

New Arctic Training Centre

Ottawa — The Canadian Forces will establish an Arctic Training Centre in Churchill, Man., this year, Defence Minister James Richardson announced today. The expanded training will mean expenditures of four million dollars over the next few years for construction and renovations of existing facilities in Churchill. Personnel to operate the New Arctic Training Centre will begin moving there in April.

Annual operating expenditures by the Department of National Defence will bring significant economic benefits to the Manitoba Seaport. In addition to capital expenditures, Department of National Defence funds for operations, maintenance and salaries of personnel living in Churchill, or taking training there, will amount to approximately a million dollars a year.

The new Arctic Training Centre will train more than 1500 men each year, groups of approximately 100 personnel will take part in winter-warfare training courses of three weeks duration. The Arctic Training Centre is also being established to conduct periodic major training exercises involving more than a 1,000 men at a time.

Mr. Richardson announced that defense research board arctic warfare tests and trials also will be conducted at the new Canadian Forces Station Churchill. The station will bring approximately 100 additional residents to the port, including 40 Canadian Forces personnel and their families. The new

station, under the authority of the Canadian Forces Mobile Command, will permit significant expansion of the new viking winter training exercises, which began in 1970. The Canadian Forces expansion will be within the framework of the Canada-Manitoba agreement on Churchill, signed March 30th 1972.

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Churchill, signed March 30, 1972.

All permanent residences, as well as support facilities for the operational functions, will be located in, and derived from, the town of Churchill, as the joint Federal-Provincial construction program now underway in the town matures. Planning for additional living and working accommodation, as well as medical, dental and school facilities for families, will begin immediately.

C.F.B. WINNIPEG PRESENTATIONS



Recipients of the awards presented at the Base Commanders Parade held Fri., 8 Feb. 74, are from L to R, front row: Capt J.A.G. Tureene; Lt J.A. Tardif; Capt J.P. Williamson; Lt. Col. G.J. Whitten, BADMO presenter Lt. Col. I.G. Webb, CFNAS, presenter; Maj. F.J. Walton; Capt. D.L. Wood; Capt. R. Rantz; back row: CWO R.K. Watson; Capt. D.A. Johnson;

Sgt. R.J. Hodgson; WO G.H. Shearer; Sgt. R. Henley; MWO B.J. Thompson; Cpl. E.G. Harris; Cpl. M.M. Dawson; Cpl. D.L. Lovegrove; WO M. Semeniuk; Cpl. W.R. Little; Cpl. A.L. Seavers; Cpl. R.L. Cleveland; Sgt. G.E. Vick; Cpl. M.L. Johnston; Sgt. S. Small. Missing from the picture is Cpl. B.M. Campbell, who is presently on UN duties in Egypt.

R.C.A.F. ANNIVERSARY 1924-1974

OTTAWA—Armed forces airmen—past and present—will mark the 50th anniversary of the founding of the Royal Canadian Air Force at observances across the country this year.

Although no national ceremony as such is planned, events in the hundreds will be staged by bases, squadrons, units and veterans: organizations in Canada and overseas.

Although Canada's navy, army and air force ceased to exist as such with armed forces unification in 1968, large numbers of airmen in today's regular and reserve components served with the RCAF.

Official founding date of the RCAF was April 1, 1924, when it comprised a tiny force of 300 officers and men. However, about 22,000 Canadian airmen served with Britain's Royal Flying Corps, Royal Naval Air Service and Royal Air Force during the First World War.

In 1924 the fledgling Canadian Air Force was granted its "Royal" prefix, and shortly after its motto, "Per Ardua Ad Astra"—through adversity to the stars.

During the Second World War the RCAF numbered just under 250,000 men and women and formed 88 squadrons. Its fighter squadrons cut their teeth during the early part of the war in the Battle of Britain. Sixteen squadrons formed an entire bomber group of RAF Bomber Command, and Canadian squadrons flew as part of the RAF's Transport and Coastal

Commands.

In Canada, RCAF participation in the British Commonwealth Air Training Plan contributed to the scheme's success in training 131,533 Commonwealth aircrew. In addition, its maritime squadrons flew thousands of wearisome hours in support of the Battle of the Atlantic.

The armed forces air element today lives with a hefty slice of its history intact. Five of the RCAF's seven chiefs of air staff are still living and will attend a dinner at Ottawa's Rockcliffe base April 5. Among them is Air Marshal C. Royal Slemmon, who served since the inception of the

CONT'D PAGE 12

NEW COLOURS-NEW ROLE



A Canadian Forces UTH (Huey) model it's new colors. The Huey is being used in a new role as a base rescue aircraft.

modernization of the fuel system, an alteration of the flight control stick to standardize it with other Canadian Forces aircraft, and addition of direction-finding equipment, navigation equipment, and a radar altimeter to increase its overall effectiveness.

At the same time, they will receive a face-lift, including a

men to Egypt and bring back those who have been serving in the U.N. formation since it started last November.

Members of the Canadian Forces from various parts of Canada will concentrate at CFB Montreal for final documentation and briefings before departure for the Middle East. They will be processed through a documentation center there to provide approximately 60 men each week for flights to Egypt, via Germany and Cyprus, by Boeing 707 aircraft.

The first rotation will continue until the third week of June.

CONT'D PAGE 12

CYPRUS CHANGEOVER

OTTAWA—Members of the Canadian Airborne Regiment, based at Edmonton, will join the United Nations Force in Cyprus beginning April 2.

Elements of the regiment will replace the 2nd Battalion, The Royal Canadian Regiment of CFB Gagetown, N.B. which has been serving in Cyprus since last October.

More than 400 men under the command of Lt.-Col. Donald S. Manuel, 39 of London, Ont. will take part in the 21st rotation of Canadian troops to the island country since 1964.

This is the first time the Airborne Regiment has served in Cyprus since its formation.

The regiment was formed in 1968 to provide a quick-reaction force capable of deploying to a variety of locations, both at home and abroad. It has trained in areas ranging from the

CONT'D PAGE 12

BASE SECURITY OFFICER POSTED



Captain T. E. Marion, the Base Security Officer at CFB Winnipeg for the past 3 years is presented a gift by members of the Base Military Police on his posting to CFB Europe. Major W. L. Cantlon, the Base Operations Officer and Master Warrant Officer C. H. Chittick, 2 i/c Base Security joined with the other members of the military police in wishing Captain Marion a good tour at a farewell gathering held recently. Base Photo

MID EAST ROTATION

OTTAWA—The first rotation of approximately 1,100 Canadians to and from duty with the United Nations Emergency Force in the Middle East began Tuesday, Feb. 12 with a flight of 62 men.

Weekly flights will airlift new

Defense Department Announces Promotion

OTTAWA—Defence Minister James Richardson has announced the promotion of Colonel George S. Galley, 51, to the rank of Brigadier-General and his appointment as director general quartering with the assistant deputy minister (Material) branch of the defence department, effective Jan. 24 1974.

Brig-Gen. Galley, was born in Montreal on June 3, 1922. He enrolled in the Royal Canadian Air Force in 1942 and served in Canada, the United Kingdom, Nassau and India.

In 1947, he transferred to the RCAF supplementary reserves and studied at the University of Toronto, graduating as a bachelor of science (civil engineering).

In 1949 he re-enrolled into the RCAF and served in various staff and senior staff appointments with Air Force Headquarters in Ottawa, Supreme Headquarters Allied Powers Europe, Lahr, Germany and Brussels, Belgium.

DOTS and DASHES

The February Centennial Activities Calendar published in the last issue of Voxair contained an error relating to an event of interest to many, fortunately time permits us to publish a correction.

The Joint TC-PPCLI Band Concert will be held in the Centennial Concert Hall on February 27, commencing at 8 P.M. If the calibre of the performance presented last year is any indication as to what we can expect in this-Winnipeg's Centennial year, it should be a function well worth attending. Mark February 27th on your calendar now!

