

Have a safe
Halloween
safeguard
your little
goblins

Capitain

OCTOBER 22, 1975

CANADIAN FORCES BASE, WINNIPEG

VOL. 24, NO. 20

Thanks
to you -
it's
working

French Exchange Officer Awarded Legion Of Honour



Le Capitaine Christain Mathieu (French Exchange Officer) receives the award of Chevalier De La Legion D'Honneur from Colonel Guilaumet, French Military Attache in Ottawa. This presentation was made during a ceremony held at the French Consulate in Winnipeg, on Thursday evening October 9th, 1975.

The Legion D'Honneur Award, was originated by Napoleon. The First and is granted to civilian or military personnel for their outstanding achievements.

Le Capitaine Mathieu was awarded the "Chevalier De La Legion D'Honneur" medal for his outstanding conduct and performance during the Indo-China and Algerian Wars.

Le Capitaine Mathieu is a very well known personality around CFB Winnipeg principally CFANS.

He arrived in Winnipeg in the summer of 1972, taking upon the duties of exchange officer with the Air Navigation School.

"Chris" Mathieu was born on February 26th, 1933 at Ales in the Gard Department, France. His father being an Air Force officer made his life very nomadic.

He joined the French Air Force in November 1951 and underwent navigation training in Summerside P. E. I. (Course 28) in 1952-53.

He has had a very active military career. In Indo-China (Dien Bien Phu) he flew on the Invader (B-26) and obtained two citations. After Indo-China, he

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Safety Campaign Produces Results

OTTAWA (CFP)—Defence Minister James Richardson says the department's special, three-year safety campaign, "DND Safety Target '75" has substantially reduced accident rates at Canadian Forces establishments across Canada and overseas.

The concluded campaign had as its goal a 20 per cent reduction by 1975 in the number of accidents involving service and civilian personnel.

The largest reduction appeared in statistics showing fewer fatalities involving service personnel in privately-owned motor vehicle accidents. There were 58 fatalities in 1971, the year before the campaign, and 39 in 1974 — a 32.8 per cent fatality reduction rate.

Aerial Dogfighting Practised At Cold Lake

CFB COLD LAKE, ALTA—Aerial dogfighting has undergone some radical changes since the days of the Red Baron and Billy Bishop.

Canadian and American fighter pilots practised the modern version of air combat recently here for ten days.

CF-104 Starfighters from 417 Tactical Fighter Operational Training Squadron pitted their speed against the manoeuvrability of F-8 Crusader all-weather fighters from the United States Naval Reserve's VF201 Squadron based at the Naval Air Station, Dallas, Texas.

Aim of the training was to help pilots increase their knowledge and proficiency in engagements against different types of fighters.

"It's the very best training for fighter pilots" commented Lieutenant-Commander John H. Jordon, VF-201's operations

Another important result was a decrease in the number of hospital days required for military personnel injured in accidents on and off duty. In 1971, a total of 30,090 hospital days were required, and in 1973, the last year for which these statistics are available, 22,077 days were required.

Also achieved was a 20 per cent drop in the number of occupational injuries and illnesses resulting in death, physician's care, or more than one day off work for service personnel. In 1973-74, there were 1,321 injuries and illnesses in this respect and this figure was reduced a year later to 1,043. Statistics for 1971-73 are not available.

The number of injuries at work involving civilian employees was reduced to 4,718 in 1973-74 from 5,324 in 1971-72. Also a rising trend in civilian employee days lost, resulting from accidents, was reversed, after the total had risen to 51,403 days in 1973-74 from 44,736 in 1971-72. Though the figure was reduced last year to 43,238, the net result was a 6.4 per cent increase.

Additionally, statistics show 14-18 per cent reductions in accident rates involving flight, mobile support equipment and fire safety. Flight safety recorded a 13.7 per cent reduction; mobile support equipment, 13.2 per cent, and fire prevention 18.2 per cent.

In support of the minister's comments, Mr. David I. Darling, director of general safety, National Defence Headquarters said "the most notable

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officer. The U.S. Navy Reserve squadron's normal task is providing air support superiority in a combat environment. Over 90% of the squadron's pilots have Vietnam combat experience.

Fighter engagements took place in the skies over Cold Lake from altitudes of 10,000 feet and up and at speeds reaching Mach 2 — over 1100 mph, with head-on closing speeds over 2000 mph.

Both squadrons were able to test and improve their tactics by conducting detailed debriefings to



735 Comm Sqdn Makes United Way Relay Run

On Friday, 10 Oct at 7:00 P.M. six men and four women from 735 (Winnipeg) Communications Squadron departed Thunder Bay for Winnipeg in a relay race to promote physical fitness and the United Appeal Campaign.

The team under Warrant Officer Chuck Howard delivered a letter from the Mayor of Thunder Bay to the Mayor of Winnipeg supporting physical fitness and the United Way Campaign.

The participants ran in two mile relays around the clock, with each runner covering two miles out of twenty.

The relay team entered Winnipeg en masse to arrive at City Hall at 9:30 A.M. on Wednesday the fifteenth of October. This was the first run in what will become an annual event.

The Squadron is canvassing for pledges from other military units and the general public. Persons wishing to sponsor runners may do so by contacting Warrant Officer Chuck Howard at 786-1882 during working hours.

evaluate simulated cannon and missile firings.

In all over 200 individual sorties were flown.

This is the second year the two squadrons have met in Cold Lake. According to Lieutenant-Colonel A. B. H. Bosman, 417 Squadron's Commanding Officer, "Cold Lake has an excellent area for this type of training. Pitting ourselves against the Crusaders gave us valuable experience that will greatly benefit our CF-104 Squadrons here and in Europe."

What To Choose?

Severance Pay Or Rehab Leave?

By C. W. O. JIM BROWN

The decision to Severance Pay or to Rehab Leave eventually catches up with all of us. To many it is a difficult choice. To others it is cut and dried. It is also very hard to advise those who ask which to take. It ends up being a very personal decision.

We are continually warned not to sign any document with any of the spaces not filled in or without all of the promises or conditions written in and spelled out. We are at the same time advised to not bother to calculate our tax when an unusual "lump sum payment" is received, but instead, to leave the tax block blank and the computer will notice it and calculate the income tax for us.

And therein lies the shock. A few personnel that I have had occasion to talk to in the last little while are of the opinion that they made the wrong choice. This feeling is mainly due to the income tax they end up paying when the computer does it's tax thing. A pig-in-a-poke is a pig-in-a-poke no matter whose form it is.

A friend of mine elected severance pay in order to obtain his "Western Nest" after a long

and nomadic service career.

He was CRA in March 1974. He was, therefore, on regular pay for three months and on CFSA annuity for nine months of 1974. His pay and annuity came to a net taxable income of approximately \$10,000.00. His gross severance pay was approximately \$11,550.00. On his pay he paid about \$2666.00 income tax and had 15 per cent (\$1732.00) income tax deducted from his severance pay at source for a total of approximately \$4399.00 income tax. He used the local available information to roughly calculate what additional income tax he would have to cough-up when the computer added in his severance pay and did it's "general averaging" thing so he wouldn't be caught short. He figured he would owe the tax man (J.N.T.) about another \$1600.00. as a result of his "unusual lump sum payment" of severance pay in 1974.

You can imagine his gasp of amazement when the computer at Revenue Canada advised him that application of "General Averaging" had resulted in a tax saving to him of \$1.30! And that

See PAY Col. 3 Page 8



CFB COLD LAKE, ALTA—STARFIGHTERS 75 is the title given this aerial display team of CF-104s from 417 Tactical Fighter Operational Training Squadron based here. The team performed for audiences at several major and minor air shows in Canada this past summer. (CANADIAN FORCES PHOTO)

Good Show



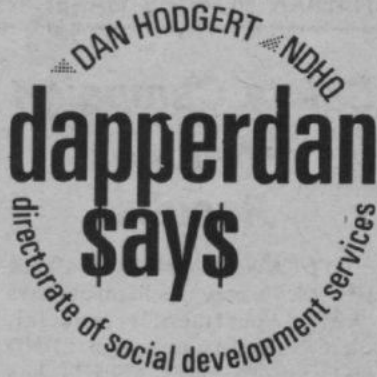
SGT. G. M. LaPierre, NCO IC Maintenance Administration Orderly Room, Base Aircraft Maintenance, is shown receiving from COL. Annis, Base Commander, CFB Moose Jaw, an award for the top academic achievement on Senior Leader's Course 7507 held at the Canadian Forces Warrant Officer's Academy, CFB Esquimalt, 17 Aug - 24 Sep 75. Congratulations Gerry on an outstanding performance.

