

Third Buffalo To The Middle East

Ottawa (CFP)—A third Canadian Armed Forces Buffalo Aircraft has joined the United Nations Emergency Force in the Middle East.

The aircraft left CFB Trenton, Ont., June 9, travelling to Cairo, Egypt, via Greenland, Iceland, Scotland, West Germany, and Greece. It arrived in Egypt June 14.

A full complement of personnel from Air Transport Command joined the aircraft June 18. This includes two crews of four men each, and eight technicians. All will become part of the air support element which has been designated 116 ATU (Air Transport Unit).

The unit is providing Air Transport facilities for the UNEF troops and will in addition support the New United Nations Disengagement Observer Force in the Golan Heights.

The first two Canadian Buffalo aircraft for the force arrived in Cairo in early January.

VLA Extended to March, 1975

Ottawa (CFP)—All Second World War and Korean veterans who had valid qualification certificates on Oct. 31, 1968, now have until March 31, 1975, to make application for financial assistance under the Veterans' Land Act.

Information about loan provisions, repayment plans, interest rates, etc. may be obtained from any VLA office; or from the Veterans Land Administration, Department of Veterans Affairs, Ottawa, Canada K1A 0P4.

Applications for loans should be made through the Field Office of the Veterans Land Administration serving the area in which the veteran proposes to settle. Information as to the addresses of the Field Offices may be obtained from the following Regional and Sub-Regional Offices:

Regional Director, VLA
Alvin Building,
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Regional Director, VLA
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Asst. Regional Director, VLA
6th Floor, Commercial Building,
169 Pioneer Ave.,
WINNIPEG, Man. R3C 0H3

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Global House,
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June 26, 1974

CANADIAN FORCES BASE, WINNIPEG

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Squadron Parade Marks Change Of Command



Lieutenant-Colonel J.H. Roddick, the Commanding Officer of 429 Squadron since April, 1972 signs the Change-of-Command Certificate during ceremonies held at CFB Winnipeg on the 18th of June 1974, as Colonel C. A. LaFrance

(right) and Lieutenant-Colonel J.R. Allingham (left) the newly appointed Commanding Officer of Squadron look on. For further details and pictures, see Bison Brew on page 5.

Base Photo

Frank Campbell Returns To Vietnam

OTTAWA (CFP)—Tall, crewcut Frank Campbell of Ottawa and Vancouver, a Canadian Forces lieutenant-colonel is heading back to South Vietnam again.

Last time there he spent six months as Canadian regional commander with the International Commission of Control and Supervision, in the South China Sea coastal town of Phan Thiet. He came home last July when the rest of the Canadians pulled out.

But now, a few months away from retirement after 28 years in the forces, he's going back in another humanitarian capacity, as director of the Foster Parents Plan in Saigon.

Set up there in 1957, the plan is sponsored by Canada, the United States and Australia. The colonel will run a permanent staff of 68 Vietnamese with a \$1,000,000 annual budget. The Saigon office looks after 6,500 Vietnamese families, about 40,000 people.

After most of his life in the forces, he says he considers his new job in Saigon "as the opportunity of a lifetime on which to begin building a new career."

Service in Tanzania and his background in physical health and education led him to the social welfare field. He's a graduate of the University of Toronto and a former instructor at Royal Roads Military College, Victoria.

"Going back" to South Vietnam also applies to Mrs Anne Campbell, an Ottawa artist whose works appear under the name "Elizanne." She spent five weeks in Vietnam on behalf of

the Canadian Armed Forces Civilian Artists Program. She produced large quantities of sketches of ICCS activities in all parts of the country.

Staying behind to continue university studies are a son and

two daughter. They are Brad, an anthropology masters student at Ottawa's Carleton University; Cathy, studying law at York University in Toronto; and Donna, studying wild life biology in Guelph, Ont.

All In The Family

With the exception of the oldest brother, Gérard, all the Lacroix brothers were born and raised in the Ottawa/Hull area, and all are now members of the Canadian Armed Forces. Brothers Gérard and Serge are Corporals serving at Canadian Forces Base Halifax and Camp Farnham respectively, while brothers Gilles and Regent are Privates at CFBs Halifax and Valcartier respectively.

Norm will begin basic training



Norm Lacroix, the youngest of five brothers, is pictured here being enrolled in the Canadian Armed Forces by Major Len Couture, CD, Commanding Officer of the CAF Recruiting and Selection Unit in the nation's capital.

Colorful Parade On Parliament Hill

Ottawa—Parliament Hill's colorful Changing the Guard, portraying the traditional inspection, review and replacement of old guards with the new guards, will be carried out this year from June 23 until Labor Day.

The daily program, weather permitting, will begin at 10 a.m. and run for 30 minutes with 75 officers and men on parade. In addition, there will be sentries at Government House from 10 a.m. until 6 p.m. daily.

The guardsmen, the majority of whom are university students, are enrolled in the Governor General's Foot Guards of Ottawa and the Canadian Grenadier Guards, Montreal. Each unit provided 100 militiamen for the ceremony beginning in May of each year.

The 1st battalion of Canadian Guards first performed in this capacity in 1959. In subsequent years alternate battalions of the Canadian Guards participated. In 1969, increasing commitments prompted the regular force to pass the ceremony on to the militia. The regular force, however, did retain training and administrative roles for the ceremony.

Three bands will support the ceremony this year. They are the Royal Canadian Artillery Band of Montreal, who will play from June 23 to July 10, the Central Band of the Canadian Forces of Ottawa, July 11 to August 10 and the Naden Band of Victoria, B.C. who will finish the summer from August 11 until Labor Day.

The Guards called The Public Duties Detachment, is commanded by Major G. W. Meir of the Grenadier Guards. The second in command is Capt. R. J. Diek of the 3rd battalion, The Royal Canadian Regiment.

Temporary Camp Established

Quneitra—Canadian soldiers who arrived here June 5 are busily establishing a temporary camp from where they will assume logistics and communications support for the United Nations Disengagement Observer Force in the Golan Heights.

Even as they arrived negotiations regarding the locations of the Canadians, Peruvians and Austrians at the former Syrian base were still being held.

Several hours passed before the locations were set and the areas could be cleared of ammunition and bombs. Then debris had to be cleared from the roofless buildings before supplies could be unloaded and housekeeping could be set up.

Despite delays affecting the locations of the force the Canadian medical unit of one doctor and three medical assistants had set up shop and treated its first patient within one hour of reaching Quneitra.

When the boundaries were finally determined logisticians, cooks, communicators, military police and mechanics worked well into the darkness to set up their new home. Ingenuity is the byword in the camp which features burlap windows, snakes and scorpions and pack rations.

By morning June 6 chemical toilets and wash stands were installed and by the weekend luxuries of hot meals, electricity and showers appeared. In the meantime CANEX is doing a booming business on sales of warm drinks.

RCAF Association History

By CAPTAIN W. McLEOD (Retired)
(Continued from the last issued of VOXAIR)

From a strength of 5,000 members in October 1949, there were 75 Wings and more than 10,000 members in 1951. In 1962/63 the peak of about 13,000 members was reached. At present the number of regular and associate members almost reaches that mark, but there has been a decline in regular members. The strength of the Association is affectionately described as "about 10,000".

In 1951 Her Majesty The Queen, then Her Royal Highness the Princess Elizabeth, graciously extended her patronage to the Association. Upon ascending the throne, she agreed to extend that patronage through her reign.

The Association has been identified with many worthwhile projects over the years. Early in its life it carried out "Operation Recruiting" to assist RCAF recruiting units in their work. "Operation Library" undertook to provide books of fiction for the RCAF at No. 1 fighter Wing in England. When the RCAF went into Post-war Europe the Association organized "Bon Voyage" parties for airmen and their families on embarkation from Canada.

While carrying out these commendable projects, the Association continued to press the government for improvements on behalf of military aviation and gradually branched out to provide similar support for civil aviation. Significant among its achievements on the military side were many which had a direct bearing on the life of serving airmen, particularly those identified with the construction of permanent married quarters, pay packages and supplementary death benefits. Its recommendations were a strong influence on many decisions which were made to acquire new equipment.

In order to ensure that the Association was managed to meet its roles in current times, that National Executive Council was reorganized in 1971. It was reduced considerably and several working committees were established to carry out policy and projects within the

parameters set by Council. During the same period the National Headquarters was reorganized to reduce overhead expenses.

At the 22nd Annual General Meeting in Ottawa in 1972, the Association adopted a sweeping revision of its Constitution and Bylaws. More emphasis was placed on its aviation activities and its role in community affairs was outlined more clearly. Also included was expansion of its membership into the civil aviation field so that individuals in civil aviation may now participate with the traditional members of the Association in its work.

As the Royal Canadian Air Force Association goes into its second twenty-five years, it is at last beginning to become very clear what the Association actually is. It is not an organization of "old sweats" although they have a significant and leading place in it. It is an aerospace and community service organization with a membership comprising air-minded citizens, mainly of the military and civil aviation community, past and present. It has come a long way from the day when the Dominion Executive members held their first meeting together in Ottawa on December 1st, 1949.

The Association uses the RCAF Tartan in its tie as part of its official dress and the former RCAF Ensign was royally approved as the Association Ensign in September 1973.

Truly, the Association is the custodian of the traditions of the Royal Canadian Air Force and uses these traditions as a base for all of its aerospace and community service work.

In Winnipeg, 500 Wing RCAF represents the Association, and is actively involved in a number of Service activities. For information on how you may become involved as a member of the RCAF, please contact the President, Mr. Al Dowling at 256-0405 or the writer at 889-2641.

Next issue we will review the activities and organization of 500 Wing.

COMM SQN NCO'S RECEIVE AWARDS



Four NCOs from 733 Communication Squadron recently received 1st Clasps to their Canadian Forces Decorations. Pictured above (L to R) are Sgts Allin and Webster, the Commanding Officer

Capt Johnson, Sgt Waters and MCpl Wetyk. A total of 108 years of service is represented by the five in the picture. (You guessed it. The Commanding Officer is the only "short timer".)

JULY PREVIEW

July is the month with the maximum number hours of bright sunshine and the highest temperatures of the year for Winnipeg. Expectations are for about 10 hours of bright sunshine per day. Records of the last 75 years show that Winnipeg receives 40 hours more bright sunshine in July than the next sunniest month of August.

Long-term daily normal maximum temperatures vary between 76 and 81 degrees Fahrenheit; the normal daily maximum temperature for the month, and for the year occurs on the 23rd. The long-term normal daily minimum temperature is near 55 degrees Fahrenheit throughout July. The highest temperature ever on record in Winnipeg in the last 103 years - the period of records - is 108.2 degrees Fahrenheit on the 11th of July 1936. The lowest temperature on record for the month is 34 degrees Fahrenheit - this on the 3rd of July 1972.

Details of the sky condition reports reveal that the mean amount of cloud covering is 50 percent of the sky. About 40 percent of the time it is cloudy. About 30 percent of the time it is clear. Thunderstorms occur on the average 7 days of July.

Precipitation often tends to occur in the form of showers; and the average number of days with precipitation is eleven. The average amount of precipitation received during the month is 3.11 inches. The greatest total rainfall for the month is 7.77 inches which occurred in 1953. The driest July on record goes back to 1875 when only .53 inches of rainfall was received. Last year 4.84 inches of rain were received in the month of July.

Sometimes heavy showers account for most of the precipitation received, last July over 3 inches were received in two severe storms on the 7th and 26th. In addition golf-ball size hailstones and strong winds caused extensive damage to roofs and cars in some parts of Winnipeg on the 7th of July, 1973.