Now for the bad news: Personnel from CFB Winnipeg are advised that there will be considerably fewer tickets for the concert available for our exclusive use this year, than in past years. Those that are made available will be allotted to sections on the basis of their personnel strength. However, all is not lost, as there are still two alternatives open to those who would like to attend the concert, but were unable to get a ticket through their section.

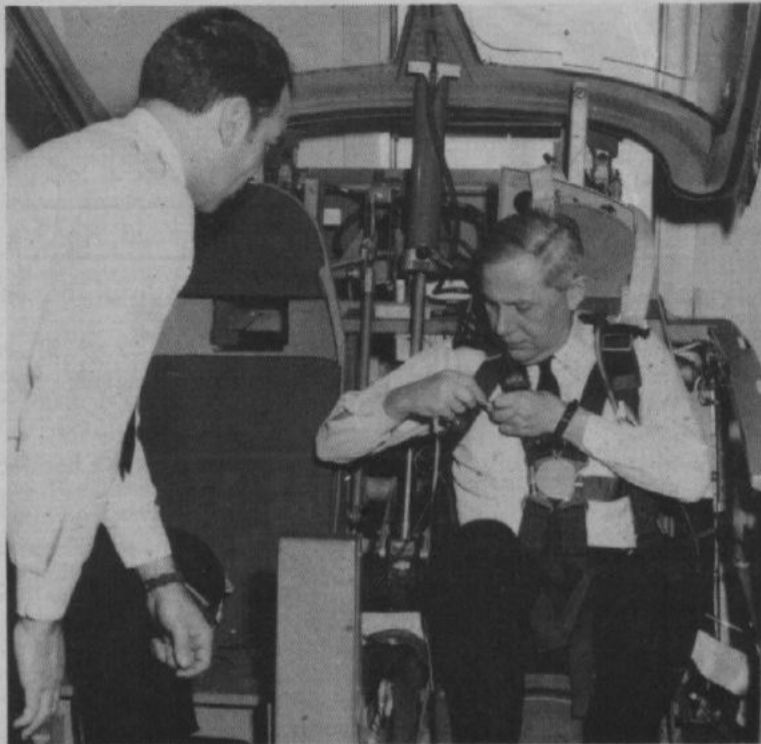
First-Captain T. A. Barnes, the Training Command Band

Director has advised us that a full rehearsal of the concert will be held in Building 21 (old REC Hall) on Monday, 25 February at 7 P.M. Personnel who for any reason will be unable to attend the performance at the Centennial Concert Hall are invited to attend the rehearsal. Tickets are not required for the rehearsal.

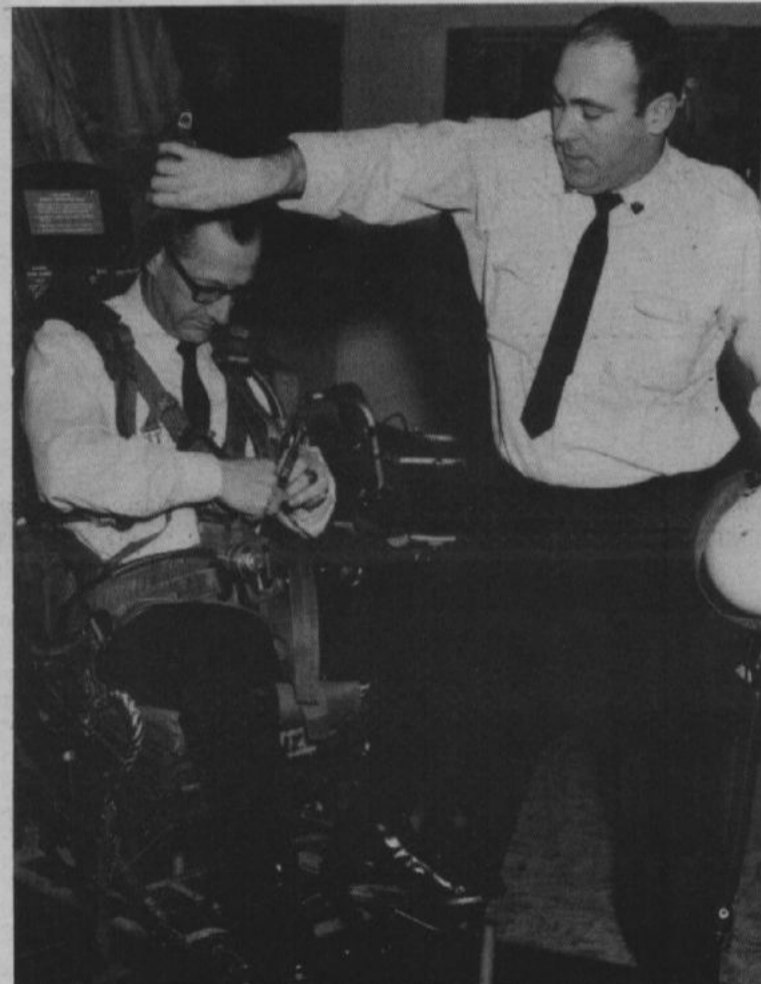
Second-free tickets available to the public, will be distributed through various agencies in Winnipeg. At the time of writing, final details relating to their distribution have not been released, however, in past years there were frequent announcements over the local radio stations and notices in the papers as to where they could be picked up. The tickets do go fast though, so don't waste too much time getting down to pick yours up.

The Tax Penalty Tables published on page 14 of the last issue of Voxair made reference to Note A, which for one reason or another failed to appear in print. Note A reads "This amount was taxed before adjustment and is not taxed again."

TCHQ GENERALS REQUALIFIED



RADM R. St. G. Stephens performs the Tutor Strap-in procedure under the guidance of Safety Systems technician Cpl. K. Stevens.



BGEN K. C. LETT performs a strap-in procedure in a T-33 ejection seat trainer. He is assisted by Bioscience technician M/Cpl J. Curley.

During the month of January, two senior officers from Training Command Headquarters received instruction at the Aeromedical Training Unit, CFB Winnipeg. Brigadier General K.C. Lett, Chief of staff, attended a pilot refresher course on 24 January, while Rear Admiral R. St. G. Stephens, Commander TCHQ, requalified on 28 January to fly as a passenger in Training Command jet aircraft. The training consists of lectures on the physiological effects of high altitude flight, the use of personal Life Support Equipment on both T-33 and

Tutor jet aircraft, and a flight in the decompression chamber, where an explosive decompression, simulating sudden loss of aircraft cabin pressure, is experienced.

At the completion of his training, RADM Stephens was presented with a mounted London Times article, dated 1805, documenting the final hours of Admiral Nelson at Trafalgar. The presentation was made by Captain R. B. Hannigar, Commanding Officer of the Aeromedical Training Unit, on behalf of the Base Commander, CFB Winnipeg.

CANADIANS TREAT INDONESIAN

CAIRO (CFB) - An Indonesian soldier with severe face and head injuries was air evacuated to Cyprus by a Canadian Forces Buffalo Aircraft serving with the United Nations Emergency Force in the Middle East.

The Indonesian, a Corporal with UNEF suffered severe facial and head injuries in a jeep-truck accident in the Ismailia area.

The man and an Indonesian officer, less seriously injured, were treated at the Canadian Contingents Field Hospital at Camp Chams, Cairo.

The Corporal after being given blood transfusions and oxygen was evacuated to Akrotiri, Cyprus.

The Buffalo Aircraft, returning from a mission to Beirut, Lebanon, was pressed into service for the medical evacuation. Capt. J. R. Caffrey, and Capt. J. C. Girard, both formerly of CFB Trenton, were assigned to the flight, with Sgt. Norman Westwill, Leduc, Alta., and formerly of CFB Petawawa, accompanying the injured man as medical assistant.