NEXT VOXAIR

DEADLINE

2 P.M.

Wed Oct 29



OTTAWA (CFP)—A Mo-Ped sits in the window of a bank in downtown Ottawa and a sign on the seat states that it may be purchased for "X" number of dollars per month. This scene is repeated in financial institutions throughout our fair land, only the articles may be cars, boats or whatever.

Now we know that the financial institution does not sell Mo-Peds but it will gladly lend the money to enable a customer to purchase one. In fact, most institutions are so friendly they will gladly lend money so that Canadians can buy houses, cars, household appliances, furnishings, clothing and even knick-knacks. Why, you can even take your vacation on the instalment plan, and should you wish, you can

when reviewing the casualty notifications for personnel benefits purposes one is constantly reminded of the financial distress faced by some surviving dependents simply because the members ignored a benefit plan that was designed specifically for them.

Find out about SISIP; get the facts. Don't listen to the sceptics or the uninformed barrack room lawyer. Consult your local Pensions and Insurance Co-ordinator at local 461.

First of a Series

Physical Fitness Award



BGEN. G.C.E. Thériault COS Operations, Air Command, presents CAPT. H.J. Henwood with a Physical Fitness Award for aerobic excellence. The award was received by CAPT. Henwood 1 Oct 75 for completing 1200 miles in the aerobic fitness programme.

even borrow to pay educational costs.

So you ask: What else is new! Credit is our way of life and as long as there are massive advertising campaigns telling us to buy more and more, over-indebtedness will be a fact of life for many Canadians.

I would venture to say that there can be little doubt that debt as a way of life is so deeply entrenched in our economic system that there is no possibility of a return to the attitudes and practices of 50 years ago. In fact, if we tried to turn back the clock there would be the danger of an economic turn-down, based upon any marked reduction in the use of credit.

So, whether we like it or not,

credit, which is just an imposter work for debt, poses a problem for many of us today.

Now let us take a look at what happens when credit gets into arrears and the creditors start to bear down. Some people will yield to the blandishments of financial institutions to get a "billpayer loan," or what is commonly known as a consolidation-of-debts loan.

In theory, a person will borrow enough money from one creditor to pay off all outstanding debts and then he only has one payment to make. These people have the idea that they can "borrow" their way out of debt - which of course is a mathematical

See DAPPER DAN Col. 5 Page 8

The Truth About SISIP

"SISIP may be alright for young members of the Force, but not for me!" "SISIP is not needed when you have the CFSA; Pension Act and Canada Pension Plan!" "SISIP is just another insurance company's scheme to sell insurance!" "You can get better and cheaper insurance coverage than SISIP by shopping around!" We've heard all of these comments at one time or another - and all are wrong; so completely wrong! If it were just a matter of a difference of opinion, such comments could be ignored and there would be no harm done. But such erroneous statements can have very serious consequences for some members of the Force and for some dependents.

The Servicemen's Income Security Insurance Plan was designed by Servicemen for all members of the Force, and it was designed in a way which takes other benefits into account so that the members will get the TOTAL protection that they require at the lowest possible costs. SISIP is a group insurance plan which belongs to members of the Force, and its effectiveness is

controlled by members of the Force. In a nutshell SISIP is one of the best group insurance plans in Canada to-day and certainly it is the best plan available for all service personnel.

Within the Force a member, understandably, is influenced by the opinions of his superiors, associates and friends. Therefore, if you are offering advice on SISIP make sure that you are aware of the facts; and if you are receiving advice, check it out. Unfortunately, there are recorded cases where members have declined or cancelled SISIP coverage on the bad advice of someone else, and later they died and left their dependents virtually penniless. Some members cancelled their coverage and purchased a small lump sum insurance policy which offered little or no financial security in the long run. Others failed to enrol because they considered that they could not afford the coverage (Even if the premium costs were the only criteria for purchasing insurance, SISIP costs are well within the budget for all service personnel). In essence,



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EDITOR

Capt. D. C. Brazeau
303

ASSOCIATE EDITOR AND
BUSINESS MANAGER
WO. W. T. Finn 698

ADVERTISING
Mrs. M.G. Williams
888-3278

CLASS AD MGR.
Cpl. S. Wolfe
358

DISTRIBUTION Sports & Recreation Editor
Miss A. Ward CAPT. J. LORING
496 707

CARTOONISTS: Mrs. Elsie Haazen, Capt. Rick St. Germain, WO G. Vowles.

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

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**Retirement Certificate Presented By
BTNO - Capt. S. F. Crooks**



Mr. Alexander Oswald joined the Royal Canadian Army Service Corps in 1940 here in Winnipeg, and served during the war in the United Kingdom and the Central Mediterranean Area. After the war he returned to Canada to receive his discharge from the military along with the Canadian Volunteer Service Medal and Clasp (1939-1945) and the Italy Star Defence Medal for service overseas. In 1946 Mr. Oswald signed on again here in Winnipeg as a civilian labourer/driver with the Royal Canadian Engineers. A few years later he went to No. 10 Company with the RCASC operating out of the Old Fort Osborne Barracks. Still later he was employed with RCASC out of the now present south site of CFB Winnipeg where up until recently he has been driving assorted types of trucks and other vehicles. This

has been mostly out of the C-1 Compound where he has been employed for the last 12-15 years. During this time Mr. Oswald received the Master Driving Award for being accident free for over 20 years while employed with the Canadian military.

In total Mr. Oswald has served over 34 years with the Canadian Military, with 29 years of this service as a civilian driver for various units right here in Winnipeg. Mr. Oswald officially retired this September and was presented with a long service certificate from the Public Service signed by the Right Honourable Pierre E. Trudeau.

The Base Transportation Section wishes to express their appreciation to Mr. Oswald for his longstanding service and commendable driving record as a driver here for these past 29 years.

unauthorized persons from attempting entry.

Has your identification card expired? When was the last time you looked at your identification card expiry date? Have you ever tried to get a service flight with an expired identification card? Your driver licence also has time limits. Our random checks of these documents help you remember to keep them in order. It is better to be reminded at the Main Gate that your papers need updating than to be told by another authority that they are invalid.

Remember that vehicle checks are carried out by order and are executed at random. As a result you may be stopped frequently or never stopped at all.

That's our story - your co-operation is requested when the Military Police stop you. In turn, you should expect a courteous, purposeful and professional approach from us.

-Most husbands go about their household repair projects in fits and starts - they have a fit every time they have to start one.

-With all these commercials on T.V., it makes a parent feel kind of silly, punishing a child for lying.

**Military
Police
Report**



When you leave CFB Winnipeg you may notice a Military Policeman or Commissionaire stopping vehicles. Perhaps you have been stopped and already know the routine. For the many who have never been required to go through a check, we would like to explain its purpose.

The most obvious reason for a spot search of vehicles is to detect unauthorized possession of government material. It is an unfortunate fact of life that some people cannot resist the temptation to take items which do not belong to them. We hope to discourage this practice. For anyone thinking of stealing - We're doing you a favour if our checks deter you!

Checks on the way out also help control entry to the Base. The knowledge that there is a possibility of being screened both coming and going helps to dissuade

Notice

MARK TEN WHEELCHAIR PRESENTATIONS WILL TAKE PLACE ON 1 NOV IN BLDG. 21 CFB WINNIPEG: 6 p.m., - Cocktails; 7 p.m., - Dinner (Prime Rib of Beef); Wheelchair presentations, Scholarships, Bursaries and Manitoba "Golden Boy" Awards plus other presentations will follow dinner. 9 p.m. - Dancing to the Music of Ted Komar and His Orchestra. Tickets are \$6.00 per person and may be purchased from Captain Irene Reid 832-1258 or from any Manitoba/Northwestern Legion. Highlight of the evening will be the presentation of the Manitoba Golden Boy award to Irene Miller. Many out-of-town guests will be in attendance. GEORGE McCLOY of CJOB SHUT-IN PROGRAM will be the Master of Ceremonies for the evening . . .

**Locally Yours
UNDE**

The next regular meeting of Local 705, will be a dinner meeting held Monday 3 November in Building 61 west end party room. Cocktails will be served at 6:30, dinner 7:30, tickets are \$2.25 each and may be obtained from your local executive or phone Miss Shuper at 793.