Strong winds that accompany thunderstorms make the headlines at times. But the mean wind speed for the month is only 10 miles per hour. The highest wind speed on the monthly record is 79 mph, from the south-southwest; in 1973 the highest recorded speed was 68 mph with the storm on the 7th.

Usually July weather consists of hot and sunny days with a 30 percent probability of showers.

SAFE Boating Week 1-7 JULY

The week of 1-7 Jul has been declared as National Safe Boating Week by the Canada Safety Council in cooperation with Transport Canada. The Department of National Defence fully supports this important campaign and urges all of its employees to make special efforts in observing the rules of safe boating during this Safe Boating Week and throughout the year.

Boat Operator Responsibility

The operator of a boat, similar to the captain of a ship or aircraft, is responsible for the safety of his passengers. Therefore, the operator of the boat must exercise his responsibility and ensure:

- that the craft is safe, properly powered and never overloaded.
- that local water conditions and hazards are familiar to her/him.
- that an approved MOT life jacket is available to each individual and that they are worn when underway, especially in a small craft.
- that weather forecasts are obtained and that ventures in

threatening conditions are not attempted.

- that everyone on board conducts themselves properly.
- that only qualified persons operate the craft.

By paying attention to the basic boating safety rules mentioned above, accidents or tragedies should be prevented making your summer another enjoyable boating holiday.

LETTER TO THE EDITOR

Editor Voxair,

The Base Military Police wish to thank all personnel for their fine support in pledges made to MP runners in the recent BAMEO runathon. All monies donated to the MP runners were added to the MP fund for Blind Children.

Thanks,
A. Bell-Chambers
Base Security Officer

CLASP AND CD PRESENTED



Colonel L. R. Pierce, CD, QHDS, Commanding Officer 14 Dental Unit presents the 1st Clasp to the CD to MWO EK Abernethy. MWO Abernethy is employed in the Westwin Dental Clinic.



Colonel L. R. Pierce, CD, QHDS, Commanding Officer 14 Dental Unit presents the CD to Sgt DW Griffiths. Sgt Griffiths has recently returned to the Westwin Dental Clinic from a tour of duty in Cyprus.

Voxair

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BUSY LONG WEEKEND FOR SEARCH AND RESCUE

Searches End With Success

429 Squadron and Base Operations had a very busy, very long weekend from 9:00 p.m. Friday, June 14 until 6:00 p.m. Monday. Capt Bill Low, the searchmaster, who was flown from Edmonton to Winnipeg, had his hands full for the whole time.

The contagion started Friday evening when a search was initiated for a single engine, float equipped Norseman, piloted by Mr. Warren Baxter of Air Park Ltd. in Lac du Bonnet. Two Dakotas from 429 Sqn, three single Otters from 402 Sqn and two Twin Otters from 440 Sqn Namao, were searching an area east of Lake Winnipeg on Saturday afternoon when a distress call was heard from a second civilian aircraft which was lost and out of fuel. This was a single engined Bellanca, bound for God's Lake in northern Manitoba. On board were the pilot, Mr. G. A. Cox, and two passengers, Mr. D. Amdahl, an American district court judge and Mr. W. Popham a retired senator.

In the meantime, a third search was underway by RCC Edmonton in an area about 100 miles north of Lynn Lake, Man. Fortunately, the search was relatively brief and the float-equipped Beech 18 airplane, piloted by Mr. Blouin of Parson's Airways, was found after its electronic homing beacon was heard by searching military aircraft from Edmonton. The pilot was unhurt and the aircraft required fuel.

Late Saturday afternoon, a Twin Otter while searching for both the Cox and Baxter aircraft, discovered the Baxter aircraft moored at the edge of Sandy Lake in northern Ontario. Mr. Baxter was unhurt and had made a precautionary landing on the lake. He waited with his plane until Air Park flew fuel to him.

Sunday the 16th saw three Dakotas, two Twin Otters and a Hercules searching for the Bellanca. Intermittent radio contact was gained, but the a/c was not found before searching a/c had to return to base.

On Monday, at 11:00 a.m. 6 military aircraft were searching when one of the Twin Otters, piloted by Capt Gil Ferguson and Ken Birch found the downed a/c in a clearing by Lake Nekik, about 250 miles northeast of Winnipeg. Cpl Al Williams and Cpl Andy MacDonald of the Namaio base of para-rescue unit jumped to the

three survivors and reported all three unhurt. The survivors were airlifted to CFB Winnipeg where they were interviewed by the news media.

In discussing their experience, the three survivors expressed their

very real gratitude for the efforts extended by the Armed Forces Search and Rescue team. Judge Andahl praised the efficiency and professionalism demonstrated by the CAF in conducting this search and rescue operation.

Well done to all those involved! It is ironic that on Saturdays, as these three searches were taking place, a CBC crew was in Kenora with a 429 Dakota and crew, filming an artificial SAR operation.



Captain Ken Birch, centre, and Captail Gill Ferguson, far right, of CFB Edmonton show the survivors where they had made the forced landing.

The Twin Otter piloted by Captains Birch and Ferguson was the first aircraft to visually locate the crash scene. Forces Photo



Corporal Andy MacDonald (left) and Corporal Al Williams of the Namaio Para-Rescue Team parachuted from a Twin Otter to a downed aircraft near Lake Nekik.

Promotion Announced



"Lieutenant David Bristow (left) of Canadian Forces Station Lowther, Kapuskasing, Ontario, is congratulated by Lowther's Commander, Lieutenant Colonel Ross Buskard upon his promotion to the rank of Captain. Captain Bristow has been a member of the Canadian Forces since 1967 when he commenced training at Collège Militaire Royale de Saint-Jean, St-Jean, P.Q. He graduated from the Royal Military College of Canada, Kingston, Ontario in May 1972 with a degree in Electrical engineering. He was assigned to CFS Lowther of the 23RD NORAD Region in Dec 72 and holds the position of Telecommunications Operations Officer. Captain Bristow, son of Chief Warrant Officer, and Mrs. A. H. Bristow of CFB Winnipeg, is accompanied at CFS Lowther by his wife, Donna and son, Kevin."

STUDENTS SUMMER EMPLOYMENT COMMUNICATION COMMAND WITH CANADA'S ARMED FORCES.



735 (Winnipeg) Communication Squadron

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CFANS news corner

As we ran a photo of the graduating NIC course in the last edition, we thought it only fair to give our students equal time. They are not as handsome as the instructors, of course, but they're still a pretty good bunch. Best of Luck in the course, fellows.

We have a correction to make. In that NIC write-up we listed William Robert Kingsbury as "Bill" Kingsbury. He prefers to be called Bob. Sorry about that, Bill.

"A" Flight has lucked in again. The new boss is Major Al Kilpatrick, a recent arrival from the Maritime OTU, VP 449. We all hope he can stay awhile, but to explain further would be to tip off NDHQ. No guessing please.

Recently, several nav squadron members spend a pleasant weekend with their Bison buddies searching for some of the five aircraft lost in Western Canada. The lost were all found, thanks to



the diligent efforts of the Canadian Forces Search and Rescue team. Good show, men.

The author wishes to advise that he is going on summer hours as of right now. If anything newsworthy happens, please wake him up.

Recreate Wolseley's March

Winnipeg—The second Battalion Princess Patricia Canadian Light Infantry are recreating Colonel Garnet Wolseley's 1870 march from Thunder Bay to Winnipeg commencing Friday, 21 June.

The marchers had left Thunder Bay Friday morning accompanied by the Corps of Drums. They will arrive at Lower Fort Garry on July 13th accomplishing the march in 23 days compared to the three months taken by Col. Wolseley's force. The march is being carried out by the battalion as part of the Regiment's 60th anniversary and in conjunction with Winnipeg's Centennial.

Colonel Wolseley, a British officer, recruited 750 Militiamen from Ontario and Quebec and moved to quell the unrest between the Selkirk Settlers and the Metis in the Red River Settlement.

The Metis had set up a provisional government at Fort Garry under the leadership of Louis Riel. When Col. Wolseley's force arrived, Riel and his associates had fled. Wolseley's militiamen remained in Fort Garry for the winter and were replaced by volunteers from Manitoba. The 'Dominion Force on Service in Manitoba' continued until 1877 when the North West Mounted Police became wholly responsible for law and order.

Appointed Colonel-In-Chief



Ottawa—Lady Patricia Brabourne, daughter of Lord Louis Mountbatten, has been appointed Colonel-in-Chief of the Princess Patricia's Canadian Light Infantry, effective June 15, 1974.

Lady Brabourne is the cousin and god-daughter of the late Lady Patricia Ramsay who was the first Colonel-in-Chief of the PPCLI, and held that position until her death Jan. 12, 1974 at her home in Surrey, England.

Battalions of the PPCLI are stationed in Calgary, Winnipeg and Victoria.

Colonel of the Regiment is Major-General C. B. Ware (ret'd), Kingston, Ontario.



CROSS TRAINEE COURSE 7404

The ten gentlemen pictured above have just begun a new career in the nav trade. They also have the distinction of being the first course to train under the revised C-47 syllabus.

Back row, left to right: Capt Cal Dessureault,

Capt Rob Kilborn, Capt Dick Griffith, Capt Bill Moir, Capt Rick Rantz (course director).

Front row, left to right: Capt Al Sutherland, Capt Chuck Langtry, Capt John Lawless, Capt Daryl Spiers, Capt Randy Thistle, Capt Jim Loring.

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HARRY BAUER
(Sgt retired)

It will come as no surprise to most of you that the Canadian Forces are still experiencing recruiting problems. This unit, along with others across Canada, is still "beating the bush" searching for prospective candidates.

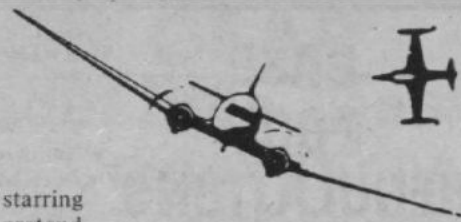
The Directorate of Recruiting Services has approved a revolutionary new approach to recruiting. As you know, we cannot reach everyone by mobiles or advertising. Thus, all recruiting units are now allowed to advertise through Canada Manpower offices for additional candidates. Canada Manpower will refer people to us for testing and, hopefully, enrolment in the Forces.

This does not mean, however, that we are giving up our methods of recruiting. Our mobilers are on the road every week and many of you will have noticed our green and white van at various shopping centres in the Winnipeg area.

For further information contact the Recruiting Unit at the Main Post Office, 266 Graham Avenue, 985-3680.



429 Sqn. Bison Brew



Howdy Herd. June 18 saw the herd gathered on parade to pay tribute to the outgoing Big Bison and to welcome the incoming Big Bison to the gooney's nest. The outgoing Big Bison, Lt Colonel J. H. Roddick was born in Brandon, educated in Kindersley, Kerrobert, Moosomin, Gretna, and received a Bachelor of Science degree in electrical engineering from the University of Saskatchewan in 1958. He started flying training in Centralia in the summer of 1957 and received his wings at RCAF Station Portage in July, 1959. He served as a staff pilot at ANS until 1961 when he became the electronics instructor at Central Navigation School. In 1963 he took the CF 104 course and served on 439 Squadron in Marville and in 1 AIR DIV in Metz and Lahr. Following a tour in Munich he returned to Canada and served in the Directorate of Forces Structures, and went to Staff College in 1970-71. He then came to CFFTSU in Winnipeg and presided over the rebirth of 429 Squadron in April, 1972, serving as the Squadron Commander until June 18, 1974. He leaves us for a promotion to full colonel and a job as Deputy Commander of 1 CAG in Europe. Thanks very much for the fine time we have had with you leading the herd, sir, and, from all of us Bisons, a hearty and sincere bon voyage to you, Jean, and the kids in your new undertakings.