LETTER TO THE EDITOR



Editor, Voxair

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.

S. F. Popham
Lieutenant Colonel
CO 416 AW(F) Squadron
Curtis Park, N. B.
E1N 2E0

AIR CADET SQUADRON OFFERS VARIED PROGRAM

176 Air Cadet Squadron has a number of openings in its ranks for young people between 13 and 18 years of age. The squadron, which meets every Monday evening offers a varied and interesting program of Sports, drill, rifle shooting, and academic subjects relating to aviation and citizenship. Special activities include model aircraft building and fencing!

Courses in flying and gliding (up to qualification for a licence), leadership, technical subjects related to aircraft, physical education, and bush survival as well as exchange visits to the United States and Europe are available to outstanding cadets. Two week summer camps are held every year with junior level courses in leadership, range, bush survival, photography, and advanced drill. All cadets are eligible to attend summer camp.

There are no costs involved in being an Air Cadet. Uniforms are supplied free of charge and all courses and camps are free. Air Cadet training provides an excellent opportunity for young men and women to better themselves and meet people of their own age. While Cadets are not members of the Armed Forces they do receive instruction in general service information and other forces-related subjects. Air Cadet training can be a valuable asset to anyone planning a career in Aviation or the Armed Forces although cadets are under no obligation to enlist in the Services at a later date.

We parade every Monday evening from 7 to 9:30 at Kapyong Barracks on Kenaston Boulevard. Young men and women who may be interested in becoming an Air Cadet are invited to come on down and look us over. Ask the commissioner at the Kenaston gate for directions to building B4. Enter B4 from the South Side Centre Door and go to the Orderly Office (Room 120) - If you like what you see we'd be glad to have you join our squadron.

402 SQN COMMAND CHANGE



Lt. Col. Wagner (left) accepts command of 402 Air Reserve Squadron (Winnipeg) from Lt. Col. Wilson, who is transferred to Montreal. Lt. Col. Wilson joined 402 Sqn. in May 1966 and Lt. Col. Wagner originally joined the squadron in August 1966.



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

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For the Service of Mankind — by WO A. Golding

Beware! Have you taken any non-prescription drugs or medicine in the past year? Has your family?

The answer to both of these questions is probably YES. Over-the-counter drugs are helpful for short-term use and relief of symptoms. However, like prescription drugs, if used improperly or excessively, many of these medications can be harmful.

The following facts, figures, statistics, etc., come to you courtesy of the Health and Welfare Department of Canada.

In 1972, Canadians bought enough ASA (the most common ingredient in headache tablets) to supply each man, woman and child with 125 tablets. Cold and cough remedies, laxatives and vitamins are other big sellers. Most people don't realize that some of these drugs can be mentally or physically habit-forming — and that they may react violently when taken with other pills or alcohol.

The Government of Canada checks drug tablets to ensure that claims made by the manufacturer are true and that recommended doses of the product are safe. These instructions should be read carefully. You endanger your health by exceeding the dose indicated, thinking that it will be more effective.

When buying over-the-counter drugs, it's a good idea to ask your pharmacist's advice. If pain, dizziness and other symptoms persist, you should consult your doctor.

Pain-killers: ASA, the main ingredient in most non-prescription pain-killers, irritates the lining of the stomach and should not be taken for stomach pain or by people with ulcers.

Over-use of analgesics for a long period may produce kidney damage and blood disorders.

Some of these preparations contain a narcotic, codeine and

may produce physical dependency.

Do not mix pain-killers containing codeine with alcohol, tranquilizers and other pills.

Headache tablets should not be used as tonics or sleeping aids — this may become a habit which is hard to break.

Coughs and Colds: Cough syrups and nose drops may become less effective with over or prolonged use and may actually make you feel worse.

Cold pills taken with tranquilizers, alcohol and similar drugs may dangerously increase their effect.

Laxatives: Used daily, these can interfere with normal bowel movements and may lead to chronic constipation.

Continued use of mineral oil laxatives may stop the body from absorbing essential vitamins.

Plenty of exercise and eating raw vegetables, bran cereal and fruit such as prunes help to prevent constipation.

Older people may want their doctor to recommend a mild laxative to be used occasionally.

Vitamins: Vitamin pills that contain much more than the daily recommended dose of vitamins in each pill can be a waste of money; most extra vitamins that are not needed by the body are eliminated.

A well-balanced diet consisting of a variety of foods such as meat or fish, vegetables, fruit, some bread or cereal, eggs, milk and cheese should supply all the necessary vitamins.

Boric Acid and Sodium Borate: Borax and honey and other teething preparations containing boric acid and sodium borate have been removed from sale in Canada. You should dispose of any such products that are in your possession.

Do not apply ointments, lotions or other items containing these ingredients to the skin of young children. Boric acid powder should not be used as a dusting powder.

Immunization: Immunization procedures are the most effective way to prevent many diseases, e.g. diphtheria, whooping cough, tetanus, polio and measles.

There are recent indications that many children, ages 1 to 4, have not been vaccinated against the crippling disease polio. Parents are urged to protect their children by having them vaccinated immediately. Vaccinations are free — contact your local health department or your doctor. Remember, polio can kill or cripple your child.

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C.F.A.N.S. NEWS CORNER

Well, at deadline time the OSMET inquisition is proceeding on schedule, and it is expected that by the time this is published we will all be breathing easier. Alas, any other thoughts I have on this subject would only be censored, so on to the news of the past two weeks.

After the relative peace and quiet that we have had on the third floor, the ASC returned and started the paper mill up again. There was little news of postings this time which was a bit disappointing for the course. Rumour has it that when OSMET finished reviewing the Aerospace Squadron, PCO/ANAV didn't know where to post the course. In the past we have averaged about a 40% course to staff posting rate. However, Erwin Sippert apparently did receive his posting in the form of a public notice. Meanwhile Nick Mykitiuk was complementing an Army host by calling him Lieutenant-Commander. Don't feel bad Nick, I once heard a general give a rousing thank you speech to Univac one day: the problem was we were visiting Goodrich. At the same time

Helen Arnott had a new computer installed in the VW. Apparently, she thought the purpose of the computer was to steer the car.

We were all very sorry to hear that Marg Jossul was back in the hospital for surgery on 5 Feb 74. We wish you well Marg and hope that this will be the last time. Keep your spirits up, and we will see you soon (General).

It was good to hear that Jim McElhone is on course starting 18 Feb 74 with Air Canada in Montreal. Good Luck, Jim! Also Al Brabant is off to Europe for a month to organize the European Tour (ASCEUR). Remember Al, AMU will only authorize 50 pounds of coal in a trans Atlantic trip.

The Staff Air Navigator Course (SANC) 7401 has been giving the Staff a hard time on the volleyball court. They have squeaked through the deciding game two weeks in a row. Also, the number of staff showing up for sports in the new year has gone down considerably. Remember all work and no play reduces efficiency (anonymous OSMET quote).

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PATRICIA REPORT

Special Thanks to the Q.M. Staff

After a chilly sojourn in the area of snow-bound Fort Churchill, 2 PPCLI is back on the ground in not so sunny Winnipeg. Rapier Thrust III proved to be both interesting and worthwhile, and from a weather point of view, the Battalion certainly experienced "the whole nine yards". Chill factors as low as -130°F were experienced in the early stages of the exercise, and only the call of nature, as opposed to the call of the wild, sufficed to entice people outside under these conditions. Many of the Cyprus vets were beginning to think that they still hadn't acclimatized, and that the weather couldn't be as bad as it seemed, but they were reassured by the comments of the visiting American company. The resident opinion of Company B, home station Alaska, was that they had never

been as cold before. Overall, Rapier Thrust III was an excellent test of both troops and equipment, and provided a great deal of insight into the type of prerequisites which must be met in order to make operations in the Canadian north a viable concern.