The main business of the meeting is to elect the slate of officers for the coming year.

One of the major groups presently going into bargaining for a new agreement is the CRs, it is hoped that they will be well represented on the local executive during the coming year.

Members who have not obtained their permanent plastic membership cards can pick them up at the above meeting or phone Miss A. Ward at 496.

**Astra
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Appointment**



Mr. Robert Jackson President of Astra Credit Union Ltd. announces the appointment of Mr. Ron Statham F. I. C. B.; M. C. I. as General Manager. Mr. Statham has many years of banking and financial experience and is looking forward to assisting the membership and his many friends and acquaintances in their financial needs. Astra presently has 5 Branches serving Manitobans with full financial services.

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cfans news corner

NAV

SQN

By T. G. BREMNER

Our former scribe, Captain Win Koch, has been kicked "upstairs" with his appointment to President of the CFB Winnipeg "Goldeyes" Scuba Club. This onerous responsibility in addition to his load of primary duties (Instructor, Course Director, PRO and Bachelor At Large - or is it LARGE BACHELOR?) have prompted Win to forsake the public quill and retire to executive ponderings. Our thanks to Win for his articles in the past and best wishes for success in future endeavours deep in the mud of the Manitoba marshes.

On his way out of the office, our new Flight Commander, Major Jim Schenk tripped over my coffee-saturated body, cussed modestly and suggested that I could atone for my evil ways by taking up journalism on a part-time basis - so, here I am elevated from the lowly existence of a Nav Instructor to the pinnacle of my literary career. Any hot news tips may be dropped off in my hot-house office in Room 130 or called anonymously to Local 504. I will even accept gossip from wives on slow days - nothing nasty girls, just those dum-dums and boobos that the "lord and master" pulls around the pad now and then.

The outstanding maternity cases have FINALLY been resolved with resounding success! Gord and Marlene Moore are now the proud parents of Christopher Gordon, born September 23rd and weighing in at 7 pounds 6 ounces. Christopher's arrival interrupted Gord's night school classes but strangely enough hasn't affected the duck hunting schedule in the least! Catherine Leigh Collings, 7 pounds 8 ounces, appeared on the scene on September 26th much to the delight of Dave and Cathy. This transpired very shortly after Papa Dave set some kind of new record by surviving 48 touch and go's in one day of local training with "The Herd". I understand that the repeated impact of the aircraft was so annoying that Cathy decided the hospital would be a lot quieter and more comfortable. Aren't you gals glad I arranged to get rid of that Herc for a while so that the babies can sleep? Our heartiest congratulations to the new parents, a FIRST for both couples, and a big WELCOME to the wee folks!!!

Back at the old salt mine the rest of us have studied the pay raise, begrudged the tax man his half and buried ourselves in the paperwork, meetings and projects again. We're still trying to sort out the new training program, the new-new training program and the new-new-new training program. (Confusin' ain't it?) Ed Palmer and Gord Dow have been closeted in one of the many vacant classrooms building exotic things for the OKTOBERFEST bash whenever they can escape "work" for a while - castles, cuckoo

clocks and beer barrels are on special this month. Amongst all the dust and feathers Messrs. Palmer, Stannard, McIntyre and Shewchuk have also been busily campaigning for the United Way and Canada Savings Bond programs.

The next batch of BDO assignments has arrived from the office of "Gorgeous George" detailing those liable for duty in the last quarter of the year. That, naturally, includes all of us! It sure am amazin' how often us "good guys" get to be sheriff around here! I must admit (though I'll probably be sneered at) that the Banana Gang at 429 does its fair share as well and between the two units we do a pretty thorough job of keeping the ranch buttoned up and battened down after dark. Aren't there any other Captains and/or Lieutenants on this base? If anyone wants to volunteer for my tour in November, I'll promise to mention his name twice in the next column - without malice!! (Applicants must pass a practical test in bar keeping, bag toting, room clearing and night watchman-ing. Sunday duty also requires a baby-sitting endorsement.)

October 8th was "Wild West Day" for the Nav Squadron at the St. Charles range as we all demonstrated with Mr. Browning's semi-automatic Peace Disturber. No one shot off his mouth, but a few were seen attempting to shoot off their own feet. It was also noted that a significant number of Course Directors attempted to gun down the Scheduling Officer. Fortunately, old "Fast Eddie" was exceptionally fleet of foot that day and escaped with a few powder burns. All persons involved are warned that in the event of the untimely demise of the Scheduling Officer, the person or persons responsible will forthwith assume the position of Programmer. In future, you will confine yourselves to medium mayhem and dire threats only! For some reason or other, The Boss and the NSC declined to join "the boys" on the range for the festivities. Too bad they missed all the fun. The TSSC and NFC were right in there blasting away but they wouldn't stand on the firing line and I for one must object strongly to them taking cover in the butts and shooting BACK at us! After all, we didn't have flack vests!!

Our French exchange officer, Captain Christien Mathieu, was honoured at a ceremony held in AirCom HQ on October 9 when he was invested into the French Legion of Honour in recognition of his past service in Indo-China and Algeria. (Actually, I think he pulled one over on us and got those ribbons by entering all those poor dead fish and mooses in a corn flakes boxtop mail-in contest.) All kidding aside, it is a

ASC news news news

By CAPT. MEL WALKER

Short one this week. You can tell when the lectures need catching up. On the subject of catching up, Don Weiss (please refer to 8 Oct 75 edition for code name) finally got pictures, of the wives night out, back from Eatons foto finishers. (On the other hand base photo still haven't given us mug shots of SANC 7503).

Anyway the M.S. meet is one annual thing wherein all the wives are briefed on what the Aerospace Systems Course is all about (to the accompaniment of coffee and sherry). This year however we had something completely different. Kathy Hand, who suffered through last years course, composed a poem at the end of ASC 27 and presented it at the departure thrush. I liked it then and have been waiting for an opportunity to sneak it in here. Since hubby Claude now teaches on staff, Kathy used the wives set together to brief them on what it's really like to be a calculus widow. So here it is:

ODE TO ASC 27 FROM THE WIFE'S POINT OF VIEW
PRESENTED BY A FEW ON BEHALF OF ALL...

ASC 27 began, one evening in the fall
When they called the wives together
To brief us, one and all.
This course it is the greatest
It really is the best
When it is all behind you
You'll stand high above the rest.
Your men will work, from dawn to dark
There is so much to do.
But with a sherry in our hand
We didn't care how true.
CHORUS:
I would dear
I know I should, dear
I wish I could, dear
But you know, That report . . . is due
Our husbands are gone we're left alone

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singular honour and we all salute Chris on this outstanding achievement!

October 10 was the old huff, puff, wheeze, groan and pant day. Twelve members of the Nav Squadron and one intrepid wanderer from 429 ran silly circles around the inside of building 21 for the second time this year. Everybody made it, including yours truly, but I've still got the dry heaves. Let's try roller skates next year.

While I'm suggesting things, I'd like to make a suggestion to some of the dog owners in Jameswood. I'm tired of playing "tip-toe through the poo-poo" in the Listowel Bay Park with my little boy. If you're too lazy to clean up your own yard, why inflict it on the rest of us by walking the beast in OUR park? Get rid of the dog, Dum-Dum!!

I can't think of anyone else to insult at the moment so I'll wrap it up for now and save something for next issue. See ya!!

TODAY'S THOUGHT:
BLESSED ARE THE LONG RANGE NAVIGATORS, FOR THEY FLY IN GREAT CIRCLES!!



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Out For Those
Little Goblins
And Ghosts
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PATRICIA REPORT



Mountain School Training



CAPT. K. D. (Doug) Arril demonstrates a rappelling technique to PTE. D. Foster of B Company.



CPL. D. N. Noseworthy from Support Company begins a rappel.

Confidence in yourself, your comrades, and your equipment is essential if you are an infantryman. A Basic Mountaineering Course conducted at Minaki in Northwest Ontario was designed to develop and test this confidence as well as introduce the members of 2PPCLI to mountaineering. Reconnaissance Platoon commanded by Captain Doug Arril set up a four-day basic mountaineering course which each company attended in September.

Bravo Company's stay from 15-21 September is typical. A three and a half hour bus ride followed by a seemingly longer half-hour ride in the battalion's 2½ ton buses left a tired and hungry B Company at the base camp. After a good meal, the company was treated to a two hour lecture on knots before

being allowed to rest for the next day.

The next three days from sunrise until shortly before dusk were spent learning the basic skills of balance climbing, rappelling, and rope bridging.