Receiving welcome as the new Big Bison is Lt Col J. R.

Allingham, who hails from Campbellton, New Brunswick. He joined the RCAF in 1952 and was a member of pilot course No. 53 at Centralia and Gimli. Following his wings he took the Pilots Weapons School at RCAF Station McDonald and Sabre OTU at RCAF Station Chatham from which he was posted to 416 (F) Sqn at Grostenquin, France, in 1953. He also served on 434(F) Sqn in Zweibrucken, Germany, and returned to Canada in 1957 where he instructed on T-birds in Portage until 1960. From 1960 to 1964 he was commanding officer of the RCAF recruiting units in London and Windsor. From 1964-67 he served as the Officer Commanding Standards Squadron for Tutors and T-birds at Gimli. He attended Staff College in 1968 and on completion took up duties on the directing staff at Canadian Forces Staff School. In July, 1970 he was promoted to Lt Colonel and became Director of Plans at Staff School. In 1971 he was posted to NDHQ where he served in the Directorate of Air Requirements, from where he now has come to assume command of 429 Sqn.

At the end of the handing-over parade the Base commander, Col C. A. LaFrance, presented Capt Bob Kozak with the Canadian Forces Decoration for 12 years service. Following this the squadron went outside and had a group photograph taken (an event we had practiced for the day before!). Once the herd was preserved for posterity the whole group retired to the Reserve Officer's Mess for some quiet

cocktails and a game or two of "dead ants" led by Antmaster Williamson. As the evening wore on the relaxation moved to the Regular Officers Mess where the Bisons retained their title of Western Crud Champions (Hoyle's Rules) and partook in an impromptu mess dinner.

On to the short news items: Hall Steffler thought the parade was at 1500 hrs.

Jasper Johnston does wear a uniform, and attends parades between golf games.

The mosquitoes are looking forward to another parade.

"Brakeless Bob" McCreadie has been on the prowl. (He's A Flight's newest member.) "Binders Bob" Potyok helped.

Dave Wood's car will soon be fixed and will require a machmeter.

Bart Bourne is coming here to fly Daks for the summer, confirming our suspicion that they are busy over at the Musket Club.

Willy told CBC it takes an antique to fly one.

Captains Jim Humphrey, Ernie Canivet, Vic Charlebois and Rick Legault have been selected as the first group from 429 Squadron to receive the Hercules conversion course. The lucky foursome will start training on July 8, and will serve with the transport squadrons to gain experience on the Heres until later this year when they will return to the Bisons as Here captains.

The Bisons were involved in three separate searches the weekend before last, ironically at the same time that a CBC film

crew was making a movie starring some of the guys on a pretend search. All appeared to be in chaos at 16 Hangar Ops with regular search crews and pretend search crews all trying to get into the limited space up there.

The three real searches had happy endings; all the missing people were located and were in good health. All of the crews who flew the search over the weekend agree that the emergency beacon is the most vital piece of equipment on those flights venturing over the Canadian bush. We know that the use of these beacons is widely publicized, and figure that one more plug won't hurt. They shorten search time considerably when used properly, making both searchers and searchees a lot happier.

Congratulations to Captain Barry Davis on upgrading to local captain status. Don't let all the new responsibility go to your head, Barry, and remember, the normal reward is that your first trip as a captain will be as briefing crew. Captain Dave Johnson is to be congratulated on joining the long range captain's club this week. All in one big step, too. Both of them will get their chance to compete for amber gulgurs awards at the next mugging.

Captain Mike (Fercrissake) Sanfacon and family are leaving the herd very soon to take up residence in Eastern Canada. Mike has been here since 1970, and has served as a line pilot and as a Dakota instructor. Mike plans to become an airline pilot after he retires from the forces.

Well that about wraps up another two weeks in the pasture, except for:

SEEN AROUND: Eighty grown bisons on their backs.

OVERHEARD: Bill Jack's phone is out of order.

RUMOURS: Jim Humphrey owes the ants a round. (This rumour is true.) Colonel Roddick requires a Dakota for VIP runs in Europe (volunteers?) TTFN.



Lieutenant Colonel J. Allingham, the new Commanding Officer of 429 Composite Squadron, accompanied by Lt. Col Roddick (left) and Colonel

LaFrance, inspects the Squadron members following the signing of the Change of Command Certificate. Base Photo

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BASE POOL REGULATIONS

Service Personnel are reminded that to participate in any recreational swim periods they must be in possession of a "Red" swim badge.

These badges are available free of charge at both Lipsett Hall and Westwin Rec Centres from 0800-1600 hrs Monday thru Friday.

All DND employees and dependents will require the new swimming badges effective 1 Apr 74. These badges must be worn on the bathing suits for all casual swim periods.

Badges will be available at Westwin and Lipsett Rec Centres from 0800 - 1600 hrs, Mon to Fr, commencing 1 March 74. Cost of same is as follows:

DND employees and dependents (Orange and Black) \$4.00 per badge or \$12.00 per family.

SWIMMING POOL GUEST PRIVILEGES

The policy in effect for signing in guests at both Lipsett and Westwin pools is:

a) current adult holders of swimming badges may sign any guest into the pool to a maximum of three times per month or

b) current adult holders of swimming badges may sign "out of town" guests into the pool to a maximum of two weeks. The two-week limitation may be extended by application to the NCO i/c of north or south site Rec Centres or the Base Physical and Recreation Officer.

Badge holders may sign in their guests at the Commissionaires' wickets in each Recreation Building during the evenings or at the Rec Centre offices during regular duty hours.

Please note the fact that only adult members may sign in guests and that dependents of local based servicemen will not be considered guests.

If anyone has any suggestions or complaints regarding the operation of the pools, please give the Rec Staff a call at local 511. Your input will help us to provide the best service possible.

LEARN TO SWIM CLASSES

There will be two sessions of Unstructured Swim Classes held at Lipsett Hall Pool, Kenaston and Grant.

The first Session will be conducted from 2 Jul to 26 Jul 74, Mon to Fri from 0900 hrs. to 1200 hrs.

The Second Session will start 6 Aug to 30 Aug, Mon to Fri from 0900 hrs. to 1200 hrs.

The maximum registration will be 100 candidates per session.

Cost Civilian 60c per lesson
DND Dependents 30c per lesson

Registration Date First Session
DND Dependents 10 - 14 Jun 74
0900 - 1600 hrs

Civilians 17 Jun 74
0800 - 1200 hrs

Registration Date Second Session
DND Dependents 15 - 19 Jul 74
0900 - 1600 hrs daily

Civilians 22 Jul 74
0900 - 1200 hrs

Due to the increase in wages for Lifeguards and Instructors the cost per lesson has been increased.

The ticket system will be used as has been in the past. Minimum number of tickets - 10 per session. Maximum number of tickets - 19 per session.

There will be no refund on tickets sold.

Those not familiar with the Unstructured Swim Programme may contact Sgt Reti at 888-3484 or M/Cpl Pattison 888-3484.

WESTWIN POOL

Learn to Swim Classes will begin the first session of classes.

DATE	
Senior	0900 - 1000 hrs.
Intermediate	0900 - 1000 hrs.
Junior	1000 - 1100 hrs.
Beginner	1000 - 1100 hrs.
Junior	1100 - 1200 hrs.
Beginner	1100 - 1200 hrs.

COST
\$4.50 per class - 15 lessons per class. Maximum number of candidates - 12. Minimum number of candidates - 10. Second session of learn to swim classes will begin:

DATE
12 Aug - 30 Aug. Cost and number of classes, same as for first session.

REGISTRATION DATES
First Session - 28 Jun 74 - 0800 - 1200 hrs. in main foyer of Bldg No. 90, Westwin Rec Centre.
Second Session - 8 Aug 74 - 0800 - 1200 hrs. in main foyer of Bldg No. 90, Westwin Rec Centre.

Inter-Section Fastball

At long last the Inter-Section Fastball League gets underway. The rain has stopped and the fields are in not bad shape.

The schedule is somewhat shorter this year due to the late

availability of maintenance and grass cutting. However, with everything back to normal, we will get down to some serious ball.

Following are the statistics of games played to date:

Teams	Games Played	Won	Lost	Tied	Total Points
429 Com Sqdn	2	0	2	0	0
ANS	1	1	0	0	2
Sgt Mess	2	1	0	1	3
Comptrollers	2	2	0	0	4
Avionics	3	1	1	1	3

Winemakers Hold Wind Up

On Saturday evening at Jim Lords home in St. Norbert, the Amateur Winemakers of Manitoba held their annual Bar B Q and awards presentation.

The judges consisted of Mr. Ken Duncan - Wine Art Stores, Mr. Chris Labram - Sir JOHNS Restaurant, Dr. Gene Burchill - U of M, Isabel and Larry Ranson, Dave Rannard and John La Rue of the Wine Guild of Winnipeg, Dave Dempster of the CFB wine club, and Frank Giesbrecht of the Fermented Fruits Club. Competition was close but after several pleasant hours of judging they came up with the following winners in the 8 classes of wines and the 3 classes of beer.

Dry Apertif - Florian Lizotte, Red Table - Jim Lord, White Table - John McCormack, Still Rose - Irene Cormier, Sweet Apertif - Florian Lizotte, Dessert - Irene Cormier, After Dinner - Wilf Wood, Sparkling - Joe Swarek, Light Brew - Gord Moscrip, Dark Brew - Florian Lizotte and Cider -

Stewart Johnson. The winner of the Label Class was Bob Flanagan. The Most Outstanding wine in the competition was judged to be Irene Cormier's Dessert Wine entry for which she received the Larry Ranson Trophy.

These members and their wines along with the runners up are now eligible to enter the Canadian Amateur Wine and Beer Makers Competition to be held at the North Star Inn Winnipeg June 29 to July 1st. They will be competing against the best from the rest of Canada. The highlight of the Convention will be the Grand Awards Dinner on Monday July 1st. when the Best Amateur Wine and Beer makers in Canada will be honored. These awards will complete three days of Wine Judging, Beer Tasting, and seminars on how to improve your home made wines and beers. Registration for this event is open to non-club members. Contact Joe Swarek 595 Churchill Drive phone 453-1524.



The winners of the Amateur Winemakers of Manitoba are left to right: Jim Lord, Pres. Wine Guild of Wpg. and the winner of the Ferret Products Intl Beer and Cider Championship, Larry Ranson (F/L Ret) President of the Manitoba and Canadian Amateur Winemakers Association, Florian Lizotte winner of the Wine - Art Mansalta Wine Championship Trophy and the Grand Champion Chain.

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Winnipeg To Host Invitational Run

CFB Winnipeg will host an Invitational Three and Six Mile run on the 20 Jul 74.

The Three Mile Race will consist of six men teams and individual competitors also.

The Six Mile Race will consist of individual competitors only.

Entry Fee is \$5.00 per competitor and the cut-off date will be 9 July 1974.

Entry Forms are available at Westwin Rec Centre and Lipsett Hall gymnasium.

CADET ACTIVITIES SWING INTO HIGH GEAR

INTERNATIONAL EXCHANGE PROGRAM

Ottawa—Sixty-three Royal Canadian Air Cadets have been selected to take part in the 1974 summer International Air Cadet Exchange Program.

The selection is a reward for deserving cadets who have achieved outstanding results in a qualification program.

The exchange takes place annually in July and August, and besides cadets from Canada, participants include Austria, Belgium, Britain, France, Israel, The Netherlands, Norway, Portugal, Spain, Sweden, Switzerland, the U.S.A. and West Germany.