The fact that 2 PPCLI was able to respond so quickly to the multitude of operational and administrative requirements imposed by Exercise Rapier Thrust III was due, in no small measure to the excellent co-operation the Battalion received from all ranks of CFB Winnipeg, in particular the Base Transportation Section, Base Ops, DASSO, and Base HQ. Well done, you static types!

The last issue of Voxair included an article on the passing of the Colonel-in-Chief of the PPCLI, Lady Patricia

Ramsay. The Second Battalion was accorded the privilege of sending three representatives to the memorial service for Lady Patricia, held at St. George's Chapel, Windsor Castle. MCpls J. L. Lockhart, A. Cheralley, and C. A. Robertson ably represented the Battalion, and were availed of the additional opportunity of renewing some Cyprus acquaintances. They were quartered in the Windsor barracks of the Blues and

Royals, the Household Cavalry. A squadron of the Blues and Royals formed the United Nations Force Reserve, during 2 PPCLI's tour of duty in Cyprus. For those readers not familiar with the army side of the house, but who may have vacationed in London, the Blues and Royals often provide the mounted sentries on Horse Guards Parade, Whitehall.

THANKS TO THE QM STAFF
1. During Rapier Thrust III, the

QM Staff was called upon to support not only 2 PPCLI, but also A Squadron of the LdSH(RC), a battery from 3 RCHA, and some 87 soldiers of Coy B - an American company from Alaska. Despite extremes of temperature, the supply function was unhindered, a tribute to the fine efforts of both our own QM Staff and representatives from 1 Svc Bn.

RECRUIT GRADUATES



Private M. J. Steele, a recent graduate from the Canadian Forces Base Training Centre at CFB Cornwallis, is awarded the Marksmanship Trophy by Colonel G. S. Morrison, Deputy Base Commanded CFB Gagetown. Pte Steele, whose hometown is New Glasgow, Nova Scotia, will commence PL3 training with 2PPCLI at CFB Winnipeg shortly.



Private D. E. Anderson, whose hometown is Wadena, Saskatchewan, is awarded the Commandant's Shield for the "Best All Round Recruit" by Colonel G. S. Morrison at graduation ceremonies held at CFB Cornwallis recently. Pte Anderson will commence PL3 training with 2PPCLI at CFB Winnipeg shortly.



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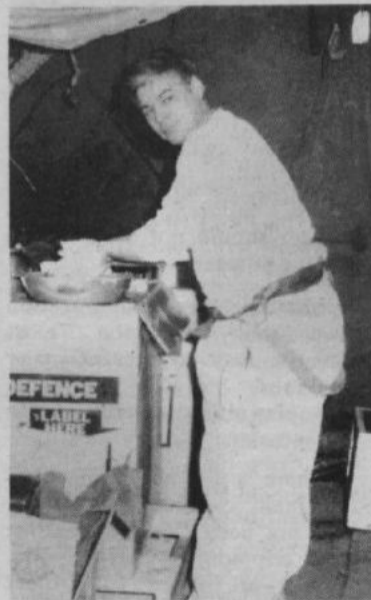
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COMFORTS OF HOME



After a hard day on the Arctic Frontier, 2 PPCLI Quartermaster Captain T. Needham (in his Northern Formal), readies himself for a relaxing "night-on-the-town" during Rapier Thrust III.

STUDENT SUMMER EMPLOYMENT PROGRAM

OTTAWA (CFP) - The Department of National Defence will employ some 8,500 students this year across Canada as its part in the Federal Summer Employment Program. Total cost will be about 4.7 million, down from previous years. Called the Student Summer Employment and Activities Program (SSEAP), the DND commitment will be in three phases, similar to those run during the past four summers.

Program 1 is 650,000 dollars 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 3,700 will be involved. This program applies only to cadets who have been with a corps since Jan. 31. Program 2, the largest of the three, is the military training portion of the package, designed to employ about 4,300 students at a total cost of 3.8 millions. Eight weeks training is offered at 12 dollars a day on a seven-day basis

(although the training week is only five days). Program 3 is 300,000 dollars for Community assistance, to hire about 400 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.

Reserve force training, program 2, 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 3, is identical to the military portion - 12 dollars 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 a minimum of 17 at the start of the program and not 25 by Dec. 31, 1974 as a maximum. There is no military training involved in this program.

Students interested in Program 2 and 3 should apply as early as possible through Canada Manpower Centres (who will refer to local reserve units) but no later than mid-June 1974.



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Base Transportation News and Views

Wagon-Express

Base Transportation Traffic Office, located in Bldg 86, was the scene of the handover of appointment between Capt. Bob Baker (left) and Capt. Tiny Crooks (right). On the 28th of January, Capt. Baker assumed the duties of MSEO (Mobile Support Equipment Officer), and Capt. Crooks the Transportation Traffic Officer. Symbolic of the role associated with both jobs, Capt. Crooks and Capt. Baker exchanged a steering wheel and a model of a moving van. Both Bob Baker and Tiny Crooks are experienced and capable individuals in both areas of the Transportation world.



FAREWELLS
On the 1st Feb. 74, Base Transportation personnel got together to bid farewell to three departing members: Sgt Berry, who had been discussed in a

previous Voxair issue and is retiring from the Canadian Armed Forces as is Cpl Horbaty. Cpl Lavallee, on the other hand, is being posted to the Cyprus.

CPL HORBATY is retiring from the Armed Forces after 19 years service. He hailed from the Maritimes and has served with the land element in the Artillery for the majority of his career. Cpl Horbaty has served in various locations including Wainwright, Winnipeg, Montral, Shilo, Dundern, Churchill and Coral Harbour. Since Jul. 72 Cpl Horbaty has been employed as an operator/driver in the General Purpose Vehicle Group of Base Transportation. Cpl Horbaty will remain in the Winnipeg area upon retirement.

CPL LAVALLEE is a MSE Operator with 10 years service, initially joining the RCASC. Cpl

Lavallee has served in Camp Borden, Germany, Mont Apica and, since 1971 at CFB Winnipeg Base Transportation. While in Base Transportation he has been employed in both Cargo and General Passenger Vehicle Sections.

"Best wishes are extended to Sgt Berry, Cpl Horbaty and Cpl Lavallee from all members of Base Transportation for a happy and prosperous future."

SAFETY SAM SEZ

Blood, it seems, scares more people than statistics do in England.

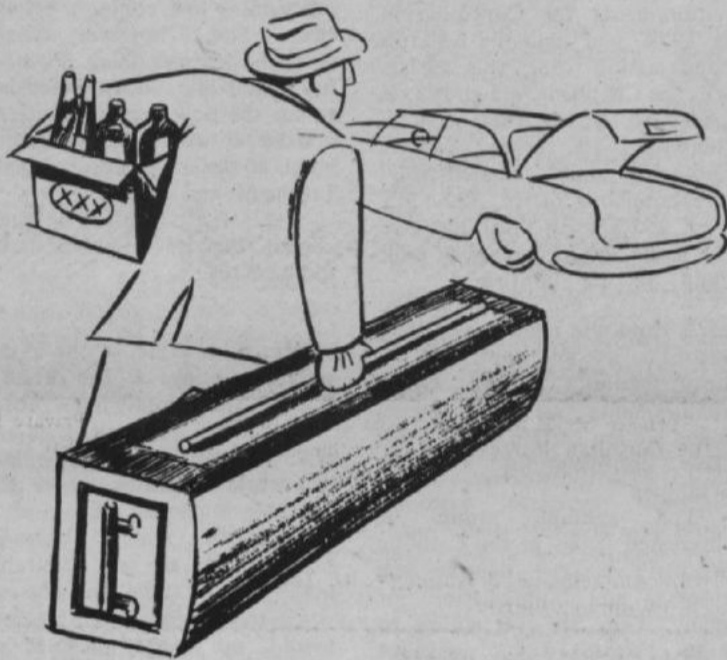
Confronted by the slashed, stitched, and discolored face of a real accident victim staring, as if from a nightmare, from a roadside billboard, drivers have had some of the hurry shocked out of their rush hour frustrations.