Rarely is any training conducted without a confirmatory test and mountain school was no exception. The last day was an exercise which confirmed the sensible man's fear of heights and tested the skills required to overcome it. The exercise consisted of a five mile course through difficult mountainous terrain and included constructing a rope bridge over a river, climbing rock faces, and rappelling down a steep cliff.

For those who attended the course, much was learned. The unity of the company was much-enhanced by the sharing of a common experience.

Battle Fitness Test



"A" Company looks fresh on the first day of the 10 mile test.

All infantry training requires a high standard of physical fitness of infantrymen. Twice every year, all men in the combat arms trades are required to demonstrate their fitness by completing a ten-mile forced march in under two and a half hours on two successive days. Most infantrymen find the first day relatively easy in spite of the helmet, webbing and weapon. On

the second day, the situation is changed considerably. Sore muscles and feet protest against the injustice of doing this again. However, the test must be completed and two and a half hours later everyone relaxes for another six months. For a short time, after the regular morning PT runs seem easy by comparison.

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Combat Leaders Course



Candidates on the Combat Leader's course capture an "simulated escapee" in Exercise "First Step."

The first week in October saw the Combat Leader's Course making final preparations for their field training in Dundurn, Saskatchewan. The course is designed to produce capable leaders at section level and before attempting fairly complex leadership situations in Dundurn, the candidates were tested in simple leadership problems at Kapyong Barracks.

Exercise "First Step" consisted of a series of ten relatively simple problem situations to test the candidate's ability to analyze a situation and identify the problem, develop a plan to solve the problem, and direct and supervise his section in solving the problem. An example of the type of task is the capture of an escapee from an institution within 20 minutes. The situation is described to the candidate and he

must make and execute a plan. The prime requirement is the ability to clearly explain the plan to his section and properly supervise them to accomplish the task. The candidate must develop a method of solving problems and briefing subordinates that can be applied to more complex problems encountered in field training.

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ASC NEWS
Continued from page 5

With children crying at our feet.
Thank heavens for our many friends
They make our day complete.
Ten months can be too long to wait
For daddy's voice, so firm and straight
No time to play or reprimand
The children's fate is in my hand.
The course has done one thing for us
We found out more each day
That a single parent has it tough
Father, Father, what do you say.

CHORUS:

I would dear
I know I should, dear
I wish I could, dear
But you know, That report . . . is due
We used to go to bed at night
and think, as most folks do
That working hours come with the sun
And sleep the whole night through.
Now it is in passing
That we bid a fond adieu
He to study, she to bed
It's the same - no matter who!

CHORUS:

I would dear
I know I should, dear
I wish I could, dear
But you know, That report . . . is due
Of three vices we only had one
When ASC 27 had begun
But day by day the tolerance decreased
We felt we should have two at least.
But remember boys we followed your lead
We think you've sown a very bad seed
Instead of one out of a three
One for you and two for me.
T. G. I. F. is not so bad
When we think of that wine and cheese,
Stags can be fun we found out first hand,
But don't ask for sympathy please.
The lights are dim the music is low
It's time to ask again
But what's the use, I have this fear
That I'll hear the same refrain

I WOULD DEAR
I KNOW I SHOULD, DEAR
I WISH I COULD, DEAR
BUT YOU KNOW, THAT REPORT . . .
IS THROUGH

The lowlight of the evening occurred when the Hewlett Packard finally sued Plaxton for alienation of affections and refused to do its thing. Wouldn't you if someone came into your room looking like this:



John tried censorship by theft but I conned him out of it by promising not to caption it using a line from my up and coming album "Hartshorn, Aloes, Wormwood and Sull".

So what I'm going to do is run a little contest for the best captain: first prize is three cups of ANS coffee and second prize is a cassette labelled Linda's laughtrack.

Still though the wives did have a good time and Lila Dillenbeck even tried to find the abode of Mighty Mouse. If you don't believe me look at the next picture above:



Eline '75



In the front row we have Leslie Reinhart, Sandie Wolowidnyk (stop you say, last column there was no Wolowidnyk on the course). Actually Sandie is friend and companion of Lamont Cranston and the only other person to know the secret identity of the Shadow. Anyway, next is Lila looking for lemming and finally Sharon Daly. In the back are Ann Lewis, Madeleine Boule and Betty Bennett. Also starring front and centre is our orrery flanked by Littons mighty LN3 and some funny thing LeRoss talks about.

We also had other people there as this scene was different actors shows:



Karen Reid, Diane Swift, Linda Sharpe, Jo-Anne Wall, Noreen Wetzel, Sue Rantz and Wendy Ayotte. I also had a real neat companion to the Plaxton Pic showing Jo-Ann fighting for Women's lib. However, Ralph is way way bigger'n I am and I didn't do too well in the mile and a half this time sooo . . .

Next column we have a special treat. I will be on the Short Canadian Tour so Rodney (Ratman) Rodent gets his second to ruin my column.
Have fun Rod
M. M.

PAY

Continued from page 1

he now owed the tax man an additional \$3596.50! Payable in full in 30 days. His calculations indicate he paid about 40 per cent of his severance pay back in income tax.

This is not an isolated case. I have heard of several.

Of course, you can beat all this if you put your severance pay into an RRSP sight unseen and hands off. But like the chickens, the internal revenue birds also eventually come home to roost and you'll be trapped with income tax.

Don't misinterpret my concern. I am NOT against severance pay per se. Actually overall, if you calculate severance pay versus rehab leave, your gross money appears to be more if you take severance pay in spite of a fat tax bite.

The pros and cons of Annex "C" to CFAO 204.10 and the rosy figure you end up with in Annex A Appendix 1 do not present the whole story. Particularly the NET value of severance pay.

My concern and warning for those electing severance pay and not putting it into an RRSP is to beware of the income tax man. Be prepared (financially) in some cases to pay quite a bit more income tax than the local orders would have you believe you will pay. In fact, personnel contemplating severance pay are most strongly advised to procure from the Taxation Office in Victoria a FORM T2077 and use it to calculate their General Averaging. Regardless of it's complexity, try it. It's what the computer uses and is more accurate than our locally available orders.

Anyhow, the choice is yours. Be sure to think it over carefully. 1 April is bound to come around.
- Courtesy - Totem Times

DAPPER DAN

Continued from page 2

impossibility. What they are doing is merely trading creditors and when the consolidation has taken place they owe just as much money, and over the term of the loan can sometimes pay a great deal more in interest.

Unfortunately, when they have only one bill to pay it is not long before they start looking around for other avenues of credit to explore. Their conscience is quite clear; they only have one debt now, and after all, they really need that new snowmobile or color TV.

So take a tip from the Old Dapper and watch consolidation loans very carefully. If you find yourself over extended credit-wise, seek advice from your Base, Station or Unit Financial Counsellor before committing yourself to a consolidation loan.

Then, if your circumstances suggest that a consolidation loan would be beneficial, make sure you are disciplined to pay off that loan before considering any other credit transaction.

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Overlord Plaque Presented To Canadian War Museum

Harold A. Diceman, Ottawa, a member of the defence department's directorate of ceremonial, displays a large, oxidized plaque commemorating Canadian participation in the liberation of Northwest Europe during the Second World War, June 6, 1944, to May, 1945. The plaque is on display at the Canadian War Museum in Ottawa (Sussex Dr.) Oct. 2-8. The plaque portrays replicas of patches and badges of Canadian armed forces elements who took part in the campaign. It is destined to be flown to a museum in Culzean Castle, Ayrshire, Scotland, site of the planning headquarters of the supreme Allied Commander in the campaign, General Dwight D. Eisenhower. Mr. Diceman led a team of three in the plaque's design.

(CANADIAN FORCES PHOTO)



OTTAWA—Defence Minister James Richardson has announced that a large Canadian plaque, depicting heraldic badges of Canadian elements who participated in the liberation of Northwest Europe, June 6, 1944, to May 8, 1945, will go on display at the Canadian War Museum here Oct. 2-8.

The large oxidized plaque, weighing 525 pounds and measuring four by eight feet, is a memorial to the thousands of Canadians who took part in the D-Day invasion and the ensuing fighting in Northwest Europe.