Thirty air cadets from Canada will be sent to continental Europe, arriving in Frankfurt, West Germany, July 16. From there, they will be dispersed to families in the participating countries, where they will spend two weeks living as house-guests and sightseeing in their host country.

During the same period, 23 Canadian cadets will be guests of families in the United Kingdom, and 10 others will be hosted by American families.

At the same time, Canadian families will be playing host to air cadets from other participating countries, and giving them a sample of life here. Thirty European cadets will come to Canada, 23 others from the United Kingdom, and 10 from the U.S.A.

Military life is not stressed during the summer visits — in fact the cadets will appear in blazers with their respective crests, and will spend their time with their hosts in learning about flying and related activities, besides the culture of the host country. The Armed Forces or sponsoring flying clubs will provide transportation and arrange accommodation and tours.

ADVENTURE TRAINING IN WALES

Ottawa—Twelve Royal Canadian Army Cadets and two officers have been selected to attend a two-week Outward Bound exchange course in Wales this summer.

The school is operated by the British Army, and its aim is to develop character and extend personality through adventure at the crucial period in a young man's life when, at the age of about 17, he is outward bound from adolescence to manhood.

The rugged course takes place July 15 - 31 at the Joint Services Mountain Training Center, Morfa Camp, Tywyn, Wales.

The group will be concentrated at Canadian Forces Base Petawawa, Ont., preparing for the course from June 23 until departure for Britain on July 11.

Transportation to and from Britain is being supplied by the Canadian Forces.

Following the course, the group will visit places of historic interest in England and Germany for 10 days.

Army Cadet Rifle Team To Bisley Competitions

Ottawa—Sixteen Royal Canadian Army Cadets have been chosen to compete in the annual Bisley Rifle Team competitions at Bisley, England.

The team will compete against British army cadets July 16 to 27, 1974, in an attempt to regain the Alexander Graham Bell trophy, emblematic of rifle match supremacy, which the Canadians lost last year. The Canadian team held it for three years prior to last year's British victory.

Two hundred and twenty cadets from across Canada began the elimination with the top 20 cadets from each of the four regional rifle courses entering final competitions to choose 16 team members.

During the Bisley Meeting, the

cadet team will compete in individual and team matches. The principal trophy competed for is the Alexander Graham Bell, involving a match between an eight-man Canadian team and an eight-man British team. The trophy was presented at Bisley in 1955 by the late Colonel D. B. Buell, former director of militia and cadets, for annual competition between Canadian and British cadets on behalf of the family of Alexander Graham Bell.

Many sightseeing and shopping tours in England are being planned for the cadets, both in their off-hours during the competitions and in the few extra days before their return to Canada.

Cadets Will Qualify As Marksmen And Sharpshooters

Army Cadets from across western Canada will take part in three rifle competitions this summer as part of a course in recreational shooting conducted at Canadian Forces Base Winnipeg.

The 55 cadets, ranging in age from 14 to 17 years, will compete in the Manitoba and Saskatchewan Provincial Rifle Association shoots held in Dundern and Winnipeg, and in the Dominion Of Canada Rifle Association shoot in Ottawa from 1 Aug to 11 Aug.

At the end of the course, which begins July 1 and ends 15 Aug, the cadets will have qualified to at least the level of marksman under DCRA rules. Some will likely qualify to Sharpshooter or higher.

The practical parts of the course will be conducted at the St. Charles Ranges in Winnipeg. The cadets will be housed in barracks at CFB Winnipeg. The Royal Canadian Army Cadets are

sponsored by the Army Cadet League of Canada and supported by the Department of National Defence.

GLIDING

About 100 Royal Canadian Air Cadets will participate in a glider school from July 1 to August 17 at Rivers, Man.

The school will be the largest glider school to operate in Canada and will be the first "dual circuit" school conducted anywhere in the world.

The large amount of open space near Rivers will allow two gliders in the air at the same time, one performing a right-hand circuit while the other performs a left-hand one.

Traditionally, glider training has been done with a right-hand circuit only.

Cadets who complete the course will qualify as glider pilots under federal ministry of transport regulations.

CADET CAMP AT BANFF

OTTAWA — Over 300 boys from Canada and Great Britain are expected to attend this year's National Army Cadet Camp at Banff, Alta., July 8 to Aug. 17.

The six-week course is conducted in the form of adventure training based on the Outward Bound concept. It is aimed at developing qualities of self-confidence, team spirit, initiative, ability to make decisions, increasing stamina, and, above all, leadership.

A total of 300 boys between 16 - 18 years old from Canada, along with dependents of Canadian servicemen in Europe, will be attending the rugged course. In addition, 12 British cadets have been invited on an exchange basis.

A 30-piece cadet band also will take part in most aspects of the course, as well as give public performances in the camp area.

The training program includes mountain and glacier climbing, wilderness living and travel, search and rescue, canoeing, and river crossing.

Each cadet must be capable of operating at elevations ranging from 4,600 to 12,000 feet; hiking in excess at 150 miles carrying a pack weighing 48 lbs; running 1½ miles in 10 minutes; and operating at various heights in climbing rock faces up to 250 feet.

However, it's not all work, as the cadets get tours of the Banff — Lake Louise area, a visit to the Calgary Stampede, movies, and inter-platoon sports.

Sea Cadets Visit United States And Europe

Ottawa—One hundred and five Royal Canadian Sea Cadets from across Canada will participate in the international exchange programs this summer to both the United States and Europe while an equal number of sea cadets from the U.S. and Europe participate in various visiting and training programs in Canada.

Fifty west coast and 25 east coast cadets will be air-lifted to training centers in the U.S., where they will join United States Navy ships for up to two weeks at sea.

East coast cadets from the United States will visit and train with two sea cadet camps at CFB Cornwallis and CFB Halifax. Those from the west coast of the U.S. will spend up to two weeks aboard a Canadian Forces 70-foot training vessel, mainly in the Juan De Fuca and Georgia Straits between Vancouver Island and the mainland.

Cadets chosen to participate in the European International Exchange Program will have two weeks of adventure training and sightseeing.

Thirty Canadians will exchange with cadets from Great Britain, Belgium, the Netherlands, West Germany and Sweden.

Ten cadets will go to Britain and live with families of cadets which have come to Canada. Five will go to Belgium where they will train on the high speed patrol craft owned by the Belgium sea cadets. During this period they will travel through inland waterways, the North Sea, and to Holland.

The five cadets on exchange to Holland will go to a Dutch Sea cadet camp, and travel from there

to various training exercise.

Another five going to Sweden will stay with other cadets their own age, travelling to various bases and sightseeing.

And, the five cadets going to West Germany will join other cadets of their own ages for such activities as mountain climbing, sailing, and sea training.

The thirty European cadets coming to Canada will spend two weeks on tours, seeing Montreal then flying to Comox, B.C. for some adventure training at sea, travelling to Victoria (Esquimalt) for a tour of Canadian Forces ships, then to Vancouver for a day, and another day each in Ottawa, Kingston, Toronto and Niagara Falls.



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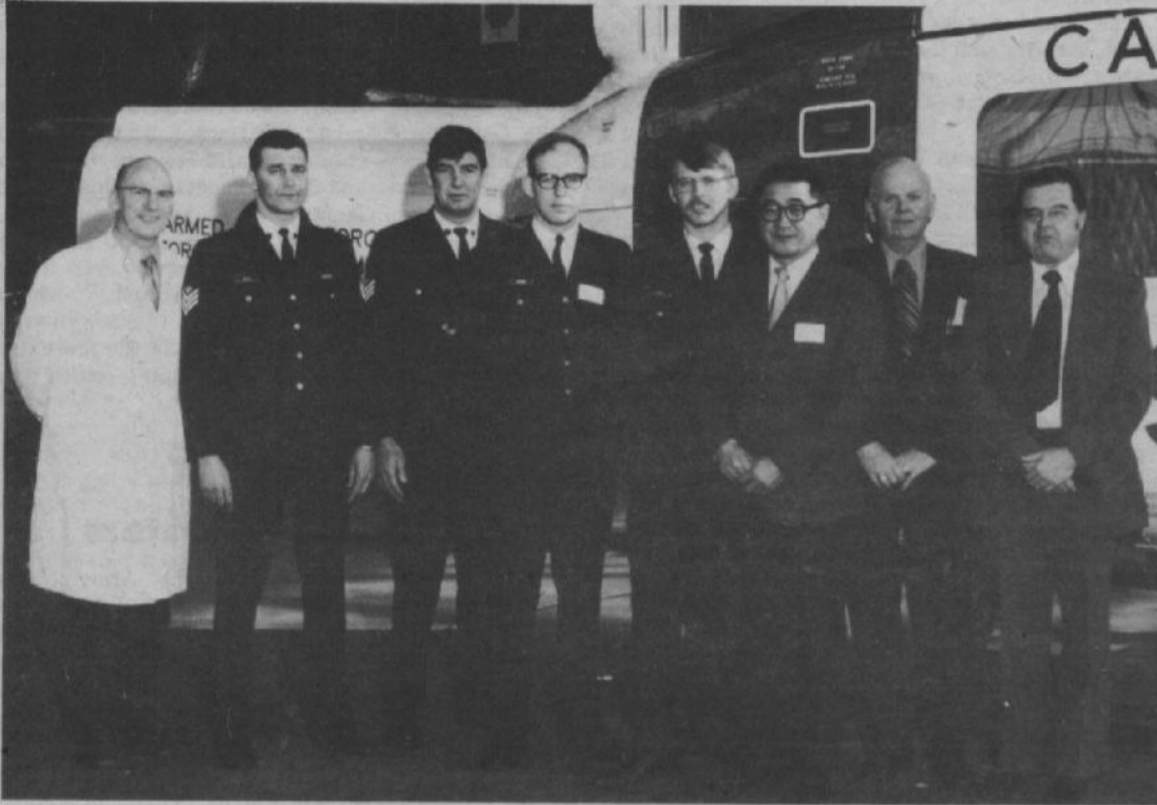
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Contract Completed At Bristol

In the spring of 1973 work was begun at Bristol Aerospace on the first of ten CUH-1H Bell Helicopters on a Reconfiguration Program to give them a better capability as Base Rescue aircraft. Some of the major changes incorporated during the Reconfiguration was the

installation of a Crashworthy Fuel System, a High Intensity Searchlight, a VHF/UHF Direction Finder System, an ARN 504 Tacan System and a Radar Altimeter System. Finally, the helicopter lost its drab exterior appearance and received a new paint scheme in red, white and

blue with large lettering designating it as a rescue craft. The contract is now completed and the aircraft have been deployed to Cold Lake, Moose Jaw, Bagotville and Chatham ready to respond to local emergencies.



Some of the Canadian Forces personnel from 401 TSD, and Bristol Aerospace personnel involved in the reconfiguration program are shown with the final aircraft prior to its departure from Winnipeg. From left to right, Mr. J. Mowat, Sgt. R. R. McKay, and Sgt. G. R. Gagnon from the 401 CFTSD Inspection staff, Capt. Stinson, Capt. M. B. Darch and L/Col. Nishimura from the Directorate of Aerospace Program Management, Mr. Murray from the Department of Supply and Services and Mr. L. M. Treleman the Bristol Aerospace Project Engineer.

Restoration Nears Completion



Corporal Oswald Belaire applies the City of Winnipeg Centennial symbol to the nose of the Mitchell airframe. In performing this act Cpl Belaire completed the work of restoration and all that remains now to be done with the Mitchell is to move the aircraft to its display site, secure it to the pilings and attach the outer wing sections.