In Winnipeg just recently the CBC Television ran a one hour commentary on the accident situation in Manitoba. They also used the shock approach. Some of the shots they had taken of accidents, were quite dramatic to say the least. But just how many drivers took the film to heart?

It seems that in our modern society we should change the script of "Who's to Blame" to "Who Cares". Millions of dollars are spent every year in Canada on Accident Prevention, and still the death toll on our highways mounts dramatically.

"Do I Care?" Ask yourself that question the next time you get behind the wheel of your car and reach for the ignition, without fastening your safety belt or harness. Do you care enough about your family, to remind them to buckle up?

The Transportation Vehicle Safety Section sometimes wonders when they write an article for Voxair, whether it is read by the subscribers, or is it just a space filler?



We once again put it up to you. "Do you care enough about vehicle safety or accident prevention to take a few minutes and write us giving your views or rebuttals, or just plain beefs on this subject?" We are approachable.

"WHO CARES"? "DO YOU"?
A recent survey made in Toronto by the Canada Safety Council produced some frightening statistics.

Drinking and Driving
83% of people killed were tested and 65% were found to

have been drinking and of these, 81% were over the .08 mg legal limit.

Young Drivers and Alcohol
Age 15 - 19 - 13 drivers were killed and 11% were over the .08 limit.

Age 20 - 24 - 11 drivers were killed and 10 were over the .08 limit.

Since the passage of Legislation permitting 18 year olds to drink, accidents in the 18 - 20 age group are up 400%.

Alcoholics
35 - 40% charged with drunken driving have a serious drinking problem.

Alcohol and Drug and Driving
30% of impaired drivers were given urine and blood test and 72% of these were found to be on drugs, hard or prescription.

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"CHAPEL NEWS"

Greetings!

One whole month of 1974 has already passed, and parish life at Our Lady of the Airways and St. George's Chapels is facing up to the New Year — Well! To keep everyone informed I shall try to comment on a number of the activities past and coming.

The Christmas programme went well at both Chapels. We thank everyone who helped make it a success. For your information

friends, we received a complimentary letter from Col. LaFrance, our Base Commander, in reference to midnight Mass, for which we are most grateful.

Our Salute: to the children, the teachers and the bus driver, who have persevered so well on these cold Sunday mornings, with our Catechism programme. Some persons from the North MQs asked if the Sunday School bus could make a stop on the corner of Moorgate and Conway

streets. Mr. Lancott, whose generosity we all appreciate, kindly agreed to do so; at 9:15 a.m. sharp, each Sunday, to be at the corner of Moorgate and Conway streets. We ask parents for their co-operation and punctuality.

We can well be proud of our Encounter Group. They are creditable young persons. During Christmas time, they sang carols at Deer Lodge Hospital and were rewarded with a very complimentary letter of appreciation. On Tuesday, 5 Feb 74, they invited Mr. Rene Bertrand, who works with the Juvenile Courts and Rehabilitation Programme in the City, to speak to them on drugs. Their interest and reactions were most gratifying.

The last time that Confirmations were held at CFB Winnipeg was at Our Lady of the Airways Chapel on 23 April 1972. At the present time, the Chaplain General's Office has asked us to indicate the number of children, in Grade four and over, who are not yet confirmed, so as to establish the requirements for Confirmation in 1974, and plan the bishop's confirmation tour, this spring. We, the Chaplains, are given two weeks to survey this need. I, therefore, ask every Catholic home to please, immediately, telephone our office, 832-1311 local 272 (North Site) and give the name, grade, and age of each child to be confirmed.

For confirmation each child will need a baptismal record, a sponsor and a confirmation name. Other requirements we can discuss when we are certain that we will have confirmations at CFB Winnipeg.

The genuine group of interested ladies in the Catholic Women's League deserve the respect and appreciation of many. They are ever willing to give assistance, without publicity, to any home when asked, or when an emergency arises. They support any activity that comes along; be it coffee after Mass, various functions or parties for our Altar Servers, or they may be helping with the local blood donor's clinic. Wherever people need, our ladies help. Would that there were so many more of them. In the near future they look forward to a successful "\$25.00 Money Doll" raffle. The draw will take place 14 Mar 74, and the profits gained are in anticipation of various and sundry needs at 1st Communion, Confirmation and other expected and unexpected costs. We wish them success. Other coming events are, a discussion on the growing concern over euthanasia in our society at the Thursday, 14 Feb 74, meeting at 8:00 p.m. in the RC Chapel.

CONT'D PAGE 12

...from the diary of
a modern housewife

by R. Kay

"THE WOMEN WILL HAVE TEA"

One evening we were dining out with friends, a couple we had known for years, although we did not go out to eat with them often.

The food was good, and everything went well. When all four of us had finished eating, the waiter asked if there would be anything else. Mr. C. turned to my husband and said: "How about a nice cognac?"

"That sounds good," answered my husband, "and, turning to me, asked: "What about you?"

Before I could formulate an appropriate, well-chosen reply, Mr. C. stated, for everyone to hear: "The women will have tea!"

I closed my mouth and looked at Mrs. C. for some reaction. I just couldn't believe this. She, however, only shrugged her shoulders. So, after my initial incredulity, I decided to see the rich humour of it. As a story, it would be good for a laugh at the office coffee break, I thought, and it was...

Yes, the men had their cognac, and we women actually did have tea...

Masculine Style. In one of my reference books at the office I found the following prose: "...how much more MASCULINE, vivid and clear the style becomes when the concrete is chosen." The author (presumably male) obviously meant this as an admirable quality for style to possess, while the choice of the abstract would, no doubt, produce an undesirable, or FEMININE effect.

Definitions. First furious, then curious, I checked some dictionaries. I found that masculine is defined (among other, sex-and gender-related things) - as 'strong, vigorous', while feminine is defined as 'gentle...not suited to a man'. Under FEMALE, I found these interesting entries (again, after the biological and grammatical items): 'except when used in science or statistics, expresses an attitude of contempt...', and '...has a contemptuous or patronizing suggestion.' But the implications do not stop with generalities. They are, apparently, deeply rooted in language and cultural heritage: A feminine rhyme, for example, is a... 'rhyme of two syllables, of which the second is unstressed (as in motion, ocean)...' and, in music, feminine means 'having

the final chord occurring on a weak beat,' while a masculine rhyme is 'a rhyme in which the final syllables are stressed (as in disdain, complain)', and, again, in music, masculine is (what else?) 'having the final chord occurring on a strong beat.'

'Woman's' Job. And to think there are still people around who don't believe that there is discrimination against women! Worse — there are those who think that that is the way it should be. The most objectionable of the latter group are its female members. They assure every male in sight that they will have nothing to do with 'Women's Lib', and they proclaim that women who believe in the humane and social aspects of the Liberation movement lose their 'femininity', their sweet, gentle, ever-agreeing ways. They are the ones who willingly wash all the men's cups after coffee break, because they think this is a 'woman's job'. Many men, of course, agree with them. Women like that deserve the treatment they get from the 'strong sex': When was the last time a man has given them his seat in a crowded bus? There the men feel that they are just as tired as a woman coming home from work, and I don't blame them.

But this equality thing has to work both ways. I have found that most intelligent men see it that way. They would be embarrassed to have a co-worker wash their coffee cup, be it man or woman.

Vive la Différence. No thinking woman (or man) maintains that women are like men in every respect; no two women are alike either, nor are all men the same. So let's acknowledge and appreciate the differences, but let's liberate ourselves from stereotyped roles.

