vietnam in 1956.

A graduate of the U.S. Armed Forces Staff College and the Canadian National Defence College, Gen. St-Aubin has also served in Cyprus and West Germany, in addition to a number of senior staff appointments in Canada. He is an officer of the Order of Military Merit.

Cmdre. Hayes, 54, of Swift Current, Sask., entered the Canadian Navy in 1939 after graduating from the Royal Military College of Canada. He later returned to command R.M.C. in 1967. He survived

three warship sinkings during the second World War and was twice mentioned in despatches.

A graduate of the U.S. Naval War College and Canada's National Defence College,

Cont'd page 16, col. 5

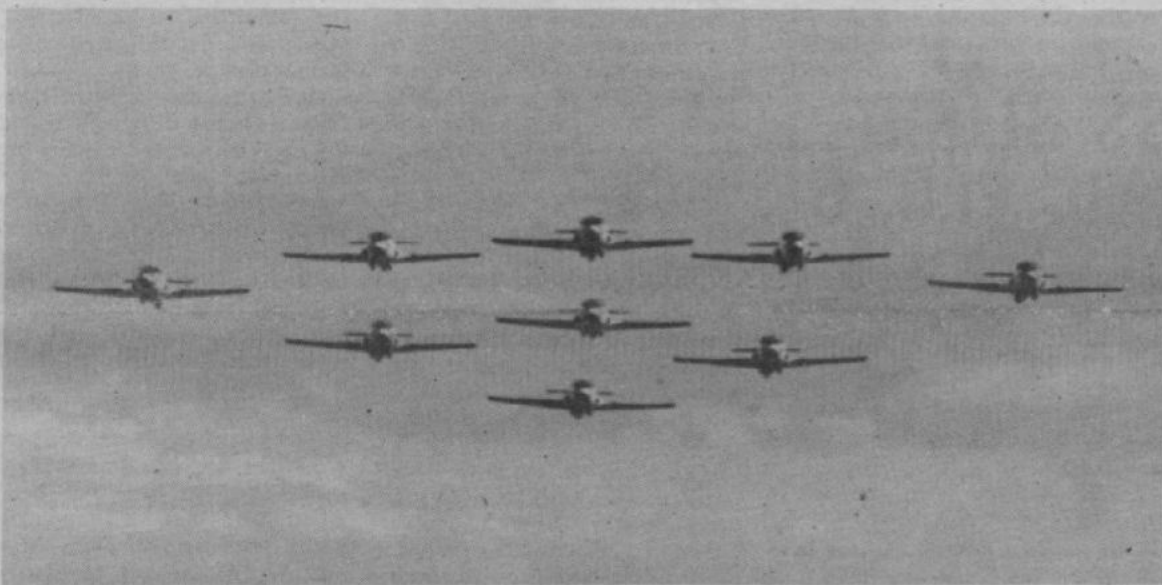
FYA OVERSEAS

OTTAWA (CFP)—Family and youth allowances will be paid to Canadian Forces and DND families overseas effective Jan. 1, 1974.

Previously the Defence Department compensated personnel outside of Canada for the loss of FYA by paying them an equivalent supplementary allowance as part of foreign service allowance. Under the new policy Health and Welfare Canada will pay these families FYA at the rate they received in the province from which they were posted.

Families already overseas are Cont'd page 16, col. 4

AIRSHOW PLANNING UNDERWAY



The Snowbirds, the Canadian Forces' famous Aerobatic Team, will be a feature attraction at the Winnipeg International Airshow, August 12-18. Based in Moose Jaw, the Snowbirds are led by Majoy George Miller and the team includes nine aircraft, two solosits. Here, the birds are in

Diamond Formation, one of the many exciting formations that they perform. The Winnipeg Airshow, with aircraft and displays from around the world, will be a highlight of the city's 1974 Centennial celebrations.

Winnipeg — Aviation leaders from around the world will gather in this city August 12th to 18th for Winnipeg's week-long Centennial Airshow.

The show — a highlight of Winnipeg's 1974 Centennial celebrations — will consist of a major aviation trade fair plus flying displays by 120 different aircraft. Twenty-six committees, that will be composed of more than 2,000 volunteers, are currently organizing various facets of the program.

Invitations to participate have been sent to 1,600 potential exhibitors in a dozen countries. And with many acceptances already received, the organizers are confident that Winnipeg will be able to present a first-class international airshow comparable to the Paris extravaganza or Farnborough in England.

Lieutenant-Col. Jon Vermeulen, the show's Chairman, anticipates that the Winnipeg event will be one of the largest aviation fairs ever held in North America. There have been many aviation and trade fairs in Canada and the U.S., but the Winnipeg show will be unique because of its extensive local, national and international exhibits of aircraft and ancillary products from

the U.S.A., Europe, Asia and down under.

"For a full week, Winnipeg will be the aviation marketplace of the world", says Lieut./Col. Vermeulen. "Our displays will include everything from nuts to bolts to sophisticated simulators to air traffic control equipment...Furthermore, we

expect good representation from aviation support industries such as the hotels, the tourist people and the manufacturers.

The organizing committee hopes the seven day show will considerably increase Winnipeg's importance as an international

Cont'd page 10, col. 4

C.W.O. CASSIDY TO RETIRE

Chief Warrant Officer EJ Cassidy, EM, CD and Clasp will retire from the Canadian Forces in Winnipeg with almost 35 years of military service.

The young aspiring Irishman from Winnipeg joined the RCAF in 1940 after serving with the Winnipeg Light Infantry for five years. After being trained as an aero frame technician in ST Thomas, Ont, he was posted to Uplands where he was a member of that military party which opened that base. Seven months after joining the airforce, Airman Cassidy was promoted to Cpl and he made Flt/Sgt by 1943.

In August of 1945, Flt/Sgt Cassidy took his release from the service with the ambition of making a million. He now claims that the cause of his failure was

Cont'd page 16, col. 4



Chief Warrant Officer JD Holland (left) will assume the duties of Command Chief Warrant Officer for Training Command effective 25 Feb 74. He is replacing CWO EJ Cassidy who has held this position since 1971.

Base Photo

116 A.T.U. Operational In Mid-East

CAIRO (CFP)—116 Air Transport Unit of the United Nations Emergency Force in the Middle East is operational. The first of two Buffalo aircraft to lend initial wings to the unit arrived in Cairo shortly after 5:30 on January 10.

The aircraft was met by Brigadier General D.S. Nicholson, Commander of the Canadian Contingent Headquarters in Cairo, Lieutenant-Colonel Alan G. Tegart, the Commanding Officer of the Air Transport Unit, and Lieutenant-Colonel D. R. (Doc) Payne, Air Adviser for UNEF Headquarters.

The crossing of the Atlantic Cont'd page 16, col. 4

Five In Running For Samson Bid

OTTAWA (CFP) — Five proposals have been submitted in reply to an "invitation to tender" on the SAMSON switching system, reports the project manager, Col. J. P. Whitehead here.

SAMSON is the project aimed at replacing the existing obsolescent manual teleprinter relay system serving DND and emergency government, with a modern automatic message and data communication system.

The manual system will be replaced by a consolidated, computer-controlled network, with three switching centers,

Cont'd page 16, col. 5

Mid-East Option Announced

OTTAWA (CFP)—As many as 120 members of the reserve force may be serving in the Middle East during the next rotation from February to June, National Defence Headquarters reported.

An invitation to members of the Primary Reserve to volunteer for eight months call-out duty, including a six-month stay with the United Nations Emergency Force in the Middle East, has been sent to reserve units across the country.

The first six weeks of duty will be spent with a regular force unit for administration, preparatory requirements,

Cont'd page 4, col. 3

DOTS and DASHES

In the last edition of Voxair, information and tables were published to inform personnel of the immediate tax relief available through the use of a Registered Retirement Savings Plan. A correspondent, in a letter to the Editor published elsewhere on this page, lists several assumptions and then projects twenty-five years hence to demonstrate why he feels that the long term investment potential of RRSP is somewhat less attractive than a non-registered plan.

While I do not personally agree with all the assumptions used in compiling the tables (published on page 14) I leave it to each of you to draw your own conclusions, and possibly a financial expert to provide a reply.

The Financial Post, dated 19 Jan 1974 contains an informative article on this subject. It is recommended reading for those who are considering the purchase of an RRSP.

Colonel C. A. LaFrance recently received a letter of appreciation from K. L. Bowes, the Associate Director of the Red Cross Blood Donor Service in Winnipeg. The letter expressed a 'heartfelt vote of thanks' to all those personnel who responded to an appeal for

group O negative and positive blood required to meet a sudden emergency in December. Mr. Bowes wrote 'as an ex-serviceman, it is very gratifying to see that the people in the service today still feel compassion for their fellow man!' Fifty-seven donors from CFB Winnipeg volunteered to give blood to assist in overcoming this emergency.

Captain G. E. Bell, the Base Exchange Officer reports that construction on the Gas Bar located on Whyteford Road is progressing, but at a somewhat slower rate than originally anticipated.

The large amount of construction currently underway in Winnipeg has made it difficult to get contractors to undertake the installation of windows, heating and plumbing facilities for a small project such as this. It is now hoped that the gas bar will be in operation by 15 February.

Gas bar patrons will be pleased to hear that three grades of gasoline Shell Ultra (non-leaded), Super and Regular will be available in addition to oil. The arrangement of the pumps is such that the congestion experienced at the Auto Club during rush hours should be substantially reduced.

RED CROSS BLOOD DONOR CLINIC FEB. 6

The Red Cross Blood Transfusion Service will hold a Blood Donor Clinic at CFB Winnipeg on Wednesday, Feb. 6th. The mobile staff of the Winnipeg centre visit our base twice a year to enable station personnel to contribute blood to the Red Cross Blood Bank which serves all residents of Manitoba.

In 1973 a total of 62,279 units of blood were collected and supplied to Manitoba hospitals through this voluntary blood program. All blood used in hospitals throughout Canada is provided in the same manner from 16 regional centres of the Blood Transfusion Service.

In 1973 a total of 514 units of blood were donated by personnel from CFB Winnipeg. It is hoped that this figure will be increased to 700 in 1974.

The Blood Donor Clinic will be held in Building 21 (Old Rec Hall) from 10 a.m. to 4 p.m. on Feb. 6th.

SHARE YOUR GOOD HEALTH!
BE A BLOOD DONOR



Two Defense Ministers meet a Chief — Gen. J. A. Dextraze, chief of the defence staff, talks to Lance Barnard, Australia's deputy prime minister and minister for defence, and defence minister James Richardson. Mr. Barnard was visiting Ottawa for talks with Canadian defence and external affairs officials. (Canadian Forces Photo)

LETTER TO THE EDITOR

Editor, Voxair

The article and table in January 16th issue of Voxair presents a persuasive picture of Registered Retirement Savings Plans, but it provides only part of the picture. I will continue where it left off and show what happens when our typical Captain and Corporal withdraw their investments in RRSP. To do so requires looking into the future which in turn requires making some assumptions and these must be clearly understood.

The first is that our Captain and Corporal retire at their present salary levels with 25 years service. The second is that they withdraw their RRSP 25 years from the time they made the investment and that at that time they have no source of income other than their military pension.

Lastly, it is assumed that inflation will continue. In the 25 years from 1948 to 1973 the Consumer Price Index doubled. Since our salaries and pensions are pegged to the CPI then the pension that our Captain and Corporal draw now will have doubled by the time they withdraw their RRSP investments 25 years later. The inflation factor is built into the growth of the investment, and it is assumed that a dollar invested now will return four in 25 years.

The 25 year time frame is

used because of all it is realistic and representative and because a common time frame simplifies the arithmetic. In the table it is assumed that in both cases an investment was made in the same plan but that one registered and reinvested the tax rebate while the other did not. Hence what we are analyzing is the tax effect of registering a saving plan, not the value of the savings plan per se.

It is apparent from the table (Page 14) that our Captain and Corporal pay a tax penalty by registering their savings plans, and that applies to most military people who serve long enough to draw a pension. It should also be obvious that if the Captain and Corporal are promoted they will have higher pensions and the future tax penalties on their RRSPS will be even higher.

This article has touched only on the tax considerations; there are other serious disadvantages in RRSPs that have not been mentioned, but a reputable RRSP salesman will point these out. In the interest of clarity some factors had to be ignored, however, if all of the factors are considered it does not change the basic point. Career military people who register a savings plan will ultimately pay more in taxes than they receive in rebates if they reinvest the rebates in their plan.