Corporal Chester MacDonald of the Base Aircraft Refinishing Section applies the base coat of black enamel to the Royal Canadian Air Force markings on the Expediter aircraft, starting one more of the many steps necessary to restore the airframe to display condition.

\$ CURRENT CURRENCY \$

Hello, once again, this is your old reporter back with all the news and gossip of your Base Accounts Section. There isn't too much to report at this point. The exodus has started, several staff members have already left, and many more are packing their bags, but their names have already been printed and re-printed. Our thanks goes to CPL BILL CHURCHILL who wrote some fine articles in

the past and kept readers informed of our happenings. Two weeks ago the Base Admin Staff challenged us to a softball game to take place on June 12th. Although this reporter was unable to attend, several items were brought to my attention. I take it some people were batting at mosquitoes instead of the ball. However, the final score was 9-9 but I have

never heard of the same person being out twice in one inning — once at first base and once at home! This game was being umpired by NEWFIE rules; although it was the first time our players were introduced to them they heartily suggest that the umpire be retained for all future games.

The BCompt Staff, the undisputed champs of physical fitness for C.F.B. Winnipeg, were completing their run last week in Building 21. Several members were on hand including one of the aged WO's and some of the younger and supposedly more agile juniors. The run was progressing favourably with the WO pacing the kids. On the 13th lap, the WO stopped dead in his tracks and doubled over in laughter as he heard one of the ladies (who was keeping up and doing quite well) of the section say in agitated and troubled tones "O, Gawd! My bra broke!" With a typical WO sense of humour, and no time to waste, 30 seconds were gone before order was restored and a catastrophe avoided. This minor accident and near dilemma almost cost the BCompt Staff their revered position of leaders in physical fitness and almost made 10 members of the staff candidates for remedial training. Imagine the importance of one little bra strap. Please, girls, check your straps as well as your buttons, they are as important as haircuts. A request has been made that the BRECO have bra inspection added to his other pre-run checks in future.

Our team is doing very well in the Intersection Softball League with three wins to their credit. The Sgt's Mess went down to defeat 15-12; and BCompt triumphed over Avionics 11-9. In their third game on June 18th, our team upset CFANS 14-13. Keep up the winning streak, guys!

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Warrant Officers' And Sergeants' Mess News

Feel pretty good now that my first article has been printed. As far as I know I have only made three mistakes since being railroaded into the PR position. Two of these mistakes were due to poor communications and concerned the 'Kiddies Bingo'. The starting time was 2:30 instead of 3:00 p.m. and the price was \$1.25 instead of \$1.50. Oh well, lose half an hour, gain a quarter. The third mistake, I suggested that a CWO should sit down, that's a No no.

Circumstances beyond our control deemed the cancellation of 'Bosses Night' on 7 June. We are sorry about that 'Bosses' but plans are underway to try again before too long, trusting the new date will not conflict with any of the Centennial celebrations.

The guest speaker at the Mess Dinner on 12 June was Annis Stukus, General Manager of the Winnipeg Jets. Those attending the dinner were treated with stories of a novice priest, football and hockey. There was also a hint about a 'Jet Saver' program. Some retiring members were able to attend the dinner and they received their retiring gifts in the upper lounge later in the evening.

Friday 14 June saw the postponed golf game take place,

nearly all the players made it to the 19th hole before the rains came. Prizes were presented during TGIF.

There was a large turnout for the Father's Day 'Kiddies Bingo' in fact there were so many people there that there were less steaks than there were customers. For those that did not get a steak, it is planned to hold a cookout in August. A good thing is worth waiting for.

Due to 'copy' for Voxair being required a week before publication, some items of news may seem quite ancient whereas items which may be more recent haven't happened yet. This is why there is nothing on the Mess Meeting set for 21 June or the Candle Light Dinner, both are in the future at the time of writing. As for the far future, with the help of a crystal ball and minutes from meetings, I can predict what is hoped to take place.

Fridays 5 and 19 July will be normal TGIFs (Weepers, Happy Hour or whatever you want to call it). Normal hours being from one bell in the first dog to one bell during the last dog, (4:30 p.m. to 6:30 p.m. for non-nautical members.) There will be a golf tournament on Friday 26 July

with presentations taking place during TGIF. That leaves Friday 12 July. This is the date for a mixed TGIF. For Friday 12 July the hours will be from 6:30 p.m. to 8:00 p.m., both upper and lower bars will be open with food being served at 7:00 p.m. in the upper lounge. Bring your wife or girl friend and enjoy yourselves, let the fairer sex see what a TGIF is all about. The minutes of the Entertainment Committee mention that the Mixed Happy Hour will also be a 'Sports Night'.

The Fast Ball tournament with Greenwood has been cancelled, as for the succulent crawling creatures that we hoped they would bring, they will also be staying at the coast. No ball game, no lobsters.

A music machine has been installed in the upper lounge, why not make up a party and visit the mess, dance to music of your choice or just spend a quiet evening with soft lights, soft music and soft drinks? One word of warning, check with the mess office first, just in case the upper lounge has been previously booked for a private function.

Retiring Members Honoured At Dinner



Retiring members of the Warrant Officers and Sergeants Mess honoured at a Mess Dinner on 12 June are (left to right) Sgt Hodgson, W. O. McLean,

Sgt Hone, Sgt Kling, Sgt Dykes, W.O. Doerksen, Sgt Christensen, Sgt Arsenault, W.O. MacKay, Sgt Dunphy, Sgt Loewen, Sgt Camier, Sgt Kinchen.



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IF the name ULI ARLAND means a great deal to you, and brings back happy memories of Germany and German hospitality, walks in the Schwarzwald, and exciting hockey games, then WE NEED YOUR HELP!

Friends of Uli and Margo who are presently in Baden are planning a big project, namely:

"LET'S SEND ULI AND MARGO TOURING - TO CANADA"

On this side, we feel confident that we can raise the money for the two return tickets with Air Canada. However, our aim is to have Uli and Margo travel coast to coast in Canada, and before we can get this project off the ground, we have to know if you will help! Wherever you are, let us hear from you immediately. For example:

Where are you now stationed?
Would you meet a plane, a train or a bus and offer Margo and Uli a few days of Canadian hospitality?

Would you be willing to show them around the part of Canada where you now live?

Would you be willing to arrange a "get-together" for other friends of Uli and Margo in your area?

Do you know any of their friends that YOU could contact - especially people who are now retired, or former Baden school teachers who are not likely to read a service newspaper?

This plan, at the present time, is TOP SECRET, so if you correspond with Uli and Margo, don't let the cat out of the bag!

The trip is tentatively planned for Sept or Oct of 1974. We hope to hear from every base in Canada. If you can help, write immediately please, with details and any ideas you may have, to Mrs C Relp, % Der Kanadier, C.F.P.O. 5056. Any help will be accepted, as this is going to be an expensive project, and we don't want it to cost Uli a cent!

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...from the diary of a mod housewife

by R. Kay

MOD HOUSEWIFE MEETS SUPERCOOK

After many years over a hot stove I had come to think of myself as a fairly good and moderately accomplished cook. I had even managed to convince close relatives and some friends. This kind of image or reputation is nice for the ego, but at times hard to live up to...

There was the occasion, for example, when I impetuously invited my newly married son's in-laws over for supper the day after the wedding. There turned out to be more of them than I had anticipated, and a sit-down affair was out of the question. I had to cook something not too complicated or tricky, something hopefully appealing to many tastes, and yet 'different' enough to give the meal interest and dash. Something like my version of no-rice cabbage rolls (VOXAIR, Sept. 26, 1973). With it went grated baked potatoes (VOXAIR, Mar. 27, 1974) with sour cream and a couple of salads. As an appetizer I made 'Ragout Fin Tuna': creamed tuna with capers - in individual small disposable tin-foil cups (instead of the otherwise obligatory shells) - topped with grated cheese, buttered crumbs and a slice of lemon, and baked under the broiler. This dish always looks, smells and tastes like a gourmet delicacy, yet it is very easy to make, and people invariably rave about it.

Everything went as well as could be expected when one cooks for an unaccustomed number of people (16) and in somebody else's kitchen, especially a new bride's kitchen that features a fantastic array of shiny new pots and pans and appliances, but not a simple, sharp, serviceable kitchen knife to slice onions or chop parsley with. Nevertheless, I was confident that the guests would enjoy the food.

My son ended that potential ego trip when he dropped the bombshell that he had also invited *The Chef*. This chef is a friend of his who works in one of the big hotels famous for its exquisite cuisine. He had also done a luscious job of catering the wedding. (Previously my son had informed me that he had always thought of me as the world's greatest cook - until he met Supercook.) Now, *there* was a challenge, but by this time too late to do anything about it. It is one thing to cook for a group of nice, friendly, not-too-critical in-laws, but quite another to have an expert (rival?) sample one's culinary efforts, especially at this stage of affairs.

Needless to say, I watched him nervously for signs of approval or rejection, but his face revealed no emotion at all. He ate heartily, however, and when he left, he wrapped the last remaining cabbage roll and took it home with him. (To eat later? To feed to his dog? To analyse???...)

FOR MEN ONLY?

Then there was the time I had asked some people over for an evening of looking at vacation slides and films. I had planned to make a special 'torte' for this occasion - from a recipe that had intrigued me for a long time.

It is, of course, a mistake to experiment on anyone except your immediate family, but I felt confident and, above all, it was a challenge to live up to my reputation as an inventive hostess.

I was determined to have a go at this piece de resistance. The cookbook called it 'Gentleman's Torte', a name totally unsuited for my purposes, since all the people invited were women. I suppose it got its name because it is not a sweet cake, and men are supposed to prefer the savoury, while women like sweet things. Pink for girls, blue for boys. Well, I was going to do away with that ridiculous male chauvinist notion...

The savoury torte (which is what I now call it) consists of three layers of pastry between which are sandwiched two different fillings: a ham mixture and a cream-cheese-butter combination.

First the pastry part: it appeared to be very similar to a pie crust, and it is - only much more fragile when baked. So, when I tried to transfer the first crust from cake tin to plate, it broke up completely, half of it sliding to the floor. I should have stopped right there, but no, I was going to finish this thing, come what may.

I was more careful with the other two crusts and managed to get them out with just minor cracks. (For the ruined first one I cheated and substituted a pre-mixed, packaged pie crust.)

Then came the fillings. For once, I resisted my urge to vary the recipe by adding (or leaving out) this and that - as I usually do. I should have given in to the urge, and I should have tasted more often; then I would have noticed immediately that it was too salty. The cream cheese filling worked all right, although I resorted to a mixer when my hand got tired from creaming the butter.

The recipe claims that this cake is best after it has sat for a day, presumably to let the various ingredients mingle and the flavours permeate. So I got it all made up a day ahead, but the cream-cheese 'frosting' on the top dried out and had cracked by next evening - it looked like a parched flower bed.

The torte had taken hours to bake and assemble, and, even though the finished thing did not exactly look like the pretty picture in the book, I hoped that it would at least taste as good.

It didn't. My guests were to polite to admit it, and one went so far in her kindness as to ask for a piece to take home. But I know a failure when I eat one, even my own.

The supreme injury was that I got compliments on a little cheese cake that I had whipped up at the last minute as an afterthought - straight out of a cake-mix box.

Footnote: Would you like the recipe for the Savoury Torte after reading this? Write to VOXAIR and I shall send it to you. Free. But I warn you: this is no piece of cake.