And let's be careful not to be forced into the opposite kind of role, that of militant 'libbers' (how I detest that word) battling the male chauvinist contingent 24 hours a day. Billie Jean King did that for everybody by beating Bobby Riggs. That score settled, all of us — women and men — can begin to adopt a sensible, realistic, intelligent approach to equality and feminism. The definition of feminism, by the way, is, according to one dictionary: *the theory of the political, economic and social equality of the sexes.*

I'll drink to that. Only this time, let's make it champagne.

CONT'D PAGE 11



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FROM THE GROOVES

by Mark Cyluck

For sometime now we have been used to a very bubble-gummy Osmond Family; now it seems that they have grown up as "the PLAN" signifies with some very deep questions and answers. This singing family very delicately presents, (What is known in their religion as) "the Plan of Life and Exaltation." To listen to "Traffic In My Mind", you wouldn't believe it was them, but they present the questions "Tell Me Who Am I, Why Am I Here, and Where... Am I Going?" Then the answers to the questions follow in the next selection called "Before the Beginning". "Movie Man" is a reminder that some day all of us will stand before our Maker, and our lives will be judged, as they say "It's Your Picture Show... the day you'll have to take the stand". "Let Me In", fitted into the LP, is an excellent prayer to God. "One Way Ticket to Anywhere" is a shot back to the starting roots of rock and roll. True, "We Are On A One Way Ticket To Anywhere" because our final outcome (in the life to follow) is souly dependent on us. "Are You Up There?" - one of the basic questions many people ask - if so, then many of us know who we will face when we pass on. It is a question that points out that man today can receive revelation

and the answer to his questions from a just and loving God. This piece asks no less than four questions that every man asks himself at least once in his lifetime, and yet is content to not have an answer. "It's Alright" is the answer to "Are You Up There?". Yes there is a personal God and revelation today, as the song clearly states, in many forms. "Where There Is No Vision (revelation) The People Perish" (Proverbs 29:28). "Mirror, Mirror", appears to be a person reflecting on his past, (a Dr. Jeckyl and Mr. Hyde affect) and not really liking the things they see they have done. "Darlin", - when you read between the lines of this song, teaches the Osmond (Mormon) Doctrine of Eternal Marriage and not just till this life is over. The Mormon Church is the only one that teaches this doctrine of family unity in the life to come, and Eternal Marriage for all time. "The Last Days" is very explanatory in its message, "There Shall Be Wars and Rumors Of Wars, Pestilence, and Plagues". "And this, with the sword and by bloodshed the inhabitants of the earth shall mourn; and with famine and plague" ... "Goin Home" is the realization that this life has come to an end, and we are going to our Maker after this long fight on the road of Life."

The main rehearsal studio of the Training Command Band had its first real test a couple of weeks ago when the band taped its first long play recording. Century 21 of Winnipeg did an excellent job of catching us "as we really are" and as this goes to press our record will begin its transformation from 8-track tape to a stereo-phonoc disc in Toronto. We expect to have copies available for our concert on Feb. 27th here in Winnipeg. However, more about that later.

"The Training Command Band on Parade and in Concert" will become a real collector's item as it will be produced in limited numbers and sold only through CANEX sources. This recording features the band in its two most common activities, as the title indicates, and features us "on parade" on side one and "in concert" on side two.

Side one includes the official Training Command March "The Green and the Gold" by band member WO Cliff Smeltzer (Ret.). Following this we have "Heart of Oak", the song of the Commonwealth navies, the Royal Artillery Slow March, the Armored Corps' "My Boy Willie" and others including the R. A. F. March Past, "Moray Firth" and our all-new "Winnipeg '74" written especially for the city of Winnipeg on the occasion of its 100th Anniversary by our own Sgt. Fred Greenwood.

Side two deals with the more involved, lengthy works so commonly a part of every bands concert repertoire. Haydn's delightful "Orlando Paladrino" is the first selection followed by Sgt. Greenwood's arrangement of "Peanut Vendor" so reflective of the Big Band Jazz or the early '50's complete with some unusual harmonic surprises! Capt. Ron Milne is represented by his arrangements of "Canadian Sunset" and the ever popular "Après de ma Blonde". The "Farandole" from Bizet's "L'Ar! èsienne" is next with its rather unusual and humorous "American Weekend" rounding out the second side. A varied format of military and concert works that should sate the appetite of even the most discerning band buff.

Besides our recording debut the T.C. & PPCLI (Calgary)

BINGO JACKPOT WINNER

Mr. Neill Matthews of 1211 Selkirk Ave., was the lucky winner of the \$500.00 jackpot at the Station Bingo on Wednesday the 30th of January. Winners of the two door prizes, donated by Canex were Mrs. Garrity of 30 Leicester Square and Mr. Hady Dave. Mrs. Garrity won the silver brooch while Mr. Hady Dave is the proud owner of a Sony Radio.

The bingo jackpot is starting to build up again, and sooner or later we have to have another big winner. The jackpot for tonight (13th of February) will be \$325.00 for a full card in 51 numbers. The topline special will be \$35.00 in 10 numbers, so come on out and bring a friend.

Bands will be teaming up under Captains Terry Barnes and Len Camplin to form a 90-piece concert band for our Centennial salute to Winnipeg at the Centennial Concert Hall at 8:00 p.m., Wednesday, Feb. 27th. This large ensemble will again be augmented by a 100-voice choir which will be doing a part of the program with us. Mayor S. Juba will also be present to accept a special presentation on behalf of the T.C. Band. Pierre Gamba will be honoring us by a guest appearance as will Lt. Col. Tudor Jones, Supervisor of Music, Canadian Armed Forces. So, there's lots in store for each and everyone. From what we have been hearing a large audience is expected so please come early enough to insure a good seat.

As in any enterprise there are those who toil but do not make the so-called limelight. I would like to take this opportunity to thank two such people who did much to help in the visual appeal of our new record album. A special thank-you to Mrs. Lucy Mazer who did an outstanding job in designing our album

cover, and also many thanks to Col. LaFrance for his efforts on behalf of the French translations. SEE YOU AT THE CENTENNIAL CONCERT HALL, FEB. 27th, at 8:00 p.m.!!

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LAUGHING AT OURSELVES by John Semeniuk

TIME FOR CHANGE(?): A lady boarded a Winnipeg Transit Bus with a ten dollar bill in her hand, and explained apologetically, "I'm afraid that I don't have a quarter." "Don't worry about it, madam," the driver said grimly, "In a minute, you'll have 39 of them!"

MUSHROOM SYNDROME: (Overheard during a political speech) "The Senator is murdering the truth", whispered a politician. "Not him", replied his companion, "He'll never get close enough to the truth to do it any harm!"

EGO-TWISTS: Upon receiving his pink dismissal slip, the irate employee rushed into his boss's office and said, "What do you mean I'm fired? I thought slaves were sold."

CLASSIC COMMENT: "I've got a toothache that's driving me to extraction!"

HIRED HELP: An Alberta rancher couldn't keep his hands of his wife. He finally had to fire all of them.

WISH I'D SAID THAT: Abraham Ibn Hasdai (Spanish-Hebrew author) "Man has two ears and one tongue so that he may listen more than he speaks."

BEAUSEJOUR CARNIVAL

On 27, 28 Feb. and 1 Mar., Canadian Forces Stations Beausejour, in conjunction with the Carling O'Keefe Breweries Limited, is holding its annual Winter Carnival. It will feature such events as Moustache Growing, Ice Sculpturing, Curling, Smoosh Race, Novelty Events; and is climaxed by the announcement of the winning team at a wind-up dance in the Hawks and Hounds Club on the evening of the 2nd.

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17 fév

- Parade de Festival du Voyageur - (le soir).