(Name withheld at the request of contributor)

February Preview

Records of the past indicate that winter begins to lose its icy grip in February. The average temperature beings an upward trend which continues until July, while the sun gradually moves further north. During February, the length of the day (time from sunrise to sunset) increases from 9 hours 23 minutes to 10 hours 45 minutes. The normal daily temperature climbs from minus 12 degrees Fahrenheit at the beginning to zero degrees at the end of February, while the normal maximum rises from 6 degrees F. to 20 degrees. Extreme cold is frequent; the mercury dipped to 49 below zero on February 18, 1966, the second coldest temperature ever recorded in Winnipeg. In contrast, 53 degrees above was enjoyed on February 25, 1958. The highest temperature recorded last February was 35 above and the lowest 33 below zero.

Of the winter months, February normally has the

greatest amount of sunshine and the second least amount of fog. Snowfall is usually less than any of the preceding three months, but near-record amounts have been known to fall in February; its greatest recorded snowfall of 39.3 inches almost equalled the record fall of all the months, and its greatest 24 hour snowfall of 12.2 inches was the second greatest ever recorded in Winnipeg.

The strongest winds tend to blow from the north west, but the February winds are most frequently southerly.

No thunderstorms have ever been recorded in February, although lightning has been seen on occasion.

In short February is a month of extremes, in which one could experience harsh winter conditions, or mild spring-like days, but the season overall trend from past averages indicates more sunshine and milder.

Confligere

by Bob Purvis

Remember the Christmas gift list that some gallant Englishman prepared for his lady love back in the 1700s, in accordance with the song "Twelve Days of Christmas." During that era it is estimated that all the gifts referred to in the song would not have cost more than the equivalent of \$100. Today they have been somewhat inflated as are the findings of an ardent U.S. investigator who says, "Be prepared to pay at least \$12,402.

The following are his findings:

1. A partridge in a pear tree. One partridge in a cage \$31. One pear tree \$5.95.
2. Two turtle doves \$19.95
3. Three French hens \$13.50
4. Four Calley birds \$30.00
5. Five gold rings (18 karat) \$750.
6. Six gees a-laying \$225.
7. Seven swans a-swimming \$1,400.
8. Eight maids a-milking \$5,600 for the milkers and \$400 for the milkee.
9. Nine pipers piping \$450.
10. Ten ladies dancing \$1000 (for eight hours).
11. Eleven lords a-leaping \$1,375.
12. Twelve fiddlers fiddling \$1,101.60 (for eight hours).

Total cost for the 12-day gift-giving spree \$12,267.55. This total does not include federal or state taxes, nor transportation and food for all concerned.

Festival du Voyageur

A NEW YEAR — A NEW QUEEN

Yes, February 20th is the important evening! The Queen Contest Committee of the Festival du Voyageur requires all entries to be in by January 31st, 1974.

To enter, contestants must be residing in Manitoba, fluently bilingual, single (not divorced) and 18 years of age by closing entry date. The young lady must have personality, poise and an attractive appearance. She will also be judged on individual merits such as community involvement, talents and hobbies.

As in the past, we are looking ahead to warm and exciting preliminary sessions with the girls and a glamorous finale on the 20th at the Playhouse.

Application forms may be obtained by correspondence or direct call to:

Mrs. D. Kotowich,
Co-ordinator
Festival du Voyageur
Queen Contest
340 Provencer Blvd.
R2H 0G7
247-5068

Festival Fever will soar Saturday night, February 23rd, with the Governor's Ball. The Hotel Fort Garry ball rooms will become the Governor's mansion for the evening with sentries holding crossed swords at the door, a town crier calling out the names of guests to announce their arrival and costumes of the Voyageur era paraded in a grand march.

The Ball will be a gala fete of music, singing, dancing and drinking, with folkloric dancers, the Gais Manitobains keeping the party lively with a performance during the evening.

Voxair

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

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

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For the Service of Mankind — by WO A. Golding

Snowballs. Remember the fun you had as a child involved in snowball fights, or just having target practice at some object.

This is just a shorty to suggest you beware of the snowball fight and what or who you choose as your target. The snowball has frequently been referred to as an unguided missile. No one knows for certain exactly what course it will take, nor the ultimate target it will hit.

Already the news media have reported several deaths and injuries due to what commenced

as a little harmless fun. An elderly gentleman walking with the aid of a cane in Ottawa was chosen as a target for snowballs. When this elderly gentleman fell down to avoid being hit, he never again arose, - having suffered a heart attack. A gentleman in Toronto was pulling off the road into his own driveway when a hard snowball came soaring through the auto window, on the driver's side, causing the glass to shatter, the driver to lose one eye, suffer severe facial lacerations, plus

damage to the auto when control was lost and it ended up running into the garage door.

In another small town some school children decided to pepper a dog with snowballs. The dog turned on them and rewarded them with bites, scratches and torn clothing. A court case favoured the dog and the children's parents received a reprimand.

Parents, please endeavour to explain the potential hazard of a snowball. Be safe! Not sorry!



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429 Sqn. Bison Brew

Howdy Herd. Here we are then, with a good start in the New Year. Hopefully, three weeks of sub zero weather have broken Old Man Winter's back, and the mild spell which followed has given everyone an early taste of vernal climates. It sure makes a difference to the gooneys; why, when that super cold is nipping at her heels she bounds into the air with a renewed vitality and youthfulness that almost steals the show from those DC3 Squared's that the Big Maple Leaf Line flies on the other side of the field. Just let the thermometer climb to (MMMM) plus fifteen though, and one gets reminded of the high performance role the Gooney puts on in summertime. While taxiing, no doubt...

"Sick Parade ... Liiiiine Up!"

That could almost be heard down the hangar halls as the injured list swells to record proportions for the herd. Dan McGrath is back in hospital with back troubles again. Gary Wellstead is in NDMC in Ottawa having a knee operation, and Fred Woodhouse just left there, and is on his way back to us. Bill Allan has limped home from Ottawa, battered and bruised and looking none the worse for wear after a slippery encounter with the icy sidewalks of that fair city. 'Heard he never spilled a drop when he fell!' George Trattner and George Hamilton will soon be off for more competition in cross-country and downhill skiing respectively, with the Forces Ski Team. Someone must like the name "George"! We'll see you guys on the sick and injured list soon, and in the meantime, get well soon to those who are already sick, welcome back to those who are cured, and for the rest, stay

well, we need you for detail flying.

Dick McDonald is still kicking around the old pasture, doing his last few trips down Route 27 before going down to Chatham for the 101 OTU. Like any old Bison, he figures the home grass is greener.

Several pilots have joined the hallowed ranks of local captains over the last few weeks. Among the newly anointed one can count Nick Rapagna, Jim Humphrey, Mike Martinelli, Chub Heszely, and Bill Jack. Bill barely made the qualifying hours. We'll see you all in the long amber quaffing line at the next mugging, guys, when you'll all get congratulations, scrolls, and foam drenched manes.

Warren Everett will be departing for the SAR course in the next few days, following which he will be qualified to assist Paul Roberge in SAR coordination duties. You all know Paul, he's that tired looking guy that gave us all those early A.M. briefings during the search near Lac La Ronge before the New Year. He won't be so tired looking now, with an assistant to do all that early morning stuff.

This is just a reminder that the Peter Hodges Memorial Bonspiel will be held on March 8, so get your rinks organized soon, and check your brooms for loose straw. Chub Heszely will be giving delivery lessons to novices, so if your game needs improvement, see Chub.

SEEN AROUND: Jasper, driving a new Travelall, and looking for a golf course with only shallow snowdrifts.

OVERHEARD: Bob Gottfried has finally got the word on single engine approaches.

RUMORS: Hercs? or Mitchells? or Mawdsley Hall slung as a gondola beneath a dirigible?

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PATRICIA REPORT



LADY PATRICIA RAMSAY DIES AT 87

OTTAWA (CFP)—Lady Patricia Ramsay, Colonel-in-Chief of one of Canada's proudest infantry regiments, Princess Patricia's Canadian Light Infantry, died Jan. 12 at her home in Surrey, England.

Her passing is of significance to many Canadians, particularly to veterans and serving members of the PPCLI. Battalions are stationed in Calgary, Winnipeg and Victoria.

Born March 17, 1886, Princess Patricia of Connaught was the youngest of three children born to the Duke of Connaught, a son of Queen Victoria. When her father was appointed Governor General of Canada in 1911, the princess assumed the duties of hostess at Government House.

The Canadian public took the young princess to its heart for her beauty, grace and charm. She was admired by citizens in all walks of life.

She endeared herself to Canadians by her simple, natural manners, lack of stiff etiquette and her love of Canadian games and outdoor sports.

In August 1914, at the request of A. Hamilton Gault of Montreal, the Duke of Connaught approved the use of his daughter's name in the title of the newly-formed PPCLI regiment. From that day until her death, she maintained a personal interest in her regiment. She was appointed its Colonel-in-Chief Feb. 22, 1918.

Having given her name to the regiment, she also fashioned a "camp" color and presented it to them Aug. 23, 1914, on parade at Landsdown Park, Ottawa, before the regiment embarked for overseas service.

She relinquished her royal titles and became Lady Patricia Ramsay on her marriage, Feb. 27, 1919, to Commander Alexander Ramsay, DSO, Royal Navy. Later he was to become

Admiral The Hon. Sir Alexander Ramsay. She accompanied him to Paris, 1919-22; and to the East Indies 1936-38. They lived at Ribsdon Holt, Bagshot, Surrey, until his death Sept. 8, 1972.

Lady Patricia Ramsay last visited the 1st Battalion of her regiment in Hemer, West Germany, Aug. 10, 1964, on the

50th Anniversary of the regiment's formation. The next month she paid her final visit to Canada and the 2nd Battalion, then in Edmonton.

Her memory is perpetuated in Canada by the naming of Patricia Lake District in Northwestern Ontario, and Patricia District in Southern B.C.

The funeral was held Jan. 21,

at St. Georges Chapel Windsor, England. Canadian participation consists of the Colonel of the regiment PPCLI Maj. Gen. C. B. Ware, retired, the Commander 1 Combat Group Brig/Gen G. G. Brown, the Regimental Adjutant Capt. B. D. Cole, M.W.O. J. F. Klokeid with eight pallbearers, two waiting pallbearers, and two buglers.

PPCLI ON NORTHERN EXERCISE

Northern Exercise—Members of the Winnipeg-based 2nd Battalion Princess Patricia's Canadian Light Infantry (2PPCLI) have departed for a winter training exercise in northern Manitoba.

More than 1,200 servicemen from ground and air units in Western Canada and Ontario will take part in the training at Churchill.

Nicknamed Rapier Thrust, the exercise will involve infantry, artillery, armoured reconnaissance and logistics units supported by helicopter and tactical fighter squadrons. Troops will spend the first four days moving into the exercise area where they will practise the skills to survive, work and fight in sub-zero temperatures. For the last six days of the exercise "friendly" forces will attempt to locate and capture "enemy" units in the area.

Commander, 1 Combat Group, Brigadier-General George Brown, 51, of Calgary is exercise commander. In command of the exercise forces in Churchill is Lieutenant-Colonel James Allan, 38, Kingston, Ont. commanding officer of 2PPCLI.

In addition to his own

battalion, Lt.-Col. Allen will have under command a battery from the Royal Canadian Horse Artillery, Shilo, Man., a squadron, from Lord Strathomas Horse, Calgary, and a composite logistics company from 1 Service Battalion, Calgary. A company from 3PPCLI Victoria, will act as enemy for the exercise.

The major task of flying men, vehicles and equipment to Churchill has been assigned to Air Transport Command Hercules aircraft from Edmonton and Trenton, Ont. Helicopters and fighter aircraft for tactical support will come from squadrons based at Ottawa, Edmonton and Cold Lake, Alta.

Civilian Employment Assistance Program

The Civilian Employment Assistance Program (CEAP) is designed primarily for all long service personnel who will be released upon reaching compulsory release age (CRA). It is available also to personnel upon termination of short service commissions or who are being released prematurely (honourably, and for other than voluntary reasons), except that for those released with less than ten years service DND limits its responsibility to that of providing a counselling service. Long service personnel may commence participation in the program when they are within five years of CRA and are eligible for full assistance at any time within three years of CRA.

The total assistance available to an individual is provided by DND through personnel selection officers (PSOs), and by the Department of Manpower and Immigration through Canada Manpower counsellors who have been designated and trained as military specialists.

PROGRAM CONTENT

The CEAP contains the following distinct services, all or some of which can be provided to an individual depending on his particular needs:

Counselling. This is a very broad service whose basic objective is to assist individuals in determining and achieving suitable civilian employment objectives. Aspects of counselling include:

- (1) evaluation of work interests (assisted by guidance testing where necessary),
- (2) evaluation of military training and experience as related to civilian employment,
- (3) assistance in planning academic upgrading prior to

retirement, and
(4) current information about the civilian labour market such as the impact of technological changes, shifts in the occupational composition of the labour force, and the personnel policies of employers.