Voxair Variety

"Eleven Exciting Concerts for the Price of Nine" shills the Winnipeg Symphony, and "One Play Free" promises the Manitoba Theatre Centre. Then the Royal Winnipeg Ballet states that if you buy a season ticket, you get a chance to see the Bolshoi for only \$10.00 a seat. It's all part of the annual routine to entice you to commit yourself for next winter, and for them that can afford it, it does serve a good purpose.

The savings offered are genuine, and in this day of deflating dollars may be very real. Who knows but that by fall the price of bread may not be \$1.00 and of tickets to the movies \$5.00? In addition, as I like to point out to new residents of Manitoba, there is a lot of taxpayers money tied up in these ventures, and one way to get a return is to pay out a little bit more and enjoy the offerings of the cultural/entertainment groups.

When the long cold winter nights come back (did they ever go away?) it is good to be forced out of the house, away from hearth and TV to enjoy something live. All of the Big Three of Winnipeg entertainment, the Ballet, Symphony and Theatre Centre, to use alphabetical order, have plans for next season which mix both old and new. In fact, they seem to be trying even better than the politicians to come up with promises which would charm anyone to support them.

The Royal Winnipeg Ballet will offer five major performances next season, plus a Centennial Series of revivals of hits from past years. These will include such well-known numbers as *Bitter Wierd*, *Commediants*, *Pas d'action* and *Aimez vous Bach?* In addition, there is to be a guest appearance by Montreal's LES GRANDS BALLETS, the company directed by Brian Macdonald, well known to Winnipeggers as a fine choreographer. Best of all, Christmas week has been restored as the time for *Nutcracker*, the classic show for young and old, and those in between.

The Winnipeg Symphony will offer a group of guest artists that bring a fine balance of talent and variety. Included are cellist Christine Walevska, flautist Jean-Pierre Rampal, no less than three violonists, Steven Staryk, Igor Oistrakh, and Itzhak Perlman, and for return engagements, very much by popular request, pianists Phillippe Entremont and Marek Jablonski. Also to be featured are singers Morley Meredith, Sylvia Saurette, Gabrielle Lavigne and finally actor Jose Ferrer, who will narrate from the works of Shakespeare to music inspired by the Bard's writing.

The MANITOBA THEATRE CENTRE is not quite as firm in its planning, but nevertheless seems to be on the right track. Six plays will be presented (for the price of five) and so far the choice has been narrowed down to ten. Of these, four are real old timers, such as B. G. Shaw's *Saint Joan*, Goldsmith's *She Stoops to Conquer*, *Twelfth Night*, and *Trelawney of the Wells*. Semi-classics are Chekov's *Uncle Vanya*, Harold Printer's *Old Times* and the *Changing Room*, recent New York hits. There is also the possibility of a new Canadian play, promised because of the great success of recent Warehouse offerings. Let's hope that this last promise can be met, because there are several very fine Canadian plays available, and Canadian playwrights need all the help they can get.

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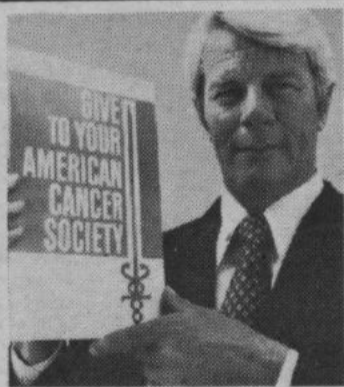
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"Mission Impossible" star, Peter Graves, is this year's National Crusade Chairman of the American Cancer Society. The handsome actor's mission in his new role is to persuade all adults to have regular checkups. "Anything I can do to alert the public to the importance of health checkups as protection against cancer is something I am sincerely committed to do," says this key volunteer in the fight against cancer.

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Awarded Scholarship



Ian H. MacLeod, son of MWO and Mrs. John W. MacLeod, 425 Carpathia Road, has been awarded a four year scholarship to attend Royal Military College.

The scholarship, worth approximately four thousand dollars, is one of three offered annually to serving members of the Primary Reserve who have graduated from high school and wish to attend RMC under the Reserve Entry Training Plan (RETP) for four years leading to a Degree. The RETP differs from the Regular Officer Training Plan (ROTP) in that the candidate pays his own tuition fees to attend RMC and upon graduating is not obligated to serve in the Regular Force but must remain a member of the Primary Reserve for a period of obligation while still pursuing further education or a civilian career. He was also awarded a scholarship from St. Mary's University, Halifax, Nova Scotia.

Born in Oakville, Ontario, 8 Nov 1956, Ian attended schools in that city, the British Embassy School, Bonn, Germany, DND School, Soest, Germany, and for the past four years has been an Honour Student at St. Paul's High School on Grant Avenue.

Mr. MacLeod plans to study for a BSc Degree leading to Medical School and eventually a career as a Medical Officer in the Canadian Armed Forces. Unfortunately, the inability of RMC to provide the proper courses for entrance into Medical College has necessitated Mr. MacLeod turning down this great honour to attend RMC and he will be entering St. Mary's University in September on their Scholarship.

An Officer Cadet with 18 Medical Coy, RCAMC (M), Minto Armouries, Ian is presently undergoing ROUTH Phase I training at CFB Shilo for twelve weeks.



LAUGHING AT OURSELVES

by John Semeniuk



INTRODUCTION TO THE BIRDS & BEES(?) "Mommy do you and daddy have sexual relations?" queried a six year old girl. Sensing that an honest answer was in order, the mother replied, "Of course we do, dear." "Then why is it that I never get to meet any of them?" inquired the wee lass.

SIGN LANGUAGE:

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- In a Library - "CURDLE UP WITH A GOOD MURDER MYSTERY"
- On a Diaper Service Truck: "ROCK A DRY BABY"
- On a local garage - "INVITE US TO YOUR NEXT BLOWOUT"
- On a local dairy - "YOU CAN WHIP OUR CREAM, BUT YOU CAN'T BEAT OUR MILK"

A SAGE REPLY:

A SAGE REPLY: "Hey grandpa, how long has this town been dead?" yelled a young man from the seat of a "teen crowded" Cadillac to an old man sitting on the porch of a little village store. "Not long I recon," replied the oldster, "You're the first buzzards I've seen."

I WISH I'D SAID THAT: (From Liberty Magazine) "Speeches are like steer horns, a point here, a point there, and a lot of bull in between."

ARTFUL DODGER: A young boy's explanation regarding a broken window - "I was just cleaning my slingshot and it went off."

DOG-GONE CATTY: An aggressive-looking lady marched up to the front of a long line of shoppers who were patiently waiting their turn at the cash register. (Addressing the first shopper in line) "You don't mind my going first do you dear? I'm in a rush and this is all I need," said the line crasher while she held up a can of dog food. "Go ahead," said the woman whom she had displaced, "If you're in such a hurry to eat!"

BANNER BONER (Newspaper Headline): "Father of 15 shot - Mistaken For a Rabbit."

MISS-TAKE: Exchange between doctor and patient: "I've got good news for you Mrs. Smith." "But it's Miss Smith!" "In that case, I've got bad news for you Miss Smith!"

BINGO NEWS

Sorry for the unavoidable delay in news about your Base Bingo, so here is a rundown of prize winners:

1 May
\$90 Top-line Jackpot - P. Quinn, 280 Ubuque Crescent
Door Prize - D. Barriault, 398 Doncaster
Canex Prize - E. Aston, 2-2026 Portage Ave.

8 May
Door Prize - Mrs. R. MacKay, 537 Whytefold
Canex Prize - Mrs. A. Winmill, 214 - 80 Carriage Rd.
\$450 Jackpot - Mrs. E. Perry, 1809 McDermot

15 May
Door Prize - A. Burnell, 108C Canso
Canex Prize - J. Pudas, 1100 Lincoln, Thunder Bay

22 May
Door Prize - Peter Gervais, 11 Silver Ave.
Canex Prize - Neil Shepard, 507-2510 Portage

29 May
Door Prize - E. Heaver, 2195 Ness Ave.
Canex Prize - R. Bulfield, 7 Hollingsworth

5 June
Door Prize - Mrs. A. Parent, 3 Jameswood
Canex Prize - Mrs. Martin, 371 Brooklyn St.
\$375 Jackpot - Pat Webb, 82 Kirby Dr.

12 June
Door Prize - Mrs. I. Stevens, 478 Sharpe Blvd
Canex Prize - N. McWilliam, 489 Moorgate

19 June
Door Prize - Jessie George, 18-2461 Portage
Canex Prize - C. V. Marrin, 602-1325 Taylor Ave.

As you can see, we are not adverse to giving away the Jackpot. Let's see you out Wed at 8 p.m. in Old Rec Centre. Who knows, we could give it to you next. Wed 26 Jun Top Line Jackpot \$70 in 17 mos. \$350 Jackpot in 52 mos. Everyone welcome.

Calendrier Francais

26 juin
de 21h à 21h30 à Manisphere Des artistes du 100 Nons, en vedette au "Grandstand"

29 juin
de 20h15 à 20h45 à Manisphere Gerry et Ziz en vedette au "Grandstand"

BIBLIOTHEQUE de REFERENCE BILINGUE

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Cette bibliothèque est située au bureau de Bilinguisme et Biculturalisme, Commandement de l'Instruction, bldg 14 No. 204A.

Telegrammes En Francais

Les communications CNCP sont désormais en mesure d'accepter des télégrammes en français, d'où que se soit au Canada.

A compter de cette semaine, les personnes de l'extérieur de la province de Québec et d'Ottawa désireuses d'envoyer des télégrammes en français peuvent le faire en composant un numéro de téléphone, sans frais d'interurbain: 1-800-463-3350 et obtenir automatiquement la communication avec le bureau des télégrammes, télé-communications CNCP dans la ville de Québec.

Le service sans frais d'interurbain s'adresse à tous les canadiens; il sera particulièrement utile aux voyageurs qui ont besoin d'envoyer des télégrammes en français, où qu'ils soient.

Le service est destiné à couvrir neuf provinces, les deux territoires et le Labrador. La province de Québec et la ville d'Ottawa sont exclus, car les télé-communications CNCP y ont toujours offert des services bilingues.

FINALIST IN PAGEANT



JENNIFER HUYGHE

Jennifer Huyghe, a teller with the Astra Credit Union Limited, Westwin branch, was chosen as one of the ten finalists in the Miss Manitoba Pageant. Jennifer, a 19-year-old redhead, will be competing for the position of "Miss Manitoba" at the Manisphere Exhibition being held in Winnipeg June 21st through to the 26th.

Miss Huyghe was selected from the Miles Mac Collegiate as high school representative to the Teen Board at the Bay in 1973. At the present time Jennifer is a senior councillor with the Teen Board.

Jennifer joined the Astra Credit Union staff in September 1973 and held the position as teller at the Portage Avenue Branch and has since been transferred to the Westwin Branch as senior teller.

Jennifer's hobbies include skiing, dancing, and travelling. She accompanied 27 other students on the Young Voyageur Program which included stops at Ottawa and Halifax.

Astra wishes Jennifer lots of luck in reaching her goal of being "Miss Manitoba".

RECALL INFORMATION

The Ministry of Transport now releases quarterly reports on all motor vehicle recalls in Canada, reports Consumers' Association of Canada. In 1973, a total of 586,988 vehicles were recalled including 100,000 snowmobiles and 40,000 motorcycles. This figure is down considerably from the 1972 total of 850,000 vehicles. Consumers can obtain details of all recall campaigns from the Ministry's Motor Vehicle Traffic Safety Branch, Tower "C", Place de Ville, Ottawa.