18, 21 et 22 fév

- LES 100 NONS présentent un spectacle au Club La Verendrye à St Boniface.

19 au 24 fév

- Le Festival du Voyageur. (Pour obtenir un programme détaillé du festival, veuillez consulter le journal LA LIBERTE).

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- Bal du Gouverneur à l'hôtel Fort Garry.



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FIGURE SKATING

St. James Assiniboia Figure Skating Club held its first CFSA test day for 1974 on January 27. Mrs Phyllis Weir (our Westwin Co-convenor) was test chairman and did an excellent job of keeping everything running smoothly.

Again, the Armd Forces dependants at the senior level did well.

Passing tests were: Kim Chester - 1st figure and two Jr. Bronze Dances. Sandra Weir - two Jr. Bronze Dances, Linda Whiston - one Jr. Bronze Dance and Suzzane Frenette - One Preliminary Dance. Well done girls, and good luck Sandra and Kim in the Feb. competitions.

The N.S.T. Mon night practice sessions at the Westwin outdoor rink are going well in spite of our extreme weather.

Badge 1 - 8 skaters don't forget your next N.S.T. test day is on February 15, as this test will decide what level to place those entering our club competition on March 16 and 17.

Any parent interested in

learning how to convene for our Westwin Club badges 1 - 8 this September, please contact Mrs. Pat Chester at 832-6638 or Mrs. Phyllis Weir at 888-8818.

As we are fortunate to be affiliated with the St. James F. S. C. it would be unfortunate to fold for lack of convenor.

The club was started by Mr. and Mrs. W. Little four years ago and has been going strong ever since. You will be given all the help needed to learn how to register and set up classes etc. Believe me, the rewards are worthwhile!

It may be of some interest to our readers to know that Westwin is one of twelve community clubs affiliated with the St. James F.S.C. A large majority of the seniors are Armed Forces dependants. We also have a good showing in the intermediate level (badges 9 - 12) and our Beginners and Juniors (badges 1 - 8) consist of 58 skaters.

Keep up the hard work skaters and good luck in future tests and competitions.

JUNIOR CURLING

As of this writing the Junior Curlers are well into their third and final round in both A and B leagues. Dale Phillips and his rink have managed to stay in the lead with a total of 105 points for the two rounds just completed. However, four other teams are breathing down his neck with 100 points apiece. All the rinks are mixed curling and two are skipped by young ladies who have been giving the boys a run for their money. I might add that both the ladies are skipping rinks for the first time. Upon the completion of the current round the teams will playoff for the Westwin Club Championships, followed by a playoff between the club champions of Westwin and Fort Osborne Barracks for the Inter-Club championships.

Following are the total points and order of standings of the rinks after two rounds of play:

Dale Phillip	105
Mike Lemieux	100
Megs Marsh	100
Brian Kentziger	100
Norm Landry	100
Andy Young	95
Bruce Peterson	95
Terry Brown	95
Rick Thurmeier	90
Heather Simmons	90
Kevin Lindsey	80
Rick Davies	80
Bruce Stevens	70

With a point spread as close as this it will be a close finish, when the final games are played on March 6.

C.F.B. WINNIPEG SKI CLUB

- Ski Bus trips are planned to Agassiz, Riding Mountain National Park for both Saturday 23 Feb. 74 and Saturday 9 Mar. 74. Departure as usual will be from the North Site Curling Club at 0730 hrs with return at approximately 2000 hrs.
- For these two trips only interested personnel are requested to call MAJ W. G. SPARKS, Local 668, for reservations. Please NO CALLS prior to Monday 18 Feb. 74.

HIGHLAND DANCER

JOANNE SPENCE, ten year old daughter of WO and Mrs. Bruce Spence, 6520 Beaumont Street was awarded a "First" place Medal in the "Sword Dance" at the Manitoba Highland Dancers Association held at the St. James Civic Center, 1st Winter Competition, recently.

Joanne is also a Brownie of 199A Brownie Pack and her first Badger earned was the Dancers Badge. Good Luck Joanne in your dancing career.

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C.F.B. WINNIPEG BOWLING CHAMPS



CFB Winnipeg can be proud of their servicewomen who recently won the team trophy at the servicewomens bowling championships held at the Westwin Rec Centre 14 - 18 Jan.

Congratulations gals for a great job. Team members are: Cpl Jorie Lloyd, Cpl Jean Ste Marie, Pte Anne White, Pte Anne Doyle, Cpl Wendy Hoar, Cpl Diane Mihell.

STURGEON CREEK COLLEGIATE EIGHT ENDER



Skip Tony Jamieson led his rink to an eight-ender in the second end of the Junior Playoff competition held at the CFB Winnipeg (Westwin) Curling Club on 2 Feb. The members of the rink are, L to R, skip Tony Jamieson, third Jeff Webber, second Don Heaton, and lead Wayne Comrie.

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BROOM BALL PLAYOFFS

CFB Winnipeg sent a Base Broomball team to the Prairie Region playoffs at CFB Moose Jaw. The team did not do too well. We won two games beating Calgary 5 - 1, Portage 3 - 1 and lost 4 games: Shilo 6 - 2, Moose Jaw 8 - 0, Cold Lake 2 - 0 and Edmonton 6 - 0.

The Prairie Region playoff was won by CFB Edmonton. They beat Inuvik in the final 5 - 3.

Col R. H. Annis, Base Commander at CFB Moose Jaw drops the ball to open the Prairie Region Broomball playoffs. Face-off was taken by M/Cpl Sudletsky of Winnipeg and a players from CFB Cold Lake.



WINNIPEG'S FINEST



Congratulations go out to Charlie Mason and his rink who recently represented CFB Winnipeg at the Prairie Region Curling Championships held at CFB Edmonton. Rink member

LEFT TO RIGHT
 Karl Larson second
 Al Palmer lead
 Ray Gagnon third
 Charlie Mason skip

LOCAL GIRL GRADUATES



Pte Ruth Wardle, daughter of MWO and Mrs. Jim Wardle of 476 Grenadier Drive graduated on the 31 January from the Recruit School at CFB Cornwallis. Now Ruth is slated for a Supply Tech Course at CFB Borden.

Before deciding on the Armed Forces, Ruth was extremely active in the Water Safety Programme at Lipsett Hall Pool, where she worked as an instructor in the children's programme. She also took on the task of organizing and instructing the adult classes. In the early spring of 1973 she assumed the responsibilities of the Water Safety Supervisor for the South Site, a position she handled very well.

Her mom and dad were at the ceremonies and report that Ruth strikes a very attractive figure in the Canadian Forces uniform. Her picture most certainly attests to that fact.

The Aquatic staff at Lipsett Hall were sorry to see her go but we wish her continuous good fortune and success in her chosen field.

PRAIRIE REGION SOFTBALL CLINIC

CFB Moose Jaw is hosting a Regional Softball Official's Clinic from the 6 to the 10 of May 74.

In order that personnel attending this clinic get the benefit of the best possible instruction, CFB Moose Jaw is requesting the assistance of anyone in the region qualified to instruct softball.

Anyone interested is to contact Sgt Reti local 511.

If you are interested in attending this clinic as a student contact Sgt Reti local 511.

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 MWO Adrien Desbiens at 837-7444
 or local 654-705-706

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

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.

I can quickly arrange this valuable tax concession for you.



G. C. (Cam) Whittington, LCol. (Ret'd)
 Resident Manager, Armed Forces Division
 10 Bellavista Crescent,
 Winnipeg, Manitoba
 Telephone 837-3645



RIFLE COMPETITIONS

Not long from now we will have a few major competitions to enter, one being the Annual Whitehead Shoot which will be held at the Minto Armouries and at the same time we'll be shooting the DCRA Ottawa Winter Competitions. Later we

have the Manitoba Junior Provincial Shoot which this year, is being held in Carberry. We should have about 20 Juniors competing this year. So starting now we have to get down to some serious practice. We have also been competing in the MPRA Match A Month and we have been doing very well in both the Senior and Junior classes. This Match A Month, by the way, is open to all club members. Looking at our progress chart, the Juniors are wasting no time in earning their CIL Awards. Now a little hitch to all members: The Red Can in the Range is for empty casings only, not your discarded targets, candy bar wrappings or any other garbage.