Career Resumes. For many individuals the possession of an effective career resume is a necessary part of their job-seeking activities. Assistance is given in the preparation of these documents and a maximum of 20 printed and bound copies, complete with photo portrait, are provided at no cost to the individual.

Occupational Training and Re-training. Under the provisions of Bill C278 "The Adult Occupational Training Act," individuals whose military skills and experience do not qualify them for satisfactory entry into the civilian labour force may be provided with suitable occupational training. This Act is administered by the Department of Manpower and Immigration through its Canada Manpower counsellors, who will determine an individual's eligibility for assistance and, if training is required, make specific recommendations. The administrative lead-time emphasizes the desirability of early registration of individuals in CEAP.

Job Information. Assistance is provided on a nation-wide basis. (1) to discover available job opportunities best suited to an individual's particular needs; or
(2) to develop job opportunities for an individual by bringing his qualifications to the attention of potential employers.

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Mid-East Option

Cont'd from page 1

kitting, familiarization training and dispatch.

Following a full six-month tour in the Middle East the reservists will return to Canada for a two-week final documentation and clearance procedure to return to their reserve status.

Preference in call-out will be given to trade specialists although there are a few jobs which could be filled from any trade qualification.

Among the specialists going south are crewmen, artillerymen, infantrymen, field engineers, linemen, radio operators, teletype operators, communications operators, vehicle technicians, electro-mechanical technicians, medical aides, military policemen, administration clerks, financial clerks, cooks, stewards, postal clerks, supply technicians and drivers.

Those selected for service will receive regular force basic pay for the rank and trade in which they are employed.

Women reservists cannot be posted to the Middle East at the present time. But if later developments permit suitable facilities for their participation, the matter will be considered.



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CFANS news corner

In the last issue of Voxair we mentioned that Staff Air Navigator Course (SANC) 7401 was commencing on 14 Jan 74. This week we can formally welcome them and introduce you to the course (see photo). SANC 7401 was officially welcomed by the Base Commander and then the staff finished off the welcome in the Bamboo Room. While we are on the subject of welcome we should say "Hello" to the On Site Management Evaluation Team (OSMET). I hope they are considering the blood, sweat and time that goes into writing this prose.

We are sorry to have to tell you, that again we are understaffed in the Word Processing Centre. Shirley Vandenberg has been transferred to Training Command and Helen Nesbitt is promoted and moving to Base Traffic in Headquarters. It is especially bad when you lose someone as valuable as Helen in ASC report typing procedures. However, overheard on Helen's departure was the statement that, "ASC is a bunch of paper pushers". Good luck on your new jobs girls. Luck

Speaking of departures, Don Weiss is off to Staff School on 1 Feb 74 and won't be back until mid April. In addition, the ASC has departed on the Canadian tour. On this tour they will be primarily interested in gaining information on the Air Defence Tactical Replacement Aircraft (ADTRAC); however, some of the other briefings they will receive are:

- projected map and head up displays;
- laser technology and applications;
- doppler, Omega and area navigation;
- fly by wire - Tactical Air Guidance System (TAGS);
- systems integration;
- VSTOL;
- optical communications; and
- air traffic control (JETS).

This is just a partial list of the intended briefings, and reports will be available in the near future. Each report is published as a visit report to a particular establishment (a list was published in the last issue). The abstracts of these reports will be published in the spring.

One last point is - "Good Luck" - to Al Brabant and John Jensen who are curling in the Manitoba Curling Association Bonspiel.

416 SQUADRON

The 416 Lynx Squadron will be having its Colours Presentation and Squadron Reunion in the late spring of 1974. June 1, 1974 has been set as the tentative date. This will be finalized shortly.

Planning for the presentation has commenced and all aircrew and groundcrew who have served with 416 Squadron since its inception on 22 December, 1941 are invited to attend.

Former members are asked to provide me with their names and addresses in order that "Colours and Reunion" material may be distributed. Members who replied to the "25th Anniversary" event planned for June 1973 which was cancelled, need not reply to this notice, as you will be on our mailing list already.



STAFF AIR NAVIGATOR COURSE 7401

Back Row (L to R): Cpts G.R. Raindahl, A.B. Fraser, J.L. Clark, D.H. Harold, G.W. Moore, W.L. Wasylik

Front Row (Lt o R): Cpts J.M. Wesson, L.M. Goethals, T.G. Bremner, A.F. Fenske, A.E. Townsend.

Base Photo

CENTENNIAL ACTIVITIES FEBRUARY 1974

The following is meant as a helpful guide to some of the main activities being conducted in Winnipeg during the month of February, 1974.

- | | |
|--------------|---|
| 1 Feb | Hockey - Winnipeg Jets vs L.A. Sharks
Hockey - Winnipeg Arena 2000 |
| 1-2 Feb | Manitoba Theatre Centre - The Dybbuk 2030 |
| 2-3 Feb | Winnipeg Symphony Orchestra - Erling Bengtsson
- Concert Hall 2030 |
| 7-8 Feb | World Adventure Tours - New York City Concert
Hall - (1810 and 2045 for 7th, and 1730 and 2000
for 8th) |
| 8 Feb | Hockey - Winnipeg Jets vs Minnesota Fighting
Saints
- Winnipeg Arena 2000 |
| 9-10 Feb | Winnipeg Symphony Orchestra - Byron Janis
- Concert Hall 2030 |
| 10 Feb | Hockey - Winnipeg Jets vs Houston Aeros
- Winnipeg Arena 1930 |
| 14-16 Feb | Western Regional Annual Finance Bonspiel |
| 15-16 Feb | Manitoba Theatre Centre - Godspell 2030 (except
16 Feb 1630 and 2100) |
| 16-17 Feb | Winnipeg Symphony Orchestra - Fan Fare Pop
Concert
- Victor Borge
- Concert Hall 2030 |
| 17 Feb | Hockey - Winnipeg Jets vs New England Whalers
- Winnipeg Arena 1930 |
| 18-23 Feb | Manitoba Theatre Centre - Godspell 2030 (except
20 and 23 Feb 1630 and 2100) |
| 19-25 Feb | Festival Du Voyageur - St. Boniface |
| 20-24 Feb | Royal Winnipeg Ballet - Les Grands Ballet
Canadian 2030 (except 22 Feb 1400 and 2030, and
24 Feb 1400 and 1930) |
| 22 Feb | Hockey - Winnipeg Jets vs Toronto Toros -
Winnipeg Arena 2000 |
| 24 Feb | TC Band Concert at Brandon
Hockey - Winnipeg Jets vs Chicago Cougars
- Winnipeg Arena 1930 |
| 25 Feb-1 Mar | 3rd Western Land Maintenance |
| 25-28 Feb | Manitoba Theatre Centre - Godspell 2030 |
| 28 Feb | Joint TC-PPCLI Band Concert - Concert Hall 2030 |



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A reminder that February 28th is the deadline for substantial 1973 Income Tax Savings



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through a Registered Retirement Savings Plan. As an example, if you are in a 40% tax bracket you could get back from the government when you file your tax return up to \$40 for each \$100 invested within the limits prescribed by the Income Tax Act.

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...from the diary of a mod housewife

by R. Kay

UMWELTVERSCHMUTZUNG

In the past few years we all have become aware — voluntarily or involuntarily — of 'The Environment': of pollution and, more recently, of shortages of energy, raw materials and food.

How many of us give these disturbing problems much thought? We often tend to push such unpleasant notions aside and trust somehow that 'they' are bound to come up with 'something'.

Paper Crisis? What surprises me is that in Canada nobody has done much about the great waste of paper products. We hear about newsprint shortages and magazines cutting down the size of their publications. And yet, on the other hand, one trip through a supermarket shows a fantastic amount of paper, cardboard and other paper products lavishly used and extravagantly wasted.

If you have never been away from Canada, you probably take it all for granted. But if you have spent any time in Europe, you know that you don't get your groceries packed and wrapped and put in double bags as we do here. You may have put that down to quaint custom or just one of those things in which the Europeans are not 'up to our standards'.

Shopping Habits. The fact is that the supply of paper in Europe has never been comparable to North American standards, and so the consumer attitude there differs from ours. Their shopping habits differ as well: instead of the big weekly trip to the supermarket, the European housewife goes almost every day and buys what she happens to need for the moment. So she brings her own bag, net or basket. Those big brown supermarket paper bags — double quite often — that we get here are unheard of. If the shopper does not happen to have a bag or net or basket along, the market will supply a plastic shopping bag, which is, of course, re-usable. People usually have several of these bags and take them along when they go

shopping: for groceries, clothes, books, anything.

'Friendly' Plastic. They are also very environment-pollution conscious. The word *Umweltverschmutzung* is German and means Pollution of the Environment. So they manufacture these plastic shopping bags from substances that are 'environment-friendly' as they put it, and most bags bear a little printed notice — some even in English — like this:

PROTECTION AGAINST POLLUTION:

Please use this shopping bag at last as a refuse bag.

It is made of polyethylene which does not evaporate toxic or poisonous gas when it is burned.

This system seems like a very practical idea to me, not only as a weapon against pollution, but also as a way to save valuable material such as paper. I am sure that we have not begun to think of the many ways in which materials could be re-cycled. People have proved to come up with innovations and inventions in times of real need. But why wait until the emergency is at our doorstep before doing something about it?

Friends of the Earth Ltd., the British section of the International Environmentalist Movement, last year conducted a survey on technical, social and environmental aspects of packaging, with special emphasis on the need to conserve natural resources. They concluded that modern packaging systems are wasteful and costly and are often designed as a promotion to sell the product. They published a report about their findings in which they ask for government action. They state that waste disposal and littering are just manifestations of the excessive use of packaging materials. According to the Friends of the Earth, much expensive and potentially re-usable material is just thrown away as garbage, wasting the considerable investment in labour and raw materials. They see a solution in co-operation between industry and government...



Colonel and Mrs. C.A. LaFrance add their gift to those collected by the C.W.L. for distribution by Sister Leslie to needy children.

One-Woman Campaign. So — what can we do about all this? Well, I, for one, collect all those pretty plastic bags — some local stores hand them out too — and, when I go shopping, offer to have my purchases put into them. But most sales clerks don't seem to understand: they still insist on stuffing everything into a paper bag first — which, of course, defeats the whole purpose. And if I really insist, they give me strange looks, as though I must be some kind of nut to refuse their paper bags.

What do people do with all those paper bags they must accumulate in their homes? They can't all be used for garbage. Many probably get thrown out as garbage — after having been used but once. What waste!

FROM THE KAY KITCHEN...

I am still on my annual post-holiday diet kick. So here are some more diet recipes. This time vegetables.

Brussels Sprouts Caraway

½ cup chicken bouillon
2 cups frozen Brussels Sprouts
1 tablespoon butter
salt and pepper (freshly ground, if possible)

1 teaspoon caraway seeds
Add frozen sprouts to bouillon when it boils. When second boil is reached, simmer until tender — 6 to 8 minutes.

Drain and toss with butter, salt, pepper and caraway seeds.

Even if you are not on a diet, this tastes good. And if you are, you will be pleased to know that if you divide this into four portions, each contains 50 calories.

Carrots with Orange Glaze

12 carrots, quartered lengthwise
1 tablespoon butter
½ tablespoon brown sugar
sugar substitute equal to 1 tablespoon sugar
¼ cup orange juice
3 whole cloves
salt
minced parsley

Cook carrots until tender, but still firm, and drain. In pre-heated skillet, melt butter and blend in brown sugar and sugar substitute, orange juice, cloves and salt. Discard the cloves after a few minutes. Add carrots and toss lightly over low heat until they are glazed. Sprinkle with parsley and serve.

There are four portions in this recipe, at 62 calories each.

St. Georges CWL Assist City's Needy

The Catholic Women's League of St. George's Chapel (Southside) hosted a Christmas (project) Party on Dec 2nd in Lipsett Hall Lounge with the following Auxiliaries in attendance — Mrs C. Hooper, C.W.L. of Westwin; Mrs Klein, Protestant Guild (Westwin); Mrs Mills, wife of Padre Mills (Southside); Mrs Crossman, C.W.L. of St. John Brebeuf and Mrs Volk, C.W.L. of St. Ignatius, attended also by Fathers Cremora, St. Georges; Glofchestski, Westwin and Drescol and Scott, Brebeuf Parish. Special guests were Col and Mrs LaFrance, Sister Leslie and companions.

Each of the ladies brought a gift suitable for a child. Many gifts were received and the party was well attended and enjoyed.

Tea was served by Col LaFrance, LCol Shade and members of the Chapel Committee (Southside).