The plaque portrays replicas of badges of 122 Royal Canadian Navy ships, more than 90 formation and regimental patches and badges of the Canadian Army,

40 RCAF Squadron badges, and others, embossed on background map of the United Kingdom and Northwest Europe. The plaque will be flown from CFB Trenton, Ont., Oct. 11 to a museum at Culzean Castle, Ayrshire, Scotland, to be placed permanently in a collection of memorabilia relating to General Dwight D. Eisenhower, the Supreme Allied Commander in the Northwest Europe campaign. The castle was Gen. Eisenhower's planning headquarters. The 15,000 dollars plaque is called Canadian Participation Overlord, the code name of the D-Day invasion. It was paid for by Canadian Forces non-public funds. The plaque was designed by three Ottawa artists and produced over a four-month period by Batten Graphic Ltd., Toronto. The artists, National Defence employees, were Harold Diceman, George Buchanan and Mrs. Sandra Armstrong.

HONOUR

Continued from page 1

joined the action in Algeria, still on B-26's, where he also was awarded two citations.

In 1957, at the formation of the Strategic Air Command (Forces Aeriennes Strategiques, FAS), he participated in the experimentation of the Vautour aircraft, in which he logged over 100 hours.

In 1962, after a short electronic course he was sent on the new bomber program, the famous Mirage IV, in Bordeaux. He was later transferred to Avord for an operational tour. He flew in excess of 1200 hours on the Mirage IV.

To date Chris Mathieu has logged over 5500 hours, of which 3000 are on jet aircraft alone. He even managed to accumulate 700 hours on the "old Dakota" before its retirement in May 1975.

Chris is in his fourth year in Winnipeg and hopes for another year extension and possibly retirement in Canada.

Chris is married to Madeleine Bernier from Quebec City and they have two sons, Alain 19 and Daniel 18, both attending the University of Manitoba.

mod housewife
by Rosmarie Kohlberg

NO BONES?

Can anyone tell me what "semi-boneless" is supposed to be?

I read it on a sign in a supermarket meat display. Semi-boneless roasts. The prefix "semi" means "half", or "partly" - so how can a roast be "half" boneless or "partly" boneless? If it's boneless, it has no bones. It's like saying of a woman that she is "a little bit pregnant". There can't be degrees! (I bought one of those semi-boneless wonders, and, just as I thought, it *did* have bones: not many, but bones nevertheless.) The next time I see the sign again, I shall confront the butcher with a dictionary or a grammar book and demand an explanation. If I have enough courage.

TAKE A CAN OF SOUP . . .

Most cooks store an assortment of canned soups, not only for use as soup, but also as an ingredient for a fast, hurry-up meal. I use such soups in casseroles or for cream sauces to accompany vegetables if I don't have enough time to prepare a hollandaise or other time-consuming sauce. Cream of mushroom, cream of celery, cream of chicken, cheddar cheese are old favorites. Recently, I discovered a new one, cream of onion soup, that has been added to my list. It lends itself perfectly to some casseroles and meat dishes. Here are some I can recommend.

CHICKEN IN ONION SAUCE

- 2 lbs chicken parts
- 2 tablespoons shortening or oil
- 1 can cream of onion soup
- 1/4 cup white wine or orange juice
- some basil (or marjoram)

In frying pan, brown chicken in oil on all sides. Pour off fat. Transfer chicken pieces to casserole dish. Mix soup with wine or orange juice and crushed herbs and pour over chicken. Bake in 350°F oven about 45 minutes.

PORK AND MUSHROOM FRICASSEE

- 1 lb pork tenderloin
- 1 tablespoon butter or margarine
- 1 lb mushrooms or 1 can of mushrooms
- 1 can cream of onion soup
- 1/4 cup dry wine
- pinch of rosemary
- 1 tablespoon capers or finely chopped dill pickles
- 1 tablespoon fresh parsley, chopped

Slice pork tenderloin in 1/2-inch pieces and brown in butter. Add mushrooms and saute for five minutes. (If using canned mushrooms, drain well). Combine cream-of-onion soup with wine and pour over meat-mushroom mixture. Let simmer for 45 minutes or place in closed casserole in 350°F oven. Add capers and parsley.

CREAMED SAVOURY MEATBALLS

- 1 lb ground beef
- 1 tablespoon oil
- 1 slice white bread, soaked in water
- 1 medium chopped onion
- 1 egg slightly beaten
- salt, pepper
- 1 can cream of onion soup
- 1/2 cup sour cream
- 1/4 cup dry white wine
- 1 tablespoon capers

Mix meat, bread (squeeze out water), onion, egg, salt, pepper and form meatballs about 2 inches in diameter. Brown meatballs in skillet and transfer to ovenproof casserole dish. Mix soup with sour cream and wine and capers and pour over meatballs. Bake 375°F oven for 45 to 60 minutes.

TUNA-MACARONI BAKE

- 1 can cream of onion soup
- 1/2 cup sour cream
- 1/2 cup milk
- 2 cups cooked elbow macaroni
- 1 package frozen peas or beans, cooked and drained
- 1 can (about 7 oz.) tuna, flaked
- 1 tablespoon lemon juice
- 1 pinch thyme or basil or savory, crushed
- parsley for garnishing

In 1 1/2-quart casserole, stir soup and sour cream; gradually add milk and remaining ingredients. Bake at 400°F for 30 minutes (approximately) or until thoroughly heated through. Garnish with parsley.

BE THOUGHTFUL OF THE OPINIONS OF OTHERS

- there are three sides in a controversy: yours, the other fellows, and the right one.

A Poem

He grabbed me round my slender neck
I could not call or scream,
He dragged me to his dingy hut,

SAFETY

Continued from page 1

achievements were greater recognition of safety problems and acceptance of safety responsibilities at various levels of management."

There also were increases in "cohesiveness of efforts in the department's accident prevention programs," he added.

"But each year, we still experience nearly 100 military and civilian deaths, more than 5,000 disabling injuries and millions of dollars worth of equipment and property damage through accidents," he stated. "There remains much to be done to bring our accident rates down to acceptable levels."

"Our ultimate aim must always be zero accident losses," he said.

A follow-up campaign, called "DND Accident Safety," now is being planned, with March 31, 1977, the proposed deadline, Mr. Richardson concluded.

Where we could not be seen.
He tore away my flimsy wrap
And looked upon my form
I was so cold and damp and scared
While he so hot and warm.
His feverish lips he pressed to mine

I could not make him stop.
He drained me of my very self,
I gave him every drop.
He made me what I am today
That's why you find me here.
A broken bottle thrown away
That once was full of beer.

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voxair sports

By CAPT. J. LORING

Comment On Sports

Not too long ago, the armed Forces had an abundance of excellent soccer players. It was a sport tailor-made for the fitness-minded person. An organization within the forces structure allowed for Base intersection play, Base team all-star participation in local leagues, zone team competition and finally the National Championships.

Over the last few years, dwindling manpower resources, old age and apathy in regards to soccer has reduced the significance of this great sport to the point of near humiliation in the Forces. Take Base Winnipeg as a prime example. No intersection play what so ever; and when the Zones came around, the ranks of the interested numbered less than ten. Hence, no base team.

What we need is a consolidated effort to encourage the playing of soccer from the lowest level; intersection. Once a healthy base for the game has been established, the higher levels will take care of themselves. A good amount of

stress should be put on the fact that anyone can play, not just so-called soccer players. New talent has to be developed, or the sport will die completely.

An intersection league for six-a-side or eight-a-side can be organized with little problem. Use a reduced field and ban the use of cleats to begin with.

For Base Winnipeg, a typical progression for soccer can be as follows. During the winter months, play indoor soccer as has been started at Westwin on Monday evenings under Cpl Thompson. In the spring and early summer, intersection six or eight-a-side outdoor play. Summer and early fall, play the all-stars of the intersection league as a base team in a local league or on an invitational basis. Finally that team can prepare for the Zones and possibly the Nationals.

With enough interest in a program as outlined above, Winnipeg could become a power in Armed Forces Soccer and a lot more personnel would have no problem doing their fitness tests.

By CAPT D. CANTLEY



Canadian Marathon Championship

The Kitchener-Waterloo Oktoberfest Marathon has become the biggest Marathon meet in Canada. This year's 237 starters can not compare with the 2300 who started at Boston but, after only four years, the Oktoberfest Marathon has proven increasingly popular. This year, on Oct 11, the Canadian Championship was held in conjunction with the Oktoberfest race. Unfortunately, last year's three top finishers, Howard, Armstrong and Kidd, were unable to compete and the favorite, Barkhouse, running with a bad cold had to drop out after two miles. Among the starters were eight women and 42 masters (40 or over), the oldest of whom was 56. Eight Armed Forces members participated.