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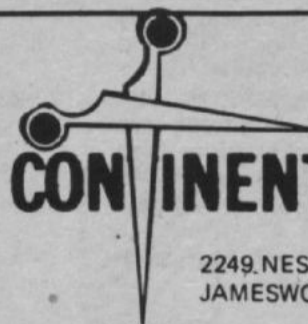
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ACHIEVEMENTS RECOGNIZED

The 44th Guide Company (Edgeland District) ended another busy and fulfilling year with the presentation of awards, and a mother-daughter supper on Wednesday, June 5th at Lipsett Hall. The district is especially proud of three of its guides, Elizabeth Schmidt, Nancy Noiseux and Lisa McEvoy who were awarded the Canada Cord, the guiding movement's highest award. Lindsey Johnson and Brenda Bourrie were awarded the All-round cord in recognition of their achievements during the past

year. In addition to the major awards, other guides of the company were awarded badges for the tests they have passed. Congratulations girls, and keep up the good work!

Special thanks must go to the Guides Captain, Mrs. Mamie Johnson and to Lieutenant Doreen Semeniuk for their outstanding efforts and the fine example set in guiding, along with a Bon Voyage and Good Luck to Mrs. Johnson on her move to Ottawa.



44th Company guides who received special awards at the mother-daughter supper on June 5th are (L to R): Lisa McEvoy, Lindsey Johnson, Elizabeth Schmidt and Nancy Noiseux. Missing from the photo is Brenda Bourrie.

ZULU PACK WINS HESKETH AWARD

Thursday, May 9th, the Hesketh First Aid Flag was presented to the First Aid Team of Zulu Cub Pack by Mr. Empey. This award is presented annually in memory of Colonel J. A. Hesketh C.M.G., DSO who was assistant Provincial Commissioner of Boy Scouts for the Province of Manitoba.

The award is earned in a city-wide competition judged by the St. John's Ambulance on both knowledge and practical application. Of a possible 99 points, the boys earned 95 points. District Cub Commissioner Mr. W. Forbes presented each of the six boys with a Keeper Trophy.

Members of the team were Douglas Sewell, David Alison, Tommy Smith, Lawrence Sewell and Patrick Nolan and David Reich.

The boys presented Mr. Bill MacDonnel a small gift in appreciation for the many hours he spent teaching them first aid.



Cubs from the Zulu Pak, display the Hesketh First Aid Flag won in a city-wide competition of knowledge and practical application of first aid.

Members of the Zulu Pak First Aid Team holding the flag are (L to R) David Reich, Tommy Smith, David Allison, Patrick Nolan, Lawrence Sewell, and Douglas Sewell.

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From the Grooves by Mark Cyluck

All of these names should sound familiar to you because of their various contributions to the recording industry - Lou Adler, Herb Alpert (producers), Dick Clark (American Bandstand), Arnie (Woo Woo) Ginsberg (former D. J. for WMEX 1961), Murray the K (Kauffman, known as the fifth Beatle), Soupy Sales, Bobby Vee, Mike Love, Brian Wilson, Dennis Wilson (The Beach Boys), Glen Campbell, Leon Russell, Mel Bly (Dick Van Dyke Show, Blazing Saddles), Johnny Rivers, Paul Revere, Mark Lindsay, Michael (Smitty) Smith, Loggins and Messin. Jim Loggins and a great host of others are some of the people who have contributed to the success of Jan and Dean through the years. As a result of this, Jan and Dean have come forth a double album called "Jan Dean Anthology" (United Artists - UAS - 9961) featuring the best hits they had from as far back as 1958 with "Jenny Lee" written about Arnie Ginsberg's girl friend, a stripper named Jenny Lee, who had the biggest - you-know-whats. This is followed by "Baby Talk" (1959) then the famous "Clementine" (also made big by Bobby Darrin). Then came "Heart and Soul" rerecorded by many

groups since 1961. "Tennessee" is one piece I'm sure many people won't recognize. "Barbra Anne" (1962) originally by the Regents, was also done by the Beach Boys. Do you "Remember Linda"? I don't, but it is unique to see how it fits in with the progression of the group. Because the group was so involved in Surfing, "Surfin Safari" had to come forth, (from the Beach Boys of course). Naturally only "Surf City" (1963) had to be a followup, as was "Honolulu Lulu" (1963). Then came the theme of the drag strips "Drag City" and "Little Duece Coupe", followed closely by "Dead Man's Curve". There was also the time of the school patriotic songs, so consequently came "The New Girl In School", written by Brian Wilson. Actually the title was supposed to be "When Summer Time Comes, Gonna

Hustle You". I prefer the one they kept. Keeping with the surf sound came "Ride the Wild Surf and Sidewalk Surfin'" 1964 was also the craze for the one piece bathing suit, so to keep in stride they came forth with "One Piece Topless Bathing Suit". This was the same granny (the one in the previously mentioned song), that was in "Little Old Lady From Pasadena". In 1966 came "Popsicle" and in 1968 "Vegetables". This album set really took me back into my earlier days and down memory lane. Why can't we have the lively music of the fifties today? With a little more life in our music we just might forget some of our problems and worries that we have. I guess maybe I live in the past too much, but give me the good old music of the fifties and early sixties any day over most of the so called music we have today.

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STAMP NEWS

On 17 January 1974 the Canada Post Office released three 'Olympic Semi-Postal' stamps. It is now possible to get exact replicas of these stamps in Gold, Silver or Bronze. These sets became available on 8 June and will remain on sale until 7 August 1974. After all orders are filled, the dies will be ground back to smooth metal. Each set of stamp sculptures will be presented in an elegant display case. The information sheet explains that, 'Regardless of the current escalating cost of gold and silver, the quality, precious metal content and prices of the sets will remain fixed'. The prices for a set of three are: Bronze, \$20; Silver \$50; Gold \$750 or for a combination set of one bronze, one silver and one gold, \$300, plus tax. Orders should be mailed to Metal Stamp Sculptures, Canada Post Office, P.O. Box 8990, Ottawa, Canada K1G 3J2.

Back in the less expensive stamp world, the United Nations (New York) issued three new definitives on 10 June. The denominations were 2, 10 and 18 cents. On the same date the 2 and 10 cent designs that have been in circulation since 1964 were withdrawn. The 18 cent stamp is being issued to meet revised postage rates. In September the U.N. plans to issue three airmail stamps in 13, 18 and 26 cent denominations. The 13 cent stamp will replace the existing 13 cent air mail issued in 1963, the 18 cent stamp is the revised rate for the 15 cent denomination and the 26 cent stamp is a new rate. The old 13 and 15 cent stamps will be withdrawn.

In November another new issue will become available, not only will it be a new issue, it will be the first issue to be made by the Faroe Islands. It is expected that there will be 15 stamps in this first release.

Later this year a small island in Mahone Bay, Nova Scotia, will release its 1974 issue. This will be a local issue for the Island of Kaulback. Under an agreement with Canada Post, the owners of the island are authorized to issue 'labels' for mail transported between the island and the mainland. These labels must be affixed to the back of the envelope and mail handled by the Canada Post Office also requires Canadian postage.

Two releases set for July by Canada Post will consist of two eight cent commemoratives. The first will be released on 12 July for 'Agriculture in Canada' and the second will be commemorating the 'Invention of the Telephone' which will be released on 26 July.

Chapel Services

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SUNDAY SERVICES

South Site 10:00 a.m.
North Site 11:30 a.m.

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(North Site only) - THURSDAY

Junior, ages 7-14 6:30 p.m.
Senior 7:30 p.m.

BAPTISMS

May be arranged by calling the chapel office.

MARRIAGES

Call the Chaplain well in advance.

CHAPLAINS

Padre J.P. MacLeon
Office: 832-1311, local 417
Residence: 837-4986

Padre J.I. Mills
Office: 889-9173
Residence: 489-3231

ROMAN CATHOLIC

MASSES

North Site
Saturday 7:00 p.m.
Sunday 8:30 and 11:00 a.m.
Monday-Thursday 4:45 p.m.

South Site
Sunday 9:00 and 11:00 a.m.
Weekdays 4:45 p.m.

BAPTISMS

By appointment.

MARRIAGES

By appointment, one month in advance.

CHAPLAINS

Father R.A. Gofcheski
Office: 832-1311, local 272
Residence: 832-2970

Father E. Cremona
Office: 889-9173
Residence: 888-1331

C.W.L. NEWS

On May 30th, the C.W.L. - North Site held their final meeting before the holidays in Our Lady of the Airways Chapel. This meeting was different as it was opened to anyone interested in hearing a speaker from the Children's Aid Society, Mr. Paul Heron. He spoke on the Society's work and achievements, the family, where parents go wrong, etc., and how we can be of help, such as being foster parents. Coffee and lunch was served and all who attended found this a very interesting and informative evening. We say "thank you" to Mr. Heron. We hope in the fall to have more speakers on various subjects.

On June 6th we held our "wind-up" supper at the Spaghetti Factory and had a very enjoyable evening. We will resume our meetings in September with our first meeting September 26th. We hope to have a "Tea and Sale" or something similar in the Fall and would ask any who may be handy at sewing, knitting, crocheting, etc., to keep us in mind over the summer months as we will need donations for our crafts table.

We would like to say "thank you and good luck" to Mrs. Carol Hooper, Mrs. Shirley Meier and Mrs. Martha Krystal who have worked very hard for our C.W.L. and are now posted. We also wish all our parishioners leaving the parish either on transfer or retirement all the very best in their new homes.

To all our members, have a happy and peaceful summer and we hope to see everyone back in September.

'JUST DO WHAT I SAY! OK!?'
By CAPT. DICK MULLEN, ASWC

"Clean up your room before supper! OK!?" "Listen to me and do what I tell you! OK!?" If you are like the rest of us you have probably given your children instructions which sound something like that. You may also have noticed that sometimes (maybe too many times!) your directions are not obeyed. Your child seems to be deliberately challenging your authority, deliberately disobeying. He/she simply ignores your directions.

Certainly the orders are clear enough: clean the room first then supper; listen and follow directions. So what goes wrong? (Part if it is a deliberate challenge and I'll deal with that in a future article). The part that gets things off the rails here is that little tag-along word, "OK!?"

We parents use "OK!?" as a kind of short form for, "Do you understand what I am saying?" or "Is my message clear to you?"; No doubt about it, "OK!?" is a lot easier and quicker to say than either of those two statements. And, chances are we're in a hurry or we're impatient or uptight and it fits the scene better to just say "OK!?" There isn't enough time to ask Johnny or Mary, "Do you understand what I am telling you to do?". What's more, they are in another room and we don't feel like shouting. There's enough noise in the house already!

Fine, let's agree that "OK!?" is much more economical to say than all that. Unfortunately, it can be very expensive to use.

Consider the expression "OK!?" from the listener's side (in this case the child's side). When "OK!?" is tacked onto an order, it becomes a question. And, as a question it means: "Is that alright with you?" or "Are you in agreement with the instruction I just gave you?" or "Would you like to obey my orders or not?". It is a question which asks the child to make a choice between following the direction or ignoring it. Which would you choose?

So it happens that the

message we parents mean to give by using "OK!?" (that is, "Do you understand?") is worlds apart from the message our child actually receives when he hears "OK!?" (That is, "Do you agree?"). This is where the apparent disobedience comes in. The child thinks about the order and the question attached to it and he stalls, or he may decide that he doesn't like the order and chooses to ignore it. "OK!?" gives him the opportunity to do this. He can say, "No it's not OK".

That is what frustrates parents because we see his actions as clear defiance and disobedience, that come with "OK!?" and making a choice. (If he/she makes the wrong choice often enough, he may start to wonder, "Why do mom and dad get so mad at me? What did I do wrong? They don't seem to like me much anymore".)