One of the highlights of the evening was the presentation of a \$50.00 cheque to Sister Leslie by chairman, Philomena Rogers — on behalf of the C.W.L. of St. George's Chapel, to use in her work among the city's needy.

Photos were taken by Michael Landry. Special thanks to all who helped make this event a success.

Watch for our St. Patrick's Fun Night. Dates to be announced later.

Bingo Jackpot \$500.00

A gigantic Jackpot in the amount of \$500.00 in 58 numbers and an exciting Top Line of \$90.00 in 21 numbers for this Wednesday, 30th January, could easily be won by our Bingo Fans.

In addition to our regular Wednesday Night Door Prize, a second one will be added for the following gifts:

Wednesday 30th January: A gorgeous portable Sony Solid State Radio.

Wednesday 6th February: A marvellous gold setting Cameo

PROTESTANT CHAPEL NEWS

Happy New Year to all from the Protestant Chapels of C.F.B. Winnipeg. Now that the festive rush is over I guess we are all trying to replenish our pocket books. Now we can all promise ourselves that we'll save up again for next year.

In October, Padre McLean received a letter from the St. James Assiniboia Centennial Committee, requesting help from our congregation with an appreciation night for the Senior Citizens of St. James Assiniboia on December 31, 1973.

After some discussion it was decided we would help with transportation of the Senior Citizens from the various homes to the St. James Civic Centre.

Base Transportation came to the rescue with 100% co-operation and supplied us with a bus and driver. Three couples of the congregation aided with the transportation of many of the Senior Citizens on that day.

Padre Mills also brought along a parcel of tinned foods from the South Site Chapel. The Ladies Guild also donated \$25.00 to this worthwhile venture.

To all of you readers of this paper, this is proof plus of what the Church is doing in our community for the community. Care to join us? We can always and gladly accept your help. A special thank you goes out to all who were involved in making this day a complete success.

The Ladies Guild were pleased with the success of their Christmas Bazaar and Bake Sale. They express thanks to all those who helped and donated articles.

Once again there was a keen interest in our Santa Claus suit rentals.

There was no regular Guild meeting held in January. Fourteen members of the Guild & congregation worked one evening taking stock at the 'Bay'.

The regular Ladies Guild meeting will be held on February 12, at 8:00 p.m. in the North Site Chapel. It will be held in the form of a business meeting. They look forward to having new members in '74, so here is a chance for you lady readers to join in the activity.

The Guild's next project is slated for March 27th. A childrens movie at the Base Theatre, "Cinderella", will be the attraction for the youngsters. There will be two shows — 1:00 p.m. and 3:00 p.m. All tickets, both children and adults, will be 35 cents. The congregation would like to welcome Padre McLean back to Winnipeg after his heart surgery and stay in hospital in Ottawa. Padre McLean is convalescing at his home and looking forward to returning to active duty. We are anxiously awaiting your return as well Padre McLean.



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NORTH SITE COMMUNITY COUNCIL REPORT

This is the first of a series of articles which will appear monthly in Voxair, concerning news and views presented by the North Site Community Council, of interest to residents of the North Site Married Quarters.

The first meeting of the North Site Community Council was held at 1900 hours, 16 Jan 74, in the Conference Room at Base Headquarters. All subsequent meetings will be held at the same location at 0900 hours the first Thursday of each month.

During the initial meeting, discussion centred upon the draft proposals for your Community Council constitution, as well as CFAO 50-21* which governs the formation and operation of all Community Councils. Further, elections were held to staff positions on the Council from the councillors you elected during the late Fall of 1973. The following ward representatives were elected to Council offices as indicated hereunder:

President — Maj R. O. Stevens (Interim) — Ward X

Vice President — Capt Armstrong — Ward VI

Secretary — Sgt Allison — Ward V

Treasurer — MCpl Ablett — Ward III

Councillor for Children's Playgrounds — Mrs. Neilson — Ward X

Councillor for Publicity — Lt P. D. Peterson — Ward IX

As specific problem areas are identified and as required, more councillors may be elected to fill offices yet to be created. Obviously, your Community Council is moving ahead slowly. However, we feel that the best interests of the majority will be served by this type of action

BROWNIES AND GIRL GUIDES CENTENNIAL PROJECT

"Would you like a small, friendly and helpful visitor to make your day sunny?"

The Brownies and Girl Guides of the Edgeland District (South Site) are beginning to work on their Winnipeg Centennial Project. Each girl would like to make a friend of a Senior Citizen or Shut-in. She would visit, run small errands, mail letters and all the little things you would have a friend do.

If you live in the area bounded by Keanston, Grant, Wellington Cresc., Shaftesbury, or know of anyone in the area who would like a young visitor, please contact Mrs. M. Johnson ph. 489-5196.

Chapel Sewing Circle

Many ladies of this parish are giving their time in sewing clothes, etc. for the needy. They succeeded in working together so much that now they decided to invite all the parishioners and non-parishioners to join in the project. A Sewing Group is being organized and sponsored by Mrs. Johnson of 1961 Corydon — 489-5162. This group will serve to teach you any kind of sewing for your own good and the Community.

Please call Mrs. Johnson or Fr. Cremona for more information the earliest, thank you.

rather than rushing headlong into problems without careful and proper planning and preparation.

Our aim as your elected Community Council may best be summed up as follows:

a. To provide a facility for planning and conducting of community activities among the residents of the married quarters, covering such areas of interest as social activities, hobbies and special seasonal events, in keeping with the interests and aspirations of the community;

b. To provide a facility for organizing and fostering projects to meet the community's needs, such as playgrounds for children and safety schemes to protect our children;

c. Recruit volunteer leaders and workers as required for the various community activities and services;

d. Develop plans and co-ordinate projects for the beautification and enhancement of the community; and

e. Provide a channel of communication and liaison between the community and the base.

In order to determine whether or not the above proposals are in line with the aspirations of our community, a survey form will soon be distributed in which North Site Married Quarter residents will be asked to list what they feel should be the priorities of the Council. Further, we, your Council, require your help in

making the proposed aims a viable enterprise. We cannot function in isolation of you nor in a disinterested environment. To this end we will, from time to time, seek both your advice and help. When called upon, please help, for in the final analysis it will be yourselves you will be helping and your dependants who will be benefitting.

Finally, and for your future guidance, the following are those members who have been elected as Ward Councillors for a period of one year:

WARD I
Cpl Burgess
CD/FP Local 501

WARD II
Cpl Harrison
Trans Servicing

Local 404
WARD III
M/Cpl Ablett
WDSIU Local 771
Cpl G. Morgan
CE/FP Local 501

WARD IV
Sgt Cox
Base Traffic Local 763
M/Cpl Mike McSween
I&E 10 Hgr Local 448

WARD V
WO Ron Nelson
401 CFTSD Local 336
Home 775-8331
Sgt Allison
A Coy 2PPCLI 837-6549

WARD VI
Capt Armstrong
Aero Space Sqn
Local 597
WO Hinds
Invoice Accts Local 371

WARD VII
Cpl Hopkins
Material Production
Local 496
Cpl Paine
Base Refinishing
Local 798

WARD VIII
M/Cpl Leslie Matthews
SNAGS Local 524
Cpl Guy Thibeault
AR Telecon 16 Hgr
Local 243

WARD IX
Lt Peterson
14 Dental Unit
765 Home 889-7084
Sgt Spirito
CE/Fire Prevention
Local 501

WARD X
Mrs. Neilson
Home 889-0619
Maj Stevens
WDSIU Local 732
Home 888-0073

Limited space in the Voxair prohibits maps of the various wards being published at this time. However, maps designating the boundaries of the various wards will be distributed with survey forms in the near future.

Bits and Pieces

LITTLE THINGS

The omission of the pinch of salt can spoil the dinner. It is the care of trifling things, the small essentials, that marks the difference between a well-organized and a disorganized home.

Frequently women rebel because their lives are limited by the petty and insignificant details to which the mind of a homemaker must give attention (although she may be a college graduate). Yet it is the care and nicety of attention with which details are met that makes the difference between well-applied intelligence and ignorance, or its equivalent, indifference, in any home.

Strength is shown in our ability to meet, not the great trials of life, but life's petty annoyances.

Get more miles from your winter boots with proper care. All-leather boots should be protected with a good waterproofing product when new. In addition, the waterproofer should be applied frequently to keep up the protective coating. Calcium stains should not be allowed to remain on leather. Stubborn stains may be removed with a half-and-half solution of water and vinegar. When boots do get wet stuff the toes with paper and dry away from heat.

OFFICERS' WIVES CLUB TO MEET

The first meeting of the new year will be held on Tuesday, February 5, 1974 in the dining room of the Officers Mess.

The cosmetic firm "Clinique" will have a representative present to acquaint the club with their hypo-allergenic line of cosmetics.

Is your skin in a mess? Are you getting the long winter doldrums? Then come out and bring a friend for an enjoyable evening.

Most vinyl boots are "slush-moulded." This means that the boot is made all in one piece and is therefore waterproof. However, if there is a zipper up the side, water can get in, especially in the case of children's boots when the child is playing in water puddles. "Slush-moulded" boots are resistant to staining, and may be wiped clean with a damp cloth.

Nothing can equal the good ole pull-on rubber boot for water-proofness. Perhaps, not the height of fashion, they are a good investment.

At this time of the year the choice of a vegetable can sometimes be a problem. Then try ghivetch. It is a little of everything. The colour is super, and the flavour a delight! Don't stint on the seasonings and don't cook it too long. When you serve them, the vegetables should still be crisp and have a lot of their original colour. These are the only rules for success with ghivetch.

GHIVETCH

1 cup diced potato (2 small)
1 small yellow squash, thinly sliced (cut in half, remove seeds, peel, slice thinly)
3 cups turnip (3/4 inch cubes)
2 cups carrot coins 1/4-inch thick (3-4 medium)
1 cup fresh green beans, sliced into one-inch diagonals
1/2 cup celery, sliced about 1/4-inch thick on the diagonal (1 stalk)
1/2 Spanish onion, thinly sliced
2 medium tomatoes, peeled and cut into quarters
1/2 cup julienne strips green pepper
1 cup beef bouillon (use 1 cube in 1 cup boiling water)
1/3 cup olive oil
2 small cloves garlic, crushed
2 teaspoons salt
1/2 bay leaf, crumbled
1/4 teaspoon tarragon

Wash and prepare all the vegetables, cutting them into the sizes and shapes given above. Preheat electric frypan. Put the bouillon in a small saucepan, add the oil, garlic, salt, bay leaf,

tarragon, and heat to boiling. Mix potato, squash and turnip in frypan. Pour the bouillon mixture over the vegetables. Cook, covered 10 minutes only. Add carrots, green beans, celery and onion. Toss lightly. Cook another 10 minutes. Toss lightly. Add tomatoes and green pepper. Cook 5 minutes only. Serve immediately. Makes 10-12 servings.

Congratulations to Corporal and Mrs Rick Blackburn on the arrival of their son, Richard Earl, born Sunday, January 20, weighing in at 9 lbs 8 ounces. Mother and son are reportedly doing fine, and father is recuperating. Rick works at the Base Hospital, and Margaret formerly worked at TCHQ.

Blessed is he who has learned to admire but not envy, to follow but not imitate, to praise but not flatter, and to lead but not manipulate.

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Westwin Minor Hockey ABC League

The Westwin ABC League has continued to run up an impressive series of victories over their contemporaries in other community clubs.

On Tuesday 8 Jan, they had a mild lapse when they only managed a tie against Kirkfield West and this after leading 3 to 1 at the end of the second period. Never let the guard down boys, you can lose, you know. This momentary scare jarred them awake and resulted in this Westwin team draining the Sturgeon Creek team for a score of 11 to nothing. Blain Bonell scored four times, Joey Rice got a hat trick followed by Glen Brauen with two. Wes Waddell and Tim Harrison potted one each with hard working Don Chester chalking up four assists.

The above game on 13 January was followed on the 18th of January by a victory against the Crestview Leafs. The big scorers of Joey Rice, Wes Waddell, Glen Brauen and Blaine Bonnell were at it again, but were helped this time by a fine two-goal performance by Shawn Maidment.

On Sunday 20th January, Westwin played host to St. Francis. Again, Westwin had the lead 3 to 1 at the end of the second period but a very determined St. Francis team managed to tie it up at the buzzer. This was a very good effort by both teams and certainly provided action for our goalies, John Weir and Donny McLean.

Keep up the good work boys, you have a fine team.

MITY MITE HOCKEY TOURNAMENT

The 5th Mity Mite Hockey Tournament Junior Winter Games, 1974, will be held at Isaac Brock and West End Memorial Community Centres. The Tournament for Boys 8 years of age and under and will be held on February 1, 2, 3, 8, 9, and 10th. The entry fee is Free.