The event was very well organized; the course was well marked and over 200 officials provided refreshments, times, and

directions. The weather was almost perfect; 15 degrees, cloudy, and a wind of less than 15 mph. The course began at the Seagram's Stadium, dipped into the city, then out into the country, along paved roads which meandered through scenic valleys and small towns. The large number of runners ensured that there was always someone with whom to run and chat, although conversation was quite scarce in the last few miles. The big difference between this course and those around Winnipeg is the number and size of the hills. However, it was not all uphill and each uphill climb promised a coast down the other side.

The initial pace was quite fast and after ten miles most of the initial six minute milers were losing their determination to finish at that pace. In fact, only 16 runners were able to finish in under 2:37:12, or six minutes per mile. After the twenty mile mark, there were many walkers; people holding their sides or limping along, determined to finish, regardless of the time. Many got back their breath or wished away the pain and returned to running; but many had to drop out in those last few miles.

As each finisher entered the stadium for a final ¼ mile lap, his name and hometown were announced and an enthusiastic crowd cheered the tired runner across the finish line. Exhausted though most were, nearly everyone still had enough spirit left to sprint the last hundred yards for the crowd.

Of the 237 starters, 167 finished the Marathon distance in under four hours; others finished but their times were not recorded. 70 runners finished under the three hour mark and seven were under 2:30. The winner with a time of 2:18:40 was Brian Maxwell (22) of Ontario who was running his first Marathon. Winner

Intersection Broomball Starts



LCol F. C. Brittain, CO of CFANS "dropped the ball" to officially open the 1975/76 intersection broomball season. Defending Champs BAMEO and last years runners-up ANS, battled it out with BAMEO "Gasping" out a 4-3, well deserved win.

PHOTO BY HARRISON

Broomball Season Opener

The 1975/76 intersection Broomball league officially got started on 16 Oct with a game between BAMEO and CFANS. BAMEO continued their winning ways of last year by posting a 4-3 hard fought victory. ANS outnumbered BAMEO 2-1 and attempted to "tun them down", but key defensive moves and good forechecking gave BAMEO the chances they needed and they capitalized on them. By the end of the first half, they were ahead 2-0 and had a 3-0 lead early in the second half. ANS pushed and managed to come back to 4-3 but time ran out.

By all indications, this year's broomball season should be bigger and better than last year. All teams seem to have a goodly number of players and the strength should even out among the teams with each game played. If you like to watch action sports, come on out and enjoy! Schedules are available at Rec Centre.

Ladies Slim And Trim

Classes will begin on Thursday 30 October 7 o'clock at the Westwin Rec Centre and run until 18 December.

Registration will take place on half hour before the start of the first class.

Cost of the program will be \$4 per person.

If any other information is required contact Wayne Dobson local 511 Rec Centre.

Hobby Shop

For all hobby shop enthusiasts we have a Base Hobby Shop located in Bldg 81 on Sharp Blvd with limited space available for large projects such as campers, boats etc. A variety of power equipment and hand tools are available.

There is a yearly membership fee of \$5.00 per year.

Anyone interested in using the hobby shop please contact Sgt Colucci 772-0461 local 219.

Westwin Programs

Water Experience Session

Pre-school swim classes will be conducted at the CFB Westwin pool. Maximum number of candidates per class will be 15.

Classes will be conducted as follows:

Tuesday and Thursday - up to 3 years of age

9:30 - 10:00 a.m.

10:00 - 10:30 a.m.

Tuesday and Thursday - 4 and 5 years of age

2:00 - 2:30 p.m.

2:30 - 3:00 p.m.

Classes will commence 4 November - 16 December 1975.

Registration for classes will be at the Westwin Recreation Centre Main Foyer from 9 - 11 a.m. hrs. Thursday and Friday 23 and 24 October 1975.

Registration Fee is \$4 per child.

For further information contact the Recreation staff local 573 or 511.

Family Fun Afternoon

Come one, come all to the Westwin Gym or Sauna on Sunday for an afternoon of family fun!

The activity begins at 1330 hrs and lasts until 1530 hrs.

The programme is open to everyone but is designed for the family.

No children will be admitted unless accompanied by a parent (not necessarily the child's own parent).

The swimming pool is open during the same period for casual recreational swimming.

Children may use the sauna but only when accompanied by an adult.

The program commences on Sun 19 Oct 75.

Remember - "A family that plays together, stays together!"

of the Master's Division and ninth overall, in 2:33:08, was 49 year old A. Taylor from Kitchener. The first female finished in 2:56:40.

All eight runners representing the Armed Forces completed the race, most with personal best times. Fen Gray of Halifax finished 27th with a time of 2:44:17. Behind him, with a time of 2:44:22, was Doug Cantley of Winnipeg and two places behind him was Roger Miskowicz of Halifax in 2:45:25. Other Force's runners were: Ben Rathbone (formerly of Winnipeg and now in Trenton), Art Vondette, Bill Buck, Ken Parker, and John McKinnon.

Mile and One-half Results

The last runners column promised an update on the best 1½ mile time for each age category. Unfortunately, these are not available for this issue. The next Voxair will give the final best performances in all 3 Physical fitness test.

help.

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Mathieu Bags Moose



Capt Chris Mathieu shows off the results of his "Lucky Shot", during a recent moose hunt. Capt Mathieu, who is the French Exchange Officer at CFANS, is a member of the Base Ground Search team and is a competent outdoorsman, spending a large portion of his spare time hunting and fishing.

PHOTO BY REAUME

Air Command 100 Hour Swim Wire Competition

To promote and encourage swimming as both a fitness and a recreational activity.

To declare the winning unit as the Air Command 100 hour Military Swim Champion.

This is limited to service personnel serving at Air Command units. Personnel may compete only for that unit on which they are serving.

The unit attaining the greatest distance according to the rules will be declared the Champion. In addition the unit with the second highest total will be declared runner-up.

The competition will be carried out as follows:

- a) The 100 Hour Swim will commence at 1300 hrs on Tuesday 4 November 1975 and will terminate at 1700 hrs on Sat 8 Nov 75.
- b) All distances recorded for the 100 Hour Swim must be attained during the actual period of the competition.
- c) Individual competitors may swim up to the maximum distance of 12 miles. Competitors completing the 12 miles, will receive a special certificate to denote this achievement.

Competitors must swim!

Clamouring along the side of the pool is courageous but unfortunately not permitted.

d) Any style or stroke may be used.

e) There is no limit to the frequency of swims permitted to an individual during the 100 hrs of the competition, provided that such an individual has not attained the total allowable distance of 12 miles.

f) The use of swim fins or other artificial aids is prohibited, however, ear or nose plugs are permitted to be used.

This competition will take place at the CFB Winnipeg Westwin swimming pool.

Awards will include the AIRCOM Centennial 100 hour Swim Trophy for the winning unit and a suitable trophy for the runner-up. An appropriate certificate will also be presented to each individual completing the maximum distance of 12 miles.

For further information contact the Rec Staff at local 511 or 573.

Teens Club

By the time you have read this article, we will have had our first organizational meeting and dance. We will, I hope, have a new committee for the 75 - 76 season and memberships will be out to many.

For all the old members and especially the new people that arrived this summer, this article is designed to give you an idea what TEENS is all about and what goes on at the times when your daughter or son say they were with the TEENS at Lipsett Hall.

Family Night

Going into our third week of operation it is apparent not only by the number of people attending, but by the comments that the concept of dad and mom coming to the gym and pool with the kids is far better than the old open recreation program of the past.

When we take a close look at this program, it all boils down to you as a parent finding or making time each week to spend a couple of enjoyable hours with your kids at play.

Looking back at the recreation facilities we as parents keep telling the kids "we didn't have", or more often we use that old excuse, "In my day you had to be rich to have facilities to use in your leisure time." Well, what are you and I

using as an excuse now that the facilities have been made available at very little cost? I do believe it is time we got the family together and go on down to Lipsett Hall and spend a little time getting to know our family in a relaxed atmosphere - maybe over a game of badminton or during a cool dip in the pool, or just having a coffee or coke, with the kids while you listen to their type of music on the ever too loud juke box.

There are competent qualified instructors, both male and female in attendance each night to help you better enjoy any activity of your choice.

Don't put it off, we are open every Monday and Friday from 7 p.m. to 8:30 p.m. If you are not sure what the program is all about, give them a call at 888-5021. Any member of the staff can give you a full outline.