Using "OK!?" at the end of directions or orders leads to delay, confusion, frustration, misunderstanding, anger and pain. It also carries the risk of having the parent sound as if he/she is asking for permission to set the rules, like saying, "Those are my orders, are they alright with you?". Who is going to pay attention to someone who asks for permission to be in charge?

"OK" has a place in our language, but that place is not at the end of an instruction or direction or order. If you want to be certain your child understands what you want, then take a few more seconds and ask him/her clearly, "Do you understand what I just said?", "Is there anything that isn't clear to you?". Then if there is any confusion, you can clear it up on the spot. (One word of caution: children are intelligent and crafty, don't permit yourself to get sucked into a debate. One or two simple sentences will clarify any misunderstandings about your directions.)

These few extra seconds of effort can pay off: they can clarify your communications with your child; they can clearly establish who is in authority; they will respect the child as a person who matters; and they will likely produce results in terms of getting the job done.

Service Family Information Centre

The Service family Information Centre has begun another summer, although many were the times, we weren't sure if we would be operating.

AIMS:

- to help newcomers to the base get established and learn about activities, both in Winnipeg and on the Base.
- to provide newcomers with names of babysitters in the PMQ areas.

If you have just arrived in Winnipeg and wish to contact us,

please call Mrs. Bonnie Vass at 888-1875 or Mrs. Janice Armstrong at 837-3359.

If you need a babysitter, please call our babysitting co-ordinator at 837-3359, and if you are a teenager and wish to babysit, please also call.

Also, if you are interested in offering your help - if you like to get out in the evening once in awhile - we would like to hear from you. Get out and meet your neighbor and help make their settling-in just a little easier.

RETIRING SOON?

Are you planning on retiring from the Armed Services in the near future? If so perhaps we may have the answer to your next career opportunity. Lightmaster Ltd. is now employing several retired military personnel as Commissioned Sales Agents throughout the various territories in Canada. We offer a selection of top quality lighting products for Commercial, Industrial and Municipal use. These specialized guaranteed products are sold directly to the end user and are now being used by dozens of Canada's foremost companies. Our repeat business factor is over 75 percent. Your full commissions are paid to you each week with no investment necessary. Our most successful sales staff are in the 40 to 55 age bracket. A local Manager would be available to assist a self-starter who is seeking a career opportunity in the area where you would be taking up permanent residence. If this is the type of position you are seeking please telephone collect (416) 632-9020, Don Crossley, or write Lightmaster Ltd., 2384 Industrial Street, Burlington, Ontario.

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Base Transportation News And Views

Wagon-Express

On the 14th of June 74 a Base Transportation farewell party was held at building 24 to bid farewell to 10 departing members. Suitable mementos (lighters, plaques, or wagon carts) were presented to all departing members. Good food was served, and a good time was had by all. Best wishes are extended to the following personnel:

MAJOR M. W. DRAPEAU - On behalf of all Base Transportation personnel L/Col Shade bid farewell to Major Drapeau the BTNO. Major Drapeau is posted to Toronto to attend Staff College.

CAPT R. BAKER - Capt Baker, the MSEO, is posted to 1 AMU in Edmonton as a MAMS Officer. Capt Baker has spent the last three years in Winnipeg as both the MSEO and Traffic Officer.

CPL B. SPENCE - Cpl Spence who is presently employed in the SPV section is retiring after 20 years service, and will take up permanent residence in the Winnipeg area.

CPL R. W. COWIE - Cpl Cowie who is presently employed in the B87 garage as an Ambulance Driver/Despatcher is retiring after 21 years service and will take up permanent residence in Barrie, Ontario.

CPL J. E. GHANEY - During a six year posting to Winnipeg Cpl Ghaney has been employed in B87, C1 and B17. He is posted to Dundurn, Sask.

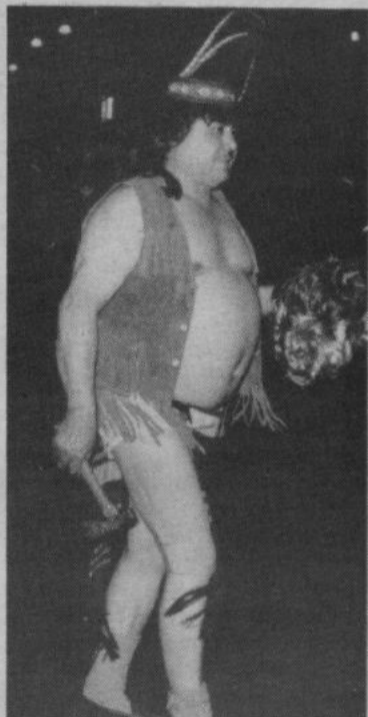
CPL J. G. ALBERT - Cpl Albert is posted to CFB Ottawa (south) after spending two years in Winnipeg. This posting is physical proof that Women's Lib has infiltrated the Armed Forces. Cpl Albert is following his wife Wendy to Ottawa.

CPL J. H. GUNTNER - Cpl Gunter is getting out of the Armed Forces after seven years service. Cpl Gunter will take up permanent residence in Winnipeg and will be self-employed in the furniture construction business.

CPL G. G. E. McLEAN - Cpl McLean is posted to CFS Beausejour after a five year posting in Winnipeg.

In addition to the departing regular force members, two members of Base Transportation that beautify the surroundings by their presence are departing. Mrs. Wayne Eby and Mrs. Betty Janes are leaving Base Transportation and will accompany their husbands on posting. Wayne Eby will be accompanying husband Otto to CFB Kingston, while Betty and Ken will be departing for CFS Gander.

In addition to the farewells to all members, presentations of gifts and appropriate farewell comments, one other important presentation was made. Mr. Bill Mulvaney, who is employed in building C1, presented a suitably framed picture of himself to Major M. W. Drapeau. The picture presented is a reminder of last humefous times during the last year.



Chief Mulvaney returns from another successful Transportation detail.

SAFETY SAM SEZ



An increasing number of countries require installation of safety belts by law; in most, drivers remain free to choose whether or not they should use them although some countries have taken the next logical step and made safety belt usage mandatory.

Various arguments against their use are still heard, even in 1974. Some "arguments" are in effect merely excuses, but others are being put forward with genuine concern by individuals not yet wholly convinced.

It is to these genuine questions or concerns the Prévention Routière Internationale people in France compiled a List of answers:

1. Can't get out quick in case of fire.

Answer: Motorists are not tied in with a series of hard-to-handle knots, but with a simple, quickly operated catch. Only a fraction of a second is required to get loose. However, does the objection take account of the probable circumstances preceding the fire? Wearing the safety belt would more likely leave the occupant in possession of faculties to escape (also see 2 below).

2. What if the vehicle falls into water?

Answer: The most important consideration is to preserve the liberty of movement and full consciousness.

3. Belts are O.K. for high speed highway driving outside built up areas.

Answer: According to statistics, the majority of accidents occur on journeys covered at low speeds. One Swedish survey concluded

that 71% of people injured in vehicle accidents were travelling at speeds less than 50KPH.

4. The safety belt is of no use to the driver who could parry the impact by pressing against the steering wheel.

Answer: At less than 20MPH, the forces in play are already equal to six times the body weight. The average driver could not begin to oppose even this pressure.

5. If there is a collision, the safety belt itself could cause injury.

Answer: Possibly, especially if not properly positioned, but such injuries are likely to be minimal in relation to the injuries that would be caused in the absence of safety belts.

6. It would be better to be thrown out of the car.

Answer: Statistics over several years, studied according to the most stringent methods, prove the chance of survival is five times greater when one is not ejected from the vehicle.

7. Safety belts increase casualness in drivers.

Answer: Safety belts might give a driver an increased sense of security, but the very use of safety belts is a sign of a serious and responsible driver unlikely to overlook basic good driving habits.

8. Belts are useless at high speeds anyway.

Answer: No, they are not. They still reduce the violence of hitting the obstacle and in the case of loss of control, keep the driver behind the wheel in a position to try and regain control of the vehicle.

COURTESY - SAFETY CANADA

Driver Of The Month



The recipient of the "MSE DRIVER OF THE MONTH" award for the month of May is Cpl J. Fyvie.

Cpl Fyvie is employed as a VIP driver in the General Purpose Sub Section of Base Transportation. He excels in all his duties and his conscientious and responsible attitude reflects credit upon Base Transportation. His conscientious attitude was reflected during the royal visit of Princess Margaret and Lord Snowdon. Even though the task of driving VIPs during a royal tour is most demanding on a MSE Op, Cpl Fyvie voluntarily cancelled his annual leave so that he could be selected as a VIP driver for the occasion.

Once selected, he performed his duties in a truly professional manner. Though the hours were long and the weather was often bad, Cpl Fyvie carried out his duties as a VIP Driver in a very commendable manner. He was always immaculately turned out and alert. His vehicle was always in a spotless condition and he carried out his duties with precision like dedication.

Cpl Fyvie has been commended for the professional manner he carries out his various VIP duties by such notable dignitaries as Lt. Governor of Manitoba, Admiral Stevens, B/General Lett, and the Base Commander. Congratulations are extended to a most worthy recipient of the "MSE DRIVER OF THE MONTH" Award - CPL J. FYVIE.



Warrant Officer Fred Adams and Sergeant Frank Walsh, on special duty with the United Nations at Camp Shams (Cairo, Egypt) prove that with determination and T. L. C.,

gardening is possible in the Senai Desert. The garden provided a source of fresh vegetables for Canadian Forces personnel living in Tent City.

Photo by B. M. Campbell

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A review of the rates charged
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In view of this, the rates and the
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publication have been revised as
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1. Voxair classified ad service is
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charge of \$1.00 per issue.
2. Service personnel, DND
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3. Ads may be submitted in
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By the week 6 - 20 July.
Contact Don McDonald. Phone
832-3714.

3 BEDROOM 1½ STOREY home
with LR and D.R., finished Rec
Room. Conveniently located to
north Site and schools. Available
in early July. Phone evenings
889-3242.

WANTED TO RENT

3 BEDROOM HOUSE 1 Aug 74.
Call Capt Robinson, FMC HQ, St.
Hubert, PQ 671-3711 or write:
320 Mgr Bourget, Deloel, PQ or
leave info 733 Comm Sq
832-1311 local 507.

SUMMER EMPLOYMENT

TRAIN THIS SUMMER WITH
the Naval Reserve as part of its
Naval Reserve Summer Student
Training Programme (NRSTP).
Earn \$336 per month from 3
July to 27 August. If you are 17
years of age by 3 July, visit
HMCS Chippawa, 51 Smith St
on Tuesday night between 8 and
10 p.m.

JOB ARE NOW AVAILABLE
FOR both Water Safety
Instructors and Leaders at the
Westwin and Lipsett Hall Pools. If
you are interested in this type of
summer employment contact the
Rec Centre at Westwin local 511.

WANTED

BABYSITTER - IN MY HOME
FOR July and August to watch
seven- and five-year-old children,
reliable teenager welcome. South
side PMQ's. Phone 489-7958.

BABYSITTERS FOR THE CFB
Winnipeg babysitters list. Just call
Mrs. Janice Armstrong (babysitter
co-ordinator of the Service Family
Information Centre) at 837-3359.

RESPONSIBLE 14-YR. OLD girl
wants daytime babysitting job
during summer. Phone 837-7270.

WANTED-FOR CASH 2 or 3
bedroom home - must be
immaculate and moveable.
Contact Capt Irene Reid at
832-1258 or 888-5221.

WANTED: CAR IN GOOD
running condition, maximum price
\$450. Contact Maj. Hannah, Local
268.

WANTED

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