This is Western Canada's Largest Hockey tournament, so come and see the stars of tomorrow.

INTER-SECTION HOCKEY STANDINGS AS OF 21 JAN 74

	W	T	L	PTS
Avionics	4	5	1	13
Other Sections	5	3	3	13
2PPCLI	5	2	5	12
BAMEO	5	1	5	11
TCHQ	3	1	7	7



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CFB Winnipeg Bowlers Victorious Second Consecutive Year

For the second consecutive year CFB Winnipeg hosted the Area One Servicewomen's Bowling and Curling championships from 14 - 18 Jan 74. Sixty competitors from CFB Esquimalt, Edmonton, Cold Lake, Chilliwack, Calgary, Shilo and Winnipeg participated in Bowling and Curling.

In the bowling, CFB Winnipeg emerged victorious after battling with Esquimalt throughout the tournament. The final tally showed Winnipeg with a total pinfall of 28,474 and Esquimalt in second place with 28,266.

The High Average (228) and High Triple (774) awards were captured by Cpl Lil Davis CFB Edmonton, with the High Single (319) going to Pte Anne Doyle - CFB Winnipeg.

Good Luck to Cpl Jean Ste

CFS YORKTON DIVISION CURLING CHAMPS

The Prairie Region Curling playdowns were hosted this year by CFB Edmonton during the week of 14 to 18 January 1974.

CFB Winnipeg was represented by Charlie Mason, Ray Gagnon, Karl Larsen and Al Palmer. The Winnipeg foursome went through the round robin with a respectable six won and two loss record and were tied with CFB Moose Jaw and Gypsumville for second place. CFS Yorkton won the division with a well earned seven and one record. However, Moose Jaw advanced to the play-off because one of Winnipeg's losses was to Moose Jaw, consequently giving them the edge.

The spiel was a huge success due mainly to the extra efforts put forth by the personnel of CFB Edmonton.

We would like to thank 429 Squadron for their efforts in trying to get us to Edmonton. It was a long day for us but a great deal longer for the crew who were trying to fight the elements. Again, thank you.

The overall winners of the bonspiel was a very capable crew from CFB Edmonton. The runners up and the second team to advance to the nationals, to be held in Cornwallis, from 12 - 16 February 1974 was the 1973 National champions Otto Krepps and his capable rink from CFB Cold Lake.

Very well done, Edmonton and good luck to the Prairie Region representatives at the Nationals.

The personnel of CFB Winnipeg add a hearty "Well Done" to Charlie, Ray, Karl and Al for their splendid showing at the Regional play-offs.

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Marie, Pte Anne Doyle, CFB Winnipeg; Cpl Lil Davis, CFB Edmonton; Sgt Diane Vince, Cpl Joan Mezzatesta, CFB Esquimalt and Cpl Malissa Blois, CFB Cold Lake; who will travel to Ottawa 1 - 5 Mar to represent Area One.

The Curling Trophy was presented to the CFB Edmonton

four some skipped by Cpl Shirley Clark, who defeated Esquimalt 13 - 3 in the final game. Prior to this game, Edmonton knocked Chilliwack from the competition, while Esquimalt defeated Cold Lake.

Both CFB Edmonton and CFB Esquimalt will represent Area One at the Nationals.

CANADIAN FORCES MENS PRAIRE REGION BOWLING CHAMPIONSHIPS

The Canadian Forces Mens Prairie Region Five Pin Bowling Championships were hosted this year by CFB Cold Lake during the week 14 - 18 January.

The CFB Winnipeg team was represented by Ron Dupuis, Ken Wardell, Chris Christensen, Cec Carr, Bob Sypulski and John Bonnell.

Once again our team came out victorious winning the championship by some 600 points over the second place team CFB Cold Lake. Over and above winning the competition the High Average was won by our anchor man - John Bonnell with a 257 average.

The High Three Game Cross was won with a score of 860 in a tie by two men, Ken Andrew from Portage La Prairie and Don Ward from Cold Lake. The High

Single was won by Barry Clarke from CFB Moose Jaw with a score of 367.

Members picked for the National Championship was based on individual high averages over the 30 game zone competition. These members are John Bonnell and Ron Dupuis from Winnipeg, Don Ward, Cold Lake; Larry Scherr, CFS Gypsumville; Pete Uebel, CFS Dana; Charlie Little CFB Calgary; First Alternate - Bud Knight, CFB Moose Jaw.

The recreation staff, volunteer staff and everyone else involved in the organization and operation of the tournament should be highly commended on a job well done, especially considering the difficulties encountered during the competition.



The CFB Winnipeg Five Pin Bowlers won the Prairie Region Champs at competitions held at CFB Cold Lake 14-18 January. The team members were (rear row L-R) Ron Dupuis, Chris Christensen, Cec Cair and Bob Sypulski, (front row L-R) John Bonnell and Ken Wardell.



Ron Dupuis (L) and John Bonnell from CFB Winnipeg will join the Prairie team at the Servicemen's National Five Pin Bowling Championships to be held in CFB Greenwood 12-16 February.

Physical Fitness What? Why? How Much?

There are several questions automatically asked when the term Physical Fitness is used. First - What do you mean by Physical Fitness? Strangely, this is the most difficult to answer. Technically, it involves levels of muscular strength and endurance, agility, fat proportions, muscle tone, heart action and response to activity, respiratory action and response, balance, and so on. Each of these is measurable to a degree. This means, then, that a physically fit individual should have a high level of efficiency in each of these areas. This is the cold, scientific meaning of the term, Physical Fitness.

But of more importance to us as human beings are the feelings that being fit gives us. The feeling of not being tired after completing a day's work; the feeling of well-being on awakening in the morning; the feeling of being able to enjoy extra activities in the evenings or weekends; the feeling of satisfaction in doing a strenuous act and not feeling too tired, or stiff and sore the next day. None of these are measurable, but they are our own personal indicators of Physical Fitness.

A second question is, "Why should I be physically fit?" This is the easiest question to answer. Research has indicated; that the physically fit person is able to withstand fatigue for longer periods than the non-fit; that he is better able to endure physical stress; that there is a relationship between mental alertness, nervous tension and physical fitness and that maintenance of a good level of physical fitness throughout life will aid in lengthening it. In addition the factors of personal wellbeing noted above are rewards in themselves.

The third question - "How fit should I be?" is one that plagues all of us. "I feel fine. I do my job well. What more do I need?" To the compacent, self-satisfied individuals this rebuts the need for extra effort. Yet how few of these persons really do feel as fine, or do their jobs as well as they might. Science has as yet found no conclusive answer to - "How fit?", but in general the answer might well be - "Just a little fitter than you are right now." For persons in military service the level of physical fitness maintained should be higher than that of the general civilian population. At any time of the day or night you may be called upon, and indeed are, to perform tasks above and beyond the ordinary. To meet these demands, and recover quickly enough to meet them again, and again, if necessary, you must be in a state of readiness physically and mentally. A level of physical fitness 'above and beyond the ordinary' daily demands is like money in the bank - a reserve to be drawn on when needed. It is always nice to know it is there. This is how fit you should be.

1973 SPORTS ROUND-UP

JANUARY

PRAIRIE REGION BOWLING
CFB Winnipeg hosted the bowling and had 15 teams in attendance. CFB Winnipeg's base team came up victorious, and sent three personnel to the National Championships.

PRAIRIE REGION CURLING 8 - 12 JAN

Hosted by CFB Calgary, Winnipeg's team skipped by Capt Anderson advanced to the play-off round but were defeated by CFB Cold Lake who advanced as Region representatives.

**FEBRUARY
SERVICEWOMAN'S AREA
ONE BOWLING AND
CURLING**

Hosted by CFB Winnipeg 5 - 8 February with four bases in attendance. Winnipeg's bowling team was victorious, and curling was won by CFB Edmonton with a rink from Winnipeg placing second.

**PRAIRIE REGION
BADMINTON**

Hosted by CFB Winnipeg, with Winnipeg winning the base trophy. Individual winners were: Open Singles - Sgt Jack McBride and Vets Doubles - WO Mike Semenuik and Cpl George Brian.

NATIONAL BOWLING

Three of Winnipeg's bowlers, Dupuis, Sypulski and Bonnell represented the Prairie Region at the National competition at CFB Chilliwack. They assisted the Prairie Region in capturing first place.

NATIONAL CURLING

Hosted by CFB Shilo, two of Winnipeg's PERI Staff assisted in tournament administration.

MARCH

HOCKEY

The Intersection Hockey wound up with TCHQ defeating BAMEO to become the new Base winning section. Individual awards went to Pte Rick Hamel - High Scorer and Cpl Kerry Stevens - Most Valuable Player.

**PRAIRIE REGION
VOLLEYBALL VOLLEYBALL**

Won by CFB Cold Lake, hosted at CFB Cold Lake.

APRIL

**PRAIRIE REGION
BASKETBALL**

Hosted by CFB Moose Jaw 7 - 11 Apr. CFB Moose Jaw declared winner over CFB Winnipeg due to last minute of play in their game.

PERI BONSPIEL

Eight of CFB Winnipeg's PERI staff travelled to CFB Borden to compete in this spiel. Although not successful at bringing home the trophy, from all reports it was an entertaining week-end.

NATIONAL BADMINTON

Hosted by CFB Lahr, won by the Ontario region, Prairie Region 5th place.

**CANADIAN LEGION
CURLING CHAMPIONSHIPS**

A rink skipped by Cpl Lutomsky, CFB Winnipeg advanced and won the Canadian Legion spiel.

NATIONAL VOLLEYBALL

Hosted by CFB Kingston, won by Prairie Region representative team.

JUNE

**EARLY BIRD GOLF
TOURNAMENT**

The annual Spring Golf Tournament was held at Clear Lake with great success.

**CANADIAN FORCES
INVITATIONAL SKEET
SHOOT**

Hosted by CFB Cold Lake, Cpl Sadoway, lone entry from CFB Winnipeg won the Singles "D" Class Event. Well done.

JULY

**PRAIRIE REGION FASTBALL
TOURNAMENT**

Hosted by CFB Moose Jaw, Winnipeg victorious after many years of second place standing. Batting title went to Cpl Wayne Piper, CFB Winnipeg. Pitcher Award: Cpl R Reber - CFB Moose Jaw.

INTER SECTION FASTBALL

The Avionics fastball team declared '73 winner after defeating team from BCOMPT.

AUGUST

PRAIRIE REGION GOLF

Hosted by CFB Moose Jaw, tournament won by CFB Cold Lake, Winnipeg's team placed second and three of our golfers advanced to the National Championships. Good Show.

NATIONAL FASTBALL

Hosted by CFB Downsview. Prairie Region rep team - Winnipeg tied for second place with Atlantic and Pacific regions. Tournament won by Ontario region - CFB Ottawa.

SEPTEMBER

NATIONAL GOLF

Hosted by CFB Trenton. Although Prairie Region did not win tournament they put on a good showing.

**SERVICEWOMEN NATIONAL
GOLF**

Hosted by CFB Greenwood. Area One golfers brought home first place trophy. CFB Winnipeg had one golfer at the tournament. Good work girls!

PRAIRIE REGION SOCCER

Hosted by CFB Winnipeg 10 - 14 September. CFB Winnipeg team victorious over five teams.

**CAHA REFEREE PLANNING
SEMINAR**

Hosted by CFB Winnipeg 28 - 30. Attended by 54 civilian and military delegates from across Canada.

FALL GOLF TOURNAMENT

Annual Fall Golf Tournament held at Clear Lake. Usual great success in attendance and participation.

**CANADIAN FORCES
INVITATIONAL MARATHON
ROAD RACE**

CFB Winnipeg had three entries in this new Canadian Armed Forces sport. The Marathon run has been initiated in preparation for the 1976 Olympics in Montreal. The bases three representatives were Cpt J G Trattner, 429 Com Sqn, Sgt R E Walsh TCHQ and Pte W F Terry 2PPCLI.

OCTOBER

**PRAIRIE REGION FLAG
FOOTBALL**

Hosted by CFB Portage La Prairie. CFB Winnipeg placed first place for the fourth consecutive year.

NATIONAL SOCCER

Hosted by CFB Esquimalt. Championship won by Pacific Area. CFB Winnipeg represented Prairie Region and placed fifth.

DECEMBER

CENTURY 73 JOGGING CLUB

The '73 Jogging Club came to a close with 130 base personnel recording 20,000 miles. Leading the pack was Cpl Dave Schultz who logged 1,079 miles. Well done to all participants.