Swim Programs

Ladies Swim & Slim

The first session of Ladies Swim and Slim classes is well underway. Registration for classes has been heavy and has made it necessary to form a third class on Thursdays. Unfortunately all classes are filled to capacity and no more registrations are being accepted for this session.

For all you ladies who are concerned that you may not be able to get into last year's party dresses, a new session will be starting soon. Following is a list of registration dates for classes:

- Wednesday 19 November 9:00-9:30 a.m.
- Thursday 20 November 9:00-9:30 a.m.
- Monday 24 November 1:00-1:30 p.m.

The dates and times listed above are the dates and times of classes for the second session. Starting time for each day will be 30 minutes later than listed above.

For further information contact Joan Brown at 489-6397 or Lipsett Hall at 888-5021.

Lipsett Limpers

THE NOON HOUR PROGRAMME WITH A PURPOSE

From 11:30 - 1 o'clock Lipsett Hall flourishes with avid fitness fanatics.

Thru this hour and a half "Chubbys" from Base Maintenance Land "Stretches" from Base Supply and other "Federal" troops, run, jump, swim and play their way thru a sound individualized fitness program.

Some activities we hope to inaugurate this season other than dances, are swims and gym nights. Membership in this club is open to all dependants in our community, and anyone wishing to volunteer his or her services as a chaperon at one of our functions is requested to call 888-5021 and ask for Brownie.

First of all our club has been operating for three years. Our membership last year totalled 153 and membership is restricted to young people 13 - 17 years of age. We insist on no less than four adults be present at any function.

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Dad & Mom Learn To Swim

Many people have requested swim classes where mom and dad can come and learn to swim together or learn to swim better together. Well, in answer to these inquiries we will take registrations for this type of class at our next regular swim registration on 10 January 1976.

Mother & Tot Swim Classes

Unfortunately due to the lack of response in the September Swim Class registration, mother and tot swim classes were not run during this period.

We have not forgotten you, nor have we given up. We are including this on our January 10 registrations.

Such overheard remarks in the locker room "I could never do this a year ago" as a middle age body pulls itself in from a mile run. Or, "Look at old frosty," he must think he's 20 years old again.

The noon hour program is a come as you are, do as you feel type. It has about 30 staunch supporters who are involved in fitness fun such as walking, running and swimming.

Of course, badminton, pool and sauna are the main stays of noon hour activity.

The Rec staff is on hand for assistance and advice on request, or if you need a fourth for badminton.

All that is required is for you to come out and join in.



CFB Winnipeg Ski Club

ALPINE SKIING

The CFB Winnipeg Ski Club will hold its first meeting at 1500 hrs Tuesday 28 October in the Junior Ranks Mess, Club 61, with the intentions of planning the 1975 - 76 seasons activities and trips.

Last year transportation was arranged for members to visit ski hills in the area and give dad a chance to relax too - no driving after a hard (enjoyable) day on the hills. Generally it was a successful season and we expect that the meeting will push off a similar series of fun filled excursions.

SWAP SHOP

A swap shop is also planned for both Alpine and Nordic skiers. You may be able to pick up a good buy or trade off your old boots or skis.

The date of the Swap Shop will be mentioned in the next issue of the Voxair.

Keep in touch; contact
LCOL Niles - 687
Mr. Payne - 737 or
MWO White 509 (Rec Centre)
THINK SNOW.



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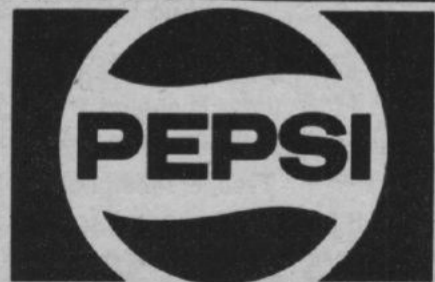
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King Gives 'Royal Performance'

CFB Summerside "Eagles" won their second consecutive Canadian Forces National softball crown here Sept. 20, and they have a "King" to wear it. Ace Lefthand pitcher, CPL Pat King led the way as the Maritime Squad displayed steady pitching, tight defensive play, and some timely hitting as they breezed through four-days of the round-robin championships. King won three games for the Islanders, firing a shut-out against Quebec, giving up a run in a 5-1 victory over CFB Europe, and holding a scrappy CFS Yorkton team scoreless in three innings of relief. Southpaw King pitched and won all Eagles games when they won the championship last year. This year he split mound duties with CPL Garney Gates, an augmentee from CFB Shearwater, who was equally impressive in blanking CFB Trenton 5-0, and downing CFB Comox 4-2. (All teams are allowed to augment lineups with three additional players from other bases within their region.) King and Gates gave up a combined total of six runs in five

games. King walked six and struck out 18 in 17 innings, and Gates walked three and struck out 19 in 22 innings.

Top batting honors went to CPL "Bucky" Buchanan of CFB Borden, who finished with a .500 average, a hit every second place at .400 with CPL Paddy Walsh of CFB Europe. Buchanan also hit two homeruns and batted in nine runs (RBIS) to lead in these departments. Summerside's victory marks the first time that a team won the title two years in a row since the championship began seven years ago. Additionally, it is the fourth time in as many years that an Atlantic region team has won the championship. Two P.E.I. players, Master Corporal "Red" Houghton, an augmentee from CFB Greenwood, and veteran first baseman, SGT Doug Bullock, now have been on three national softball championship teams. CFB Europe started out slowly by dropping their first two encounters, but finished in second place with a 3-2 record. The Final Standings:

TEAM	WON	LOST	FUNS FOR	AGAINST	POST.
CFB Summerside	5	0	24	6	1ST
CFB Europe	3	2	26	25	2ND
CFB Comox	2	3	34	28	3RD
CFB Trenton	2	3	24	22	3RD
CFS Yorkton	2	3	31	34	3RD
CFB Montreal	1	4	5	29	4TH



EDMONTON—Vice-Admiral Douglas S. Boyle, left, Commander Maritime Command talks to a Wren during his inspection of H. M. C. S. Nonsuch, the city's newly-recommissioned naval reserve division, as Nonsuch's Commanding Officer, Lieutenant-Colonel Herb Wallace, centre, looks on. (CANADIAN FORCES PHOTO)



.. LCOL ARTHUR SWAINSON ..

(NOTE: Generally, these articles are valid throughout Canada, although some are based on Ontario law. If acting on the contents of an article outside Ontario, ensure that the applicable provincial law is the same.)

BUYING A DOG

This article will deal mainly with dogs, but a couple of points on buying pets generally are appropriate. In the first place, Christmas is probably the worst time of year to buy a pet because of the confusion around the house, the lack of routine, and the unusual number of visitors. Secondly, buying baby chicks or bunnies at Easter is just plain foolish and it becomes even worse if these animals are given to very small children who don't understand how to treat them. Most pet stores or breeders will explain to you your legal responsibilities and will usually give you a 48 hour guarantee on the dog's health with a veterinarian and return the animal if it's in unsatisfactory physical condition. Apparently, malformed hip joints do not show up in dogs when they're young but many pet stores and breeders will guarantee against this particular genetic defect for many months after purchase.

When buying either a mongrel or purebred dog, you should

examine its general condition, with particular emphasis on its eyes, skin and hair. Watch whether the dog scratches or coughs; these actions are often symptoms of disease.

Keep in mind the cost of maintaining a dog if you decide to buy one. Dogs are fairly expensive to feed and licence. Additionally, you will have to pay for their first inoculation against distemper at eight weeks and the second four weeks later. Also, rabies inoculations should be obtained for dogs that may come in contact with any wild animals — even squirrels.

Licences or taxes are governed in most provinces by a provincial statute which authorizes municipalities or cities to issue animal licences or impose taxes. Licences or taxes for female dogs are usually much more expensive than for male dogs. In Ontario, taxes are governed by the Dog Tax and Livestock and Poultry Protection Act.

Particular care is required when buying a purebred dog. You should ensure that the pet store, breeder, or private citizen from whom you are buying undertakes

If you don't do it, it won't get done.
GIVE THE UNITED WAY

to complete all registration requirements to transfer ownership to you through the Canadian Kennel Club. The Federal Livestock Pedigree Act provides that only the Canadian Kennel Club can register and transfer ownership of purebred dogs. A purebred dog must be identified by tattooing or a nose print and if one of these identification methods is not included in the application to the Canadian Kennel Club, the dog will not be registered.