MQ Residents

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

LUCKY SHOT

If you can shoot three bullets into this square from 20 yards then you may be a "LUCKY WINNER". Why don't you try your luck at the Indoor Range in the basement of the Rec Centre just about any weekday evening from 1900 to 2100 hours. The price of the target is \$1.00 and 50% of the contestants are winners.



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WATCH FOR THE MARCH SPECIALS

FROM THE DIARY OF A MOD HOUSEWIFE

CONT'D FROM PAGE 6

Man Requests. The recipe for ROULADEN, which follows, was requested by one of our male readers. While stationed overseas, he had learned to like these delicious meat rolls. He says, however, that you may have a problem finding a butcher to cut the meat properly for this. Some supermarkets may have a butcher who knows how, and the German meat markets, of course, sell the meat already cut - all you have to do is ask for Rouladen.

ROULADEN

4 slices of round steak (1 per person), about 1/4 to 1/2 inch thick, each weighing from 4 to 8 ounces
 1 tablespoon prepared mustard
 1 medium onion, chopped
 2 slices bacon, cut in inch-long, thin strips
 salt and pepper
 nutmeg
 1 teaspoon capers or chopped dill pickles
 1 tablespoon cooking fat or oil
 1/2 to 1 cup bouillon or water
 flour and water for gravy
 1 teaspoon lemon juice
 1/4 cup dry, white table wine
 Pound meat flat and spread each piece with mustard. Distribute onion and bacon over each, leaving an uncovered space of about an inch at one end. Sprinkle with salt, pepper and, if you like, with a grating of nutmeg. Place capers* or chopped pickles on the narrow end of meat and roll up from there. Tie rouladen up with string(thread) or fasten with toothpicks or metal meat fasteners. (These are like bent skewers, sharply pointed at both ends - very handy to have around for all sorts of dishes). Place side by side in hot fat in skillet and brown on all sides;

then add a little bouillon or water, cover and braise for about an hour or 1 1/2 hours - until done (it depends how thick your rolls are). This can be cooked like pot roast - either on top of the stove or in the oven (at 325°F). Watch the liquid in the pot: add a little when it gets too low.

When meat is done, make gravy of flour mixed with water, correct seasoning and add lemon juice and wine to taste.

*Instead of putting the capers right into the rouladen, you can flavour the gravy with them.

FACTS AVAILABLE

BOOKS ON DRUG ABUSE are available for loan from the Base Library, (Building 81), also St. James Public Library on Portage Avenue (next to the Collegiate) has the following books on drugs:

Brenner, J.H.: Drugs and Youth, Medical, Psychiatric, and legal facts. 1970.

Andrews, Matthew: The parents' guide to drugs, 1972

Weinswig, M. H.: Use and Misuse of Drugs subject to Abuse. 1973

Brecher, E.M. Licit and illicit drugs: The Consumers Union report on narcotics, stimulants, depressants, inhalants, hallucinogens and marijuana-including caffeine, nicotine, and alcohol. 1972.

Bergel, Franz: All about drugs. 1970

Free pamphlets in both French and English are available from any member of the Base Drug Education Committee.

Chapel Services

PROTESTANT

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

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South Site: Masses
 Sunday 9:00 and 11:00 a.m.
 Weekdays 7:30 a.m.
 Sunday School 10:00 to 11:00 a.m.

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Father R. A. Gofcheski,
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MATTER OF FACT: A
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RCAF

CONT'D FROM PAGE 1

RCAF in 1924, retiring in 1964
after 40 years service.

Others are Air Marshals
Robert Leckie, W. A. Curtis,
H. L. Campbell and C. R.
Dunlop. Another senior airman
in attendance will be Air Chief
Marshal Frank R. Miller, who
held posts as deputy defence
minister, chairman of the
Canadian joint chiefs of staff
and latterly, as the Canadian
Armed Forces first chief of the
defence staff, upon integration
in 1964.

Among Canada's senior
serving airmen today are the
vicd-chief of the defence staff,
Lt-Gen. A. Chester Hull, and
the deputy commander-in-chief
of NORAD, Lt-Gen. Reginald J.
Lane.

Others are Maj-Gen. Richard
C. Stovel, commander of the
Canadian Defence Liaison Staff,

Washington, D. C. who rose
from the bottom rank of
aircraftman, second class, and
Maj-Gen. William K. Carr, chief
of National Defence air
operations in Ottawa, who won
the Distinguished Flying Cross as
a teenage pilot flying Spit-fires
over Europe and the Middle East
during the Second World War.

Closest thing to a national
birthday celebration for the
former RCAF will be a
giant "win" ding at Ottawa's
nearby Uplands base Sunday,
April 6. Some 3,000 serving and
retired airmen in the capital area
are expected to attend. In
addition, the theme of this year's
national convention of the
RCAF Association, Oct. 9-12 in
Windsor, Ont., will be the 50th
anniversary of the founding of
the RCAF.

MID EAST CONT'D
FROM
PAGE 1

although weekly flights will go
after that, rotatin men as they
complete their six-month tour of
duty in the Middle East.

Members of the Reserves now
volunteering for duty iwth the
Middle East force may form part
of the first rotation, although
none will be in the first group.

The Canadian Forces provides
communications, logistics and
air support for the U. N. force.

The Canadians now are based
in a tented camp at Chams
race-track, on the outskirts of
Cairo. Smaller elements serve at
such places as Rabah, Ismailia,
Suez and Tel Aviv.

CYPRUS CONT'D
FROM
PAGE 1

Canadian High Arctic in winter
of Jamaica's tropical summer
environment.

Regimental colors, which
were presented to the unit last
summer, were selected from
those awarded to the 1st
Canadian Parachute Battalion,
which fought with the 6th
(British) Airborne Division in
Europe during the Second World
War, and the First Canadian
Special Service Battalion, which
formed the Canadian contingent
of the joint Canadian-American
First Special Service Force,
nicknamed the "Devil's
Brigade."

CHAPEL NEWS

CONT'D FROM PAGE 6

The "World Day of Prayer",
held every 1 March, will take
place in the North Site
Protestant Chapel this year. On
Sunday 10 Mar 74, at 8:00 p.m.,
Sr. Mary Felhaver, from the
Christian Education at the
Pastoral Centre, in Winnipeg,
will be a guest animator, to deal
with questions and the various
problems, parents and teachers
encounter in the Christian
training of their children. We
hope to see a record number of
parents at the RC Chapel on this
date. If we love our children, we
cannot afford to miss anything
that can help prepare them for
the fullest life possible.

The last subject I even
hesitate to mention, but we all
must face the hard facts of life. I
have to admit that I am very
disappointed in the response to
our querie with references to the
requirement for a Mass in

French. Exactly three people
answered. However, if per
chance people hesitated to
respond for fear that motives
other than purely the desire to
provide occasion to pray, were
involved in the survey, and still
would like to assist at Mass in
French, I gladly inform you that
Sacred Heart Church, at 597
Bannatyne Avenue, has Mass
strictly in French, on Sundays at
9:00 a.m. in the downstairs
chapel (upstairs in Portuguese)
and at 11:00 a.m. upstairs, in
the church proper. The pastor is
Fr Turenne, and you are
welcome.

Teilhard De Chardin once
wrote "Someday, after
mastering the winds, the waves,
the tides and gravity, we shall
harness for God the energies of
love, and then, for a second time
in the history of the world, man
will have discovered fire."



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