The Protestant Chapel in co-operation with the Base Transportation section assisted in the transportation of Senior Citizens to an appreciation night for Senior Citizens held in the St. James Civic Centre on 31 December. Lieutenant Colonel G.J. Whitten, the Base Administration Officer is pictured overseeing the operation.

Base Photo



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CFB WINNIPEG SKI CLUB PRE-CONDITIONING

By JOHN READE

At the mention of the word conditioning, many people conjure up the idea of a muscle bound giant tossing heavy weights around or an endless stream of muscle ripping contortions and they turn off. Be assured that what follows is designed to help you enjoy your skiing a bit more not to kill you before you reach the slopes.

Skiing, like any other sport, uses some muscles more than others and it is these muscles that you discover you have the morning after a long day of bashing the hills. For those of us who have not yet braved the early morning ski bus and for all of us who indulge once every two weeks, here are some hints that will help the day on the slopes and morning after.

First lay out your skis and poles in the basement or wherever and put on your boots wearing your normal ski socks. Now step into your skis and adjust your bindings as you would for normal skiing. Now set up a slow straight-legged rocking motion back and forth in your skis, so that you feel the muscle stretch up the backs of the legs and the boot pressure on the front of the ankle. Another way to do this is to simply lean forward out over your skis as far as you can and hold it for short periods. This exercise is not strenuous but will help keep

your hamstring muscles limber and will also keep your ankles used to the ski boot pressure that will be present all the time on the slopes.

The next exercise you can do is for the knees. Perhaps the part of your body most important in maintaining control is your knees. They transmit your turn actions to your skis and they are the shock absorbers for the bumps. While on your skis do a series of 3/4 knee bends. Unless you lean forward slightly you will find a tendency to sit down and if you lean too far forward you will experience difficulty bending your knees because your heels will not lift. Five sets of five should be sufficient for a start and may be increased to suit your own level.

Finally your hands, wrists and shoulders will get a workout from using the ski poles. With your skis still on, take your

poles and place something on the floor to prevent damage from the poles. Lean forward slightly and reach out and put your poles on the floor near the tips of your skis and about six inches to the outside. Now simply push with all your strength, keeping your elbows as straight as possible and hold for a count of five. This isometric exercise should be done a few times the first day and then increase the number of repetitions or the length of time in subsequent days.

These three simple exercises are certainly not strenuous but can be made more demanding by their number of repetitions to suit any level of fitness. The exercises need not be done with your ski equipment on. However, they are easier to perform in the skis and they keep the ski boots used to your feet and your feet and ankles used to the boots which goes a long way towards eliminating sore, tired feet at the end of the ski day, and it gives you a chance to check out your equipment to make sure it is functioning correctly.

If you feel the need for any advanced conditioning, see the author during ski trips; but remember that any amount of conditioning will make you more able to concentrate on having fun on the slopes.

SKI BUS SCHEDULES

- With the cancellation of the 26 Jan 74 Bus, the Bus has been rescheduled to:
SAT 02 FEB 74
AGASSIS Ski Area
- Schedule will continue as previously announced:
SAT 09 FEB 74
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- Departure and Return times as usual.

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COLD WEATHER RUNNING

"Freezing of the lungs", an oft-expressed worry of coaches and runners in very cold weather, DOES NOT OCCUR. Carl Gisolfi, University of Iowa physiologist who has centered his research on the reaction of the human body to heat and cold, says there is no evidence of cold injury to the larynx or bronchi.

According to Gisolfi, when air is inspired at 40 degrees below zero it is already at 50 - 60 above when tested in the mouth. He suggests, however, that the extreme dryness of cold air may lead to cracking and bleeding of the respiratory passages. This may account for the fact that Arctic explorers frequently cough up blood for a few hours after heavy exertion.

Taken from "Medical Advice" by Geogge Sheehan, M.D. Runner's World, Box 366, Mountain View, Calif. 94040 January 1974 page 38.

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CENTENNIAL AIRSHOW

Cont'd from page 1

centre for aviation and aerospace manufacturing. Dating back to bush pilot days, this city has had a proud history in aviation. Trans-Canada Airlines, the forerunner for Air Canada, was incorporated in Manitoba in 1937 and maintained its head office in Winnipeg until 1949. But even though there is plenty of flying here, many untapped opportunities are available to those who want to further develop Manitoba's aviation industry.

"With its location in the centre of the continent, Winnipeg is an ideal spot for the air industry", says Major Ed Thornhill, (Manager, Manitoba Aviation Council, who is contributing his time to the city) the show's vice-chairman. "Besides, we have bags of open air space, abundant power resources and lots of real estate for expansion of airports and runways". "We think the city's birthday is a good time to point out these opportunities to both industry people and the general public...and we strongly believe that the Centennial Airshow will accomplish this objective."

According to Lieut./Col. Vermeulen, Winnipeg will be able to present a major airshow because of the co-operation of government departments and the volunteer work of public-spirited citizens. In addition, the Canadian Armed Forces has loaned 115,000 square feet of hangar space at the Winnipeg base so that exhibitors will not be charged any rent for their booths.

Plans call for the aerospace trade exhibition to take place from August 16-18th at the Winnipeg Air Force Base in St. James, Assiniboia. On view will be aviation products from Canada, the U.S.A., Russia, England, France, Japan, Sweden, Germany, Italy, Australia and many other countries. Each nation will be displaying its aviation specialties - and many deals will probably be consummated by buyers and sellers from around the globe.

The flying displays, meanwhile, will be a Saturday-Sunday affair at St. Andrews Airport, off North Main Street. Expected to perform during this exciting weekend are such spectacular aerobatic teams as the Red Arrows, the Snow Birds and the Blue Angels. In addition, the organizing committee is in the process of lining up appearances by such aircraft as the Concorde, the Russian Yak, the J-2 GYRO plane, the C-5 Galaxy, the world's largest plane. Topping off this impressive menu will be exhibitions of parachute jumping, mid-air refuelling and antique World War One Aircraft Dogfights.

A third and equally important part of the Centennial Air Show will be week-long displays of Manitoba's aviation history at Winnipeg's Polo Park, Grant Park and Garden City shopping malls. More than

55,000 square feet of mall space will be devoted to these displays of nostalgia - with each shopping centre showing off aviation mementos from different eras of the past.

Other features of the August week will include banquets, awards to Manitoba's aviation pioneers and prize draws for air trips to distant points. For example the committee intends to recognize the province's oldest licensed pilot, as well as honoring outstanding aviators in many other categories.

Tickets for the Centennial Airshow will be priced at \$2 each, with advance sales starting soon. A ticket will entitle the holder to a full day at the flying displays, as well as entry to the trade exhibition. Furthermore, those who buy in advance will be eligible for several early bird draws that are being planned.

Lieut./Col. Vermeulen, who has previously organized several other Western Canada Airshows, is certain the Winnipeg event will be a success. He notes that thousands of visitors will be in Winnipeg next August, partly because several major conventions and Folklorama will be running simultaneously with the Airshow.

"And the citizens of Manitoba will make it a booming success because of their enthusiasm for a birthday spectacle...They and our international visitors will have a chance to see at first hand the wonders of an adventurous and dynamic industry, ranging from World War One aircraft to the latest jets and even to space travel vehicles".

The Winnipeg Centennial Airshow could not become part of our great birthday party without the complete support of the Minister of National Defence; the Hon. James A. Richardson, who has given his support to the Canadian Armed Forces participation.

Colonel C. A. LaFrance, Base Commander in Winnipeg and his staff are co-ordinating the Armed Forces portion of the Centennial Airshow.

Mayor Steven Juba says, "that the Winnipeg Centennial Airshow will focus attention on Winnipeg as a potential air industry centre for North America".

The Airshow is being organized by a sub-committee of Winnipeg's main Centennial Committee which is headed by Mr. John Klassen. And even at this early stage, Lieut./Col. Vermeulen is convinced that the August presentation will help Winnipeg to obtain more aviation activity and more aerospace manufacturing.

"You don't have to be the world's largest city in order to become an important aircraft centre", he says. "For example, Wichita, Kansas, has succeeded in this field, although it is much smaller than many U.S. cities, and I strongly believe that the same thing can happen in Winnipeg!!"

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LAUGHING AT OURSELVES

by John Semeniuk

TODAY'S FUNFARE: The wild, Wacky, Weird, Wonderful World of Politics

When defining the word "politic," the Oxford Concise Dictionary uses many descriptive terms among which are the words "expedient," "scheming," and "crafty" — these words, more than any others (perhaps enhanced greatly by Watergate) describe the conjured mental image of politicians held by Joe (or Josephine) Citizen. With this image in mind, let's satirize the "treadmill to oblivion" world of the professional tongue wagers.

CAUSTIC COMMENT: Our first Prime Minister, Sir John A. MacDonald, whose reputation as a tippler lives on to this day, attended a political debate in which he and a political opponent were to air their views before a packed audience. Sir John had sampled the local joy juices to such an extent before the debate that, in the middle of his opponent's speech, he became ill (yes, mother, the same way we all become ill when we drink too much) on the dais. After recovering his composure, he easily overcame his indiscretion by explaining to his audience, "I'm sorry, but that's the way my opponent's speech affects me!"

EGO TWISTS: Jimmie Walker, the dashing, flamboyant former Mayor of New York City brought laughter and colour to the political scene. A hobo once accosted Mayor Walker outside the Casino that was then located in Central Park. "Jimmie," he pleaded, "Gimme a quarter for something to eat." "I'll give you more than that," replied the Mayor, "But first have a cigar." "I don't smoke," replied the

bum, "I just want something to eat!" "You look like you could use a drink before eating," stated Jimmie, "Come inside and I'll buy you a drink and I'll also place a wager for you on a horse that I'm sure will win the sixth race at Belmont tomorrow." "Don't drink, don't gamble," replied the panhandler, "Just wanta eat!" "I'll give you some money," conceded the Mayor, "But first you've got to come

home and meet my wife. I want her to see what happens to a guy who doesn't smoke, drink, or gamble!"

MEMORIAL MURMURS: Emon de Valera, the former Irish Political Leader, was once arrested while delivering an inflammatory political speech and subsequently sentenced to prison. When released, he returned to the scene of his

arrest with his followers and began another speech with these words, "As I was saying before I was rudely interrupted."

particular moment to drop dead. "What will we do now?" asked one of the white-faced participants. "Out of respect for the dead," replied the politician, "I suggest we finish this hand standing up!"

POISONOUS EXCHANGE(?): Winston Churchill once had a verbal bout with a lady in the British Parliament. She shouted at Sir Winston, "If you were my husband, I'd give you poison." His reply, "If you were my wife, I'd take it!"

From The Grooves

by Mark Cyluck

Elton John is very seldom out with a new album unless it is good, very good. This honky tonkin piano playin' kid is back again with a bit of nostalgia as "Good Bye Yellow Brick Road" is a look at some of the things of the past and of the present. The new double album (MCA2-10003) consists of 17 cuts including the presently popular "Saturday Night's Alright for Fighting." The first cut, which is 11 minutes 5 seconds long, is a combination of two pieces called "Love Lies Bleeding" and "Funeral for a Friend," (possibly Elton's answer to the Beatles' Eleanor Rigby), about a rock and roll player whose girl is messin' with another man as he plays. It has a riff of "Saturday Night" in the background, to a good message. "Everything ... was born to grow and die." Does the name Norma Jean mean anything to you? How about Marilyn Munroe? They are really one and the same. "Candle In The Rain" is a soft, loving, balladist epitaph to this one of Hollywood's starlets. The reference to "candle" meaning life, takes on a clearness of her character as only the press could see her. "Your candle burned out long

before, Your legend ever did, Loneliness is tough, The toughest role you ever played. Hollywood created a super star And pain was the price you paid Even when you died. The press still hounded you All the papers had to say Was that Marilyn was found in the nude." Truly the only way the press ever saw her, (or really wanted to). "Bennie and the Jets" possibly is a satire on Frank Zappa (Ruben and the Jets) as Elton John goes on to explain and describe this uncivilized, unsavory character and his zany antics. Right out of the "Wizard of Oz" comes "Good Bye Yellow Brick Road," basically the story of a young farmboy looking at the golden road of opportunity leading to the big city and realizing, in many ways that he is better off staying in the country with its freshness and innocence. Beautiful and savory are the

freedom of life lyrics found in "This Song Has No Title"! Is Elton asking a question when he says in "Grey Seal"

"Tell me grey seal
How does it feel
To be so wise
To see through eyes
That only see what's real
Tell me grey seal"

Is he asking to really see reality, things as they are, and not what man wants you to see or causes you to see. He probably wants the freedom to see reality clear to life as the grey seal of the sea does. "The Ballad of Danny Bailey" (1909-34) could be compared with the ballad of Bonny and Clyde, but I won't as one is about gangsters and the other is about a young kid whose living is from the still of Kentucky. A young bootlegger shot and killed by a shotgun making a martyred hero for the hills of Kentucky. More realism

of life and its perversions is detailed reality in "Dirty Little Girl" and "All the Girls Love Alice." The latter about a 16 year old who turns lesbian because she is too young to be accepted by the older guys and because she has the "Mummy doesn't love me" blues. In reality this really happening more than most people want to think or accept mainly because more and more people couldn't care less what their kids do and because they pay them off (money wise in excess) to keep them out of their hair. Then they wonder where they or their kids went wrong. Think parents, think. It could be our children next. Elton really has the way to do things, and must be an expert in all the facets of music as he justly displays in "Your Sister can't Twist (But She Can Rock and Roll)." Fantastic rock and roll — reminds me of Danny and the Juniors, "At the Hop" and "Rock and Roll is Here to Stay." A great piece compiled with "Saturday Night's Alright for Fighting." "Roy Rogers" is also present, as we trip down memory lane and wonder where have all the years gone, and watch the late, late show as we say to ourselves, "I remember that, when I was a kid." So true, "Comic book characters never grow old." "Social Disease," all about our friendly A.A., and evils of "boozin'." Do I like Elton John and his honky tonk piano? — most definitely, I'm sold on him from now on.