Finally, if you decide to buy a dog, remember that you may be legally liable for any damage the dog causes through your negligence. The best example of negligence by an owner is allowing a dog to run loose. If the animal causes damage while loose, or while it is unsupervised, you may have to pay for repairs. Therefore, if you buy or own a dog, you must not only care for it properly, but you must ensure it does not injure people or cause property damage. (Aug. '75).

Cross Country Skiing 'The Greatest'

Winter, whether you care to accept the fact or not is just on the other side of the trail — the ski trail that is...

One way to make the winter go quickly is to engage in a wholesome physical activity — one that is fun. This is where cross country skiing comes in — one of the fastest catching on sport in the northern hemisphere.

FRESH AIR EXPERIENCE CLINIC

On Wednesday, November 12, a cross country ski clinic will be conducted by Fresh Air Experience. A highly qualified instructor will demonstrate the latest in cross country ski equipment, waxing, etcetera and will answer all of your questions.

THINKING? Even if you are just thinking of cross country skiing come to the clinic. I must be honest and warn you, you may become hooked.

THINK SNOW!

PPCLI Play Flag Football

The Patricas have a very active sports program and inter-company

flag football is one of the current activities.

This year Support Company is obviously the team to beat. Their record of no losses still stands after a hard fought battle with Charlie Company, last year's champion.

After the first half the score was tied 6-6 and it seemed that Support Company would be really tested for the first time. After the ten minute break however, the situation changed. Support Company showed its true form and quarterback CPL Gary King repeatedly blasted the Charlie Company defence by a passing and running combination. The sound defeat of Charlie Company left Support Company in undisputed possession of first place.

Can FIRE find a home in your home?

OCT. Program

Eves. Mon. thru Sat. 19:00hrs.
Sat. Mat. 13:00 - 15:00hrs.
Sun. Eve. 19:00 - 21:00hrs.
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STUDENTS to age 18 with Student Card .75c

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WINNIPEG

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Coming Soon	THE EXORCIST		Wed. 22 Thu. 23 SUNDAY in the COUNTRY	Fri. 24 JOHN WAYNE BRANNIGAN	Sat. 25 LAD: A DOG	Sat. 25 JOHN WAYNE BRANNIGAN	
Sun. 26 Mon. 27 Sunshine	Tue. 28 THE EXORCIST	Wed. 29 To Be Announced	Thu. 30 THE ODessa FILE	Fri. 31 JOHN WAYNE BRANNIGAN	Get a girl who's hard to date? Take her out to the MOVIES!		

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Voxair Variety

BY JOHN LAUDER

Cut off my ears and call me square if you like, but I was not overly impressed with the big production number featured on the opening program of the ROYAL WINNIPEG BALLET. *Le Sacre du Printemps* told the story of pagan sacrifice in a primitive society to the music of Stravinsky. It was no doubt a difficult item to perform, what with a great deal of rolling about the floor, backstroke crawls and numerous other athletic movements. But just how this relates to dance is not clear to me. Five or six years ago every ballet the RWB did was of this variety, and maybe I am over saturated. The audience did applaud, but it was a sitting ovation, possibly brought on by puzzlement as much as by joy.

The rest of the program was very fine. The *Donizettiana*, although more classic, provided the company with a chance to demonstrate that it is young and spirited, while other numbers, either pas de deux or for four dancers, were first class.

Next we get the National Ballet of Canada, which performs this week. They will stick to more classical type, so the old fogies like myself should enjoy. *Coppelia*, to run for the rest of the week, is described as a lavish, yet tasteful, traditional production.

The MANITOBA THEATRE CENTRE comedy *Cyrano de Bergerac* opened last Friday - too late for review here - and will run until November 8th. It is noted that the cast and director of this play are big on Chinese food, and if their acting abilities are anything like their gourmet abilities, it should be a great hit. This is based on recent performances on the gastronomical side when I watched them at a local chop suey joint, and I look forward to seeing them in action on the stage.

Footlight footnotes . . . upcoming events at the Manitoba Centennial Centre include the Winnipeg Symphony Orchestra's Children Concerts, called "Soundstealers" which will be offered at 10:00 a.m. and 1:30 p.m. on October 25th; Nana Mouskouri in concert on the evening of the same day, with further performances on the 26th at 4:30 p.m. and 8:30 p.m. On the 27th there is a Mennonite Saengerfest, while on the 28th and 29th the World Adventure Tour film "Sicily" will be shown. October 30th will see two shows, one at 6:30 p.m., the second at 9:30 by a trio of artists, Boots Randolph, Floyd Cramer and Rosemary Clooney.

NATO

By Mr. Arthur Menzies,

CANADA'S AMBASSADOR TO NATO

A series of articles on NATO, submitted by Mr. Menzies Canada's Ambassador to NATO, are intended to provide background information on Canadian interests in NATO. Voxair will publish the entire series.

NUCLEAR POLICY MAKING IN NATO

Background

In December 1966 the Ministers of the Defence Planning Committee (DPC) agreed to establish the Nuclear Defence Affairs Committee (NDAC), a permanent advisory committee whose function is to propose general policy on nuclear defence affairs. At the same time, a smaller body, the Nuclear Planning Group (NPG), was created. Subordinate to the NDAC, its task is to accomplish the detailed work required for the development of policy proposals to be sent to the NDAC for endorsement and to the DPC for final approval. The NDAC and the NPG are the only DPC advisory bodies in which Defence Ministers or Permanent Representatives participate.

The 1966 DPC action was taken to meet a widely recognized need, namely, that each NATO member - whether nuclear or non-nuclear - should have a voice in the nuclear affairs of the Alliance if it so wished. The pressure of this need grew as the nuclear age unfolded. When NATO was formed in 1949, the USA possessed a virtual nuclear monopoly consisting principally of strategic bombers, and the

planning for the employment of these forces was a USA prerogative. By the 1960s, however, the situation had changed considerably. The growing Soviet nuclear capability modified the deterrent effect of the USA strategic nuclear force. A further factor was technological progress which brought about the development of nuclear weapons for tactical use. And the means to deliver these weapons were introduced into the armed forces of many NATO countries, including Canada. Under these changed circumstances, other NATO countries sought an active role in policy development, peacetime planning and any wartime decisions to use nuclear weapons. As the security of all member countries is intimately affected by the nuclear posture maintained by the Alliance, membership in the NPG and NDAC was made open to all, whether the armed forces of the country in question possessed nuclear delivery systems or not.

The NDAC

Membership in the NDAC is open to any NATO country wishing to participate in its work. Twelve countries - all of the members of NATO except France, Iceland and Luxembourg - have belonged to the NDAC since its

Sir John Franklin Community Centre

By H. Falk

The Community Centres annual fund drive will take place on Saturday, October 25. All area residents are asked to support the Centre and its program participants when a canvasser calls at their door on this date.

If anyone is interested in volunteering their services as a canvasser on this one day affair they are asked to call Mr. Robinson at 489-8934.

Any men over the age of 30 wishing to play in a hockey league this season should contact the centre and leave their name.

Openings are still available in the Baton class (girls ages 5-15) and the Floor hockey program (boys 10-14 years). Anyone interested should register at the Centre any weekday evening.

A volunteer is needed to operate the Children's Movies on Friday evenings. Any teenager or adult interested should leave their name at the centre.

inception. It normally meets at Defence Minister level at least once each year to review the work of the NPG and to take action on any policy proposals that may have been submitted to it by the NPG.

The NPG

All twelve of the NDAC countries play an active role in the NPG at Permanent Representative and subordinate level, but only eight Defence Ministers participate at a particular NPG Ministerial meeting. Four NDAC countries (Germany, Italy, UK and USA) participate on a continuing basis; the remaining eight countries (Belgium, Canada, Denmark, Greece, Netherlands, Norway, Portugal and Turkey) rotate on an eighteen-month cycle. NPG Ministers usually meet twice a year, spring and autumn, in one of the member countries. Ministers met in Ottawa in October, 1970.

This pattern of limited participation was deliberately chosen in order to ensure the effectiveness of NPG Ministerial meeting. The number of persons permitted to be in the conference room is also severely limited. A typical national delegation consists of the Defence Minister, the Permanent Representative to NATO, the Chief of Defence Staff, and two other officials. To facilitate frank and uninhibited exchanges of views, no verbatim or summary records of the meeting are circulated, although Defence Ministers do approve a brief minute describing actions they have taken. A communique is also issued.

Subjects under Consideration