DON'T MISS "THE MORNING AFTER"

"THE MORNING AFTER" the ABC Movie of the Week to be aired on Wednesday, February 13th at 6:30 p.m. (Channel 12) stars DICK VAN DYKE.

Dick does not appear in his usual milk-sipping father-figure role, as on his own weekly TV comedy show. Quite the contrary. The plot of the movie: A corporate executive loses wife, children and job because of his drinking problem. Poor typecasting? "No", says Dick, in the Dec 31st issue of TIME Magazine. TIME goes on to report: "He and his wife of 26 years, Margie, began hitting the

bottle a decade ago. The beginning of drinking together is wonderful, he said. You seem to have such wonderful insights. Then we got to the point where we couldn't get the words out. I kept calling her Fred. Fifteen months ago, Dick, 48, sought professional help and now both Van Dykes are permanently on the wagon. Explained Dick: I came to the point where you lose control. In my opinion, thousands in this country are at that point but won't face it."

We hope you will catch the movie.

Calendrier Francais

Chers lecteurs et lectrices:
Comme il est de notre intention de publier le programme des activités du Centre Culturel Franco-Manitobain, nous tenons à préciser que les programmes peuvent être annulés ou changés après que notre journal soit

publié. Afin de ne pas être déçu, il est fortement recommandé de vérifier les programmes avec le Centre avant de s'y rendre.

TEL.
CENTRE CULTUREL 233-4951
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100 NONS 247-4278

PROGRAMME

DATE

1 et 2 fév

Les "100 NONS" présente "LES LOUIS BOYS" (Notez qu'il n'y aura pas de spectacle le 3 fév tel qu'indiqué dans notre dernier exemplaire.)

8 au 16 fév

(Relâche le 11 fév)

Le Cercle Molière présente "Les Villains." Pour cette pièce de théâtre, les billets seront en vente au Centre Culturel à compter du 26 jan. Le prix d'admission est de \$3.00 pour adulte et \$1.75 pour étudiant.

Official Voyageur du Festival

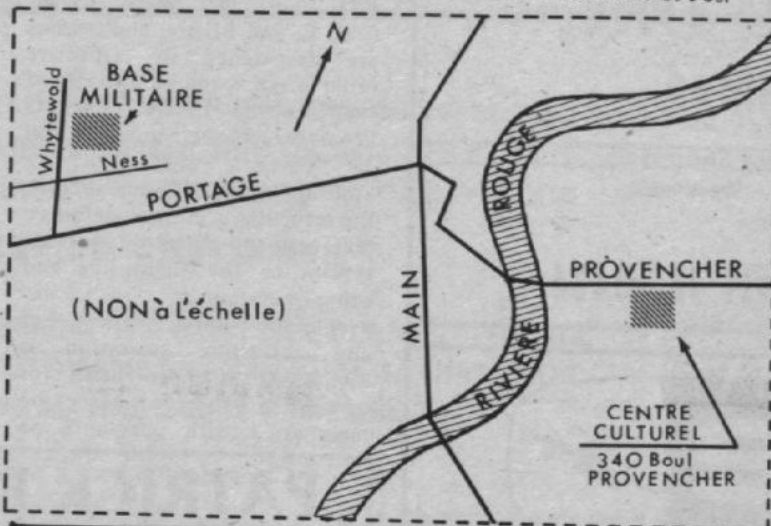
Bonjour!

The Festival du Voyageur is pleased to announce that Gerard Prenovault has been named "Official Voyageur Du Festival" for 1974 season. Gerard was proud to accept the title and responded "People should participate and be enthusiastic for the Festival because it is educational and instills pride in each and everyone of us."

Born in St. Boniface, Gerard is 61 years old. He attended Provencher School. He has been employed as a salesman for Lipton Soup for the past 25 years. Married to Germaine Robert they have one son Robert, presently living in Quebec. M. Prenovault's parents left Quebec in 1882 and settled in St. Boniface.

Three years ago Gerard started ice sculptures at his home and continues to encourage others to do the same. A museum of relics adds to the charm of his home at 610 St. Jean-Baptiste St. He is also well known for his story telling in French and English.

M. Prenovault is a past member of the Knights of Columbus, Society of St. Jean-Baptiste, Louis Riel Toastmaster Club, St. Vincent Paul Club, and the Boy Scouts Executive. He also served as trustee for the St. Boniface Basilica. Hockey, La Crosse and baseball were some of the sports in which he was active. He was also an ardent and active supporter of St. Boniface Snowshoe Club in the 1930s.



Visit the St. Boniface Museum

It has become a tradition of the Saint Boniface Museum to open its doors during Festival du Voyageur Week, February 18th to 24th. In the early days of Canada, the Voyageur had a great many adventures, trekking through the forests, and paddling his canoe on the many waterways. To learn more about the life-style and times of the Voyageur era, visit the Saint Boniface Museum at 494 Tache Street, between 10:00 a.m. and 9:00 p.m.

AVIS

Désirez-vous recevoir gratuitement le journal manitobain "LA LIBERTE"? Si oui, téléphonez directement au journal à 247-4823 et donnez votre nom et votre adresse. Pour une période limitée, la direction de cet hebdomadaire se fera un plaisir de vous faire parvenir gratuitement votre propre exemplaire. Donc n'hésitez pas, téléphonez dès maintenant à "LA LIBERTE".

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Base Transportation News and Views



Pictured above are the students, instructors and administrative staff of an Instructor Development Course held from 14-16 Jan 74 inclusive. The course, sponsored by Base Transportation - MSE Safety, qualifies instructors to teach Defensive Driving courses.

From left to right, front: Sgt W. Melville (Instr), Capt. B.P. Uglow (Instr), Mrs. A. Whitten, Major M. W. Drapeau, BTNO, Capt R. Martel, MSE Safe O.

Centre: Sgt K.A. Reynolds (2 PPCLI), Sgt J.H. MacPhail (2 PPCLI), Cpl B.R. DeLong (BAMEO), MCpl C.R. Hunting (BMaint (L)).

Back: Sgt G.C. Stelina (2 PPCLI), Lt V.J. Charlebois (429 Com Sqn), Cpl C.J. Tremblay (Instr), Cpl G.C.E. McLean (B Tn) and Cpl C. Lovegrove (MSE Safety).

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The "Refuelling Section" of Base Transportation is a million dollar operation issuing 3,500,000 gallons of all types of aviation fuel yearly. Two supervisors and 10 shift personnel maintain a clean, dry flow of fuel to the flight line on a 24 hour basis in all kinds of weather.

The refuelling section works in close harmony with Base Maintenance Land and Base Supply. Twelve tenders are maintained in a high state of serviceability by two Base Maintenance Land technicians. In addition, P.O. L. Supply Group hold and accounts for 800,000 gallons of Turbo and AV Gas, so there is little danger of running low.

Tender operators are well trained and maintain a high standard of operation and constant heads up attitude. Telephone requests for aviation products come into the despatcher at Bldg 90 from Transient Servicing, 429 Sqn, RSU, Servicing Snags, Repair C. A. E. and Bristol, and tenders are despatched in respective order often spanning 3 grades of fuel causing hectic moments keeping everyone happy. As well as delivering and dispensing aviation fuel to various aircraft, the refuelling section maintains a MSE gas and diesel oil delivery system to the flight line and other operations.

The most important aspect of any refuelling operation is SAFETY. A high level of co-ordination must be maintained with personnel on

the flight line during all refuelling operations, as both parties are working in a high hazard area. Static electricity that could cause dangerous aircraft fires must constantly be guarded against. Safety precautions are rigidly enforced and practised.

Another aspect of the refuelling operation that causes much concern regarding safety is operations in the area of the Bldg 96 Refuelling Section garage. You, the driver, are urged to refrain from using the road running by Bldg 96 as a short cut to the hanger line. This road is used by the Refuelling Section to manoeuvre tenders in and out of parking bays. There is a constant fear that one day an accident will between a tender carrying 3500 gals of highly explosive fuel and a speeding vehicle. Autopac can replace your car - they cannot replace you.

In closing, perhaps, the best indicator of the skill and professionalism displayed by any section is recognition. This recognition comes in many forms and one form is the Transient Servicing Award presented to the Refuelling Section for the period Jan - Jun 73.

WELCOME

Base Transportation once again welcomes new members to its staff. Pts R. O. Backman and H. T. Minter are new arrivals from CFSAC at CFB Borden and will be undergoing a OJT program as MSE OPS.

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Fire Safety

During the month of December, two fires occurred within the confines of CFB Winnipeg which, fortunately, resulted in only minor injuries and damage to property.

The first fire occurred when a workman working on an outdoor construction site, which was being heated by a Herman Nelson type space heater, decided to shut off the heating unit to check the oil level. Without waiting any length of time he decided to refuel the heater. Gasoline spilled around the gas port, immediately igniting upon coming in contact with the heater which had not been allowed to cool sufficiently. The resulting fire was quickly extinguished with a readily available 4 lb. extinguisher. Not, however, before it damaged public property to the tune of approximately \$80.

Preventative Measure

Never refuel any equipment with a volatile substance until that equipment is sufficiently cooled. It is suggested that this waiting period be at least 15 minutes.

The second fire occurred when a member was refuelling a butane lighter with a butane cartridge, when the cartridge valve stem broke allowing quantities of butane gas to escape at large. Nearby the refuelling scene was a lighted cigarette in an ashtray. The escaping butane gas ignited, causing first degree burns to the person refuelling his lighter — again relatively minor in regard to injuries.

Preventative Measure. Ensure that open flames, - lighted cigarettes or hot areas are not within the vicinity of volatile substances when working with such substances.

Instructor Development Course

The MSE Safety Staff, with the help of Capt B. P. Uglow, SOTN 3, conducted a Defensive Driver Instruction Development Course on 14-16 Jan 74. After completion of the course, the attending instructor candidates must demonstrate their potential instructional abilities by teaching two courses of Defensive Driving to a class of students. The instructor, after such qualifying courses, is then recommended to the Canada Safety Council to receive Defensive Driving Instructor Credentials. This qualifies the instructor to teach DDC to Military personnel and their dependants — in fact some provinces other than Manitoba allow Military trained instructors to teach courses within the civilian community.

Office Move

The MSE Safety Officer/Base General Safety Officer Capt R. Martel and staff have moved from their previous offices in Bldg. 17 (South site) to Bldg. 21, Mezzanine Floor (North Site), effective 14 Jan 74.

The move provided the much needed lecture area and additional office space required to effectively present Defensive Driving courses, show safety films and hold safety lectures. It also provides easier access to most personnel requiring the MSE safety office services.

Telephone amendments are forthcoming. In the meantime, the MSE Safe O/BGSO can be contacted at Loc 609 and the MSE safety staff at Loc 742.

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TAX PENALTIES WITH RRSP YEAR 1998

CAPTAIN

	Savings Plan Registered	Plan NOT Registered
Pension	\$14,640	\$14,640
RRSP	5,872	3,336
Income	\$20,512	\$17,976
Deductions	3,198	3,198
	(Note A)	834
Taxable Income	\$17,314	\$13,944
Taxes	6,244	4,633
After Tax Income	\$14,268	\$13,343
Tax Difference	+ 1,611	
After Tax Income Difference	+ 925	

The 1973 tax rebate of \$633 is now worth \$2,532 and is shared as follows:

	CAPTAIN 925	GOVERNMENT 1611
NET RETURN	$\left(\frac{925-633}{633}\right) \times 100 = +46\%$	$\left(\frac{1611-633}{633}\right) \times 100 = 154.5\%$
CURRENT DOLLARS		
Per Annum	+1.84%	+6.18%
NET RETURN	$\left(\frac{462-633}{633}\right) \times 100 = -27\%$	+27.33%
CONSTANT DOLLARS		
Per Annum	-1.08%	+1.09%

CORPORAL

	Savings Plan Registered	Plan NOT Registered
Pension	\$10,800	\$10,800
RRSP	5,468	3,712
Income	\$16,268	\$14,512
Deductions	3,198	3,198
	(Note A)	928
Taxable Income	\$13,070	\$10,386
Taxes	4,263	3,177
After Tax Income	\$12,005	\$11,335
Tax Difference	+ 1,086	
After Tax Income Difference	+ 670	

The 1973 tax rebate of \$438 is now worth \$1,752 and is shared as follows:

	CORPORAL 670	GOVERNMENT 1,086
NET RETURN	$\left(\frac{670-438}{438}\right) \times 100 = +52.96\%$	$\left(\frac{1086-438}{438}\right) \times 100 = 147.94\%$
CURRENT DOLLARS		
Per Annum	+2.12%	+5.92%
NET RETURN	$\left(\frac{335-438}{438}\right) \times 100 = -23.5\%$	$\left(\frac{543-438}{438}\right) \times 100 = +23.97\%$
CONSTANT DOLLARS		
Per Annum	-0.94%	+0.96%



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Student Employment Program Underway

OTTAWA (CFP) — The Department of National Defence will employ some 12,000 students this year across Canada as its part in the federal summer employment program. Total cost will be about \$7 million, down slightly from the previous year.

Called the Student Summer Employment and Activities Program (SSEAP), the DND commitment will be in four phases, similar to those run during the past four summers.

Program 1 recruiting is now going on. It is term employment for about 1,000 students to assist at Canadian Forces bases and stations in jobs that would not normally be done under existing DND facilities. The students will work in a wide range of activities from clerical work, cutting grass, driving trucks, general labor, and on across the scale to such areas as computer programming. About \$1,350,000 will be spent.

Program 2 is approximately \$700,000 for the on-going Navy, Army and Air Cadet summer training program which will permit an increase in the number of cadets who attend summer camps. An estimated 4,000 will be involved. This is a money infusion and applies only for cadets who have been with a corps since Jan. 31.

Program 3, the largest of the four, is the military training portion of the package, designed to employ about 4,400 students at a total cost of nearly \$4 millions. Eight weeks training is offered at \$12 a day on a seven-day basis (although the

training week is only five days).

Program 4 is nearly \$1 million for community assistance, to hire about 1,200 students in projects designed to improve community life, improving the ecology, building and repairing parks and nature trails and setting up and running tourist attractions.

The Program 1 portion of SSEAP is being handled by civilian personnel officers of bases and stations. Salaries depend of jobs for which individual students are hired, except that the lowest figure is the federal minimum wage, \$2.20 per hour. Applications are being taken now for a maximum of 12 weeks work between May and Sep 15.

Reserve Force training, Program 3, covers general military training, bushcraft, weapons training, orienteering, and a heavy emphasis on sports and physical fitness. Employment is for eight weeks between June 15 and Sep 15. Applicants who are not presently members of the Reserve Force can get further information of local recruiting dates from Canada Manpower Centres. Applicants must be 17 years-of-age before the start of the program.

Pay for the community assistance portion of the program, Program 4, is identical to the military portion — \$12 per day for seven days although the work-week is five days, to a total of eight weeks between June 15 and Sep 15. Applicants must be 17 at the start of the

program as a minimum and not 25 by Dec 31, 1974 as a maximum. There is no military training involved in this program.

Students interested in Program 1 should contact base or civilian personnel officers through their local Canada Manpower Centres as soon as possible. Those interested in Programs 3 and 4 should apply as early as possible through Canada Manpower Centres (who will refer to local Reserve units) but no later than mid-June 1974.

CHILD POISONING

Child poisonings are tragic, especially since they can be prevented. Toddlers love to put things in their mouths. Most accidents occur in the kitchen, with such things as drain and oven cleaners. Medications are also bad; the leading cause of child poisonings in Canada is children's aspirins. Cosmetics, such as nail polish and deodorants, are also poisonous. CBC Radio Consumer Affairs advises parents to keep all medications, cosmetics, fuels, cleaning and gardening products out of reach, preferably under lock and key. Prescription drugs should have child-resistant closings. Keep emergency phone numbers handy. If an accident does happen, don't waste time. Contact your doctor, hospital, or poison control centre immediately and if possible tell them which poison it was so they can quickly give you the best remedy.

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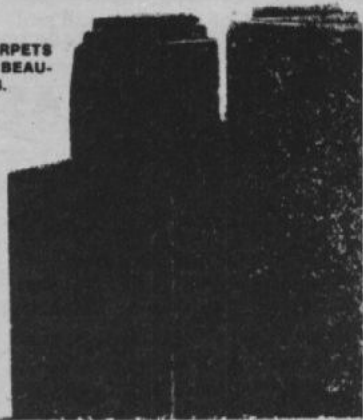
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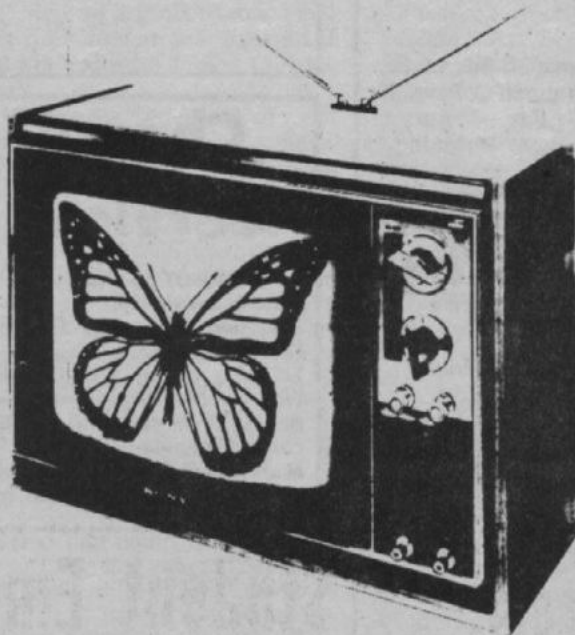
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South Site: Masses
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Sunday School 10:00 to 11:00
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pedal car, \$5.00; 110/220
Velectric motor from
Westinghouse dryer, \$10.00.
Contact MCpl J. Craig at local
522 or at 479-6404 after 5 P.M.

SERVICES

INCOME TAX RETURNS
— completed by qualified per-
sonnel 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-
briens 837-7444 or local 654-705-
706.

MQ Residents

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

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:
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Westwin, Manitoba
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WHY NOT JOIN THE FRIENDLY CLUB?

ARMY — NAVY — AIR FORCE UNIT 283
3297 Portage Avenue
Social events every Fri and Sat evenings
Banquet room — Cocktail Lounge
Phone 837-4795

STANAVFOREANT

Cont'd from
page 1

Among the special guests at
the ceremony were Vice-admiral
E. G. N. Mansfield (RN), Deputy
Supreme Allied Commander
Atlantic, and Rear-admiral
Douglas S. Boyle, Commander
Maritime Command who
commanded STANAVFOR-
LANT in 1969.

In his address to the parade
Cmdre. de Rosenroll said that he
would pledge his attention of
duty to accomplishing the aims
and objectives of the NATO
squadron. He said he was
looking forward to meeting all
the officers and men of the five
ships under his command.

Cmdre. Wevers, during his
farewell speech to the members
of STANAVFORLANT, said
that the past achievements of
the multi-nation force were due
to the sense of purpose, skill and
co-operative spirit shown by the

men of each ship. He also
praised the force for the
influence it has had on fostering
better relations among the
participatory countries' military
units.

Cmdre. de Rosenroll who will
head STANAVFORLANT for
the next 16 months will
command the force from his
flagship, the Canadian destroyer
HMCS Yukon. Other ships of
the NATO force include the
British frigate HMS Sirius, the
West German frigate FGS
Augsburg, the American
destroyer USS Julius A. Furer
and the Dutch destroyer
HNLMS Rotterdam.

The Standing Naval Force
Atlantic, which arrived in
Halifax last week, will exercise
in local waters before departing
Feb 4 for operational duties in
the Atlantic.

CASSIDY

Cont'd from page 1

"the world wasn't ready for
me." April, 1946 saw a wiser
Cassidy rejoining the airforce
and re-beginning his career as the
first area military inspector with
CP Air in Winnipeg. He held
similar responsibilities until
1957 in Toronto, Calgary,
Trenton, Langar England and St.
Hubert.

In 1957, Cassidy, now a WO1
attended the first SWO course in
Borden and then returned to St
Hubert as the Base Warrant
Officer. He held that post at
Portage, Winnipeg, Greenwood
and Comox. In 1974 CWO
Cassidy assumed the duties of
the Command Chief Warrant
Officer, in Training Command
Headquarters at CFB Winnipeg.

The hi-lights of the career of
the retiring CWO include being a
member of the Hundred Man

Guard in 1947 for Gov Gen
Alexander; a letter of
commendation in 1959 when the
Queen, Prince Phillip, President
and Mrs Eisenhower visited St
Hubert where he was the Base
Warrant Officer; and attending
the Governor General's dinner in
Nov 1973. Mr Cassidy had the
pleasure also of starring in the
film "Captains of the Clouds"
with James Cagney, Dennis
Morgan and Alan Hale, which
was filmed in Uplands. Cpl
Cassidy appears in the air crash
scene riding on the back of fire
truck, grinning.

Mr. Cassidy plans to start his
retirement in Winnipeg and will
"do what I like or like what I
do". He is the father of two sons
and grandfather of two.

To CWO Cassidy good
fortune and best wishes in your
retirement.

116 ATU

Cont'd from page 1

was not a smooth one, causing
the aircraft a two-day delay.
According to its Crew Captain,
Captain J. U. (Joe) Thibedeau,
Yarmouth, N.S.S., strong winds
and severe icing conditions over
the North Atlantic slowed the
flight.

"It was quite a trip" Captain
Thibedeau stated, "we passed
through extremes of weather
ranging from 30 degrees below
zero with 20 knot winds in
Sondrestom, Greenland, to a
beautiful 65 above in Cairo."

The second Buffalo aircraft
to join the unit is scheduled to
leave Lahr, German, the
afternoon of January 11.

The Buffalo arriving January
10 will be pressed into service
the weekend of January 12. It
will fly to Cyprus to pick up
United Nations supplies waiting
there for air deliveries to Cairo.

"The air element of the force
has an urgent task to perform in
movement of supplies and
equipment for all of the
contingents," he said. "And now
they will be able to commence
the job."

The two aircraft are from 424
Transport and Rescue Squadron
based in Trenton, Ont. Their
new unit will have an initial 64

FYA

Cont'd from page 1

to receive information kits from
NDHQ containing application
forms. They are to be completed
and mailed directly to the
Regional Office of Health and
Welfare on the province where
the member resided before
leaving Canada.

Supplementary allowance will
continue during January and
February 1974 to allow for
delays expected in mailing the
information kits. However the
amounts will be recovered when
retroactive payments of FYA are
received.

personnel from 15 aircrew, five
administrative and operational
staff and 44 groundcrew.

The aircraft will be based at
the Cairo International Airport,
and the personnel of the unit
will live in tented
accommodation at Camp Shams,
a former race track on the
northeastern outskirts of the
city where over 1,000 members
of the Canadian contingent live.

College

Cont'd from
page 1

Cmdre. Hayes served in the
Korean War and was later
commandant of the Royal
Roads Military College near
Victoria. During his career he
commanded two destroyers and
two destroyer squadrons.

Prior to his appointment as
commandant of the Canadian
Forces College here in 1971, he
was commander of the Canadian
Flotilla, Atlantic. An honorary
aide-de-campe to the
Governor-General of Canada
since 1967, Cmdre Hayes retires
from the Forces to take up an
executive position with the
Financial Post here.

Samson

Cont'd from
page 1

situated at Debert, N.S., Borden
Ont., and Penhold, Alta., along
with a special training facility at
Kingston, Ont.

The five companies
responding are Burroughs
Business Machines Ltd.,
Canadian National
Telecommunications, Canadian
Pacific Telecommunications,
Honeywell Information Systems
Ltd., and Sperry Rand Ltd.,
UNIVAC division.

Detailed evaluation of the
proposals is now in progress.
Because of the technical detail
involved, Col. Whitehead said
that a final decision on the
selection will take a number of
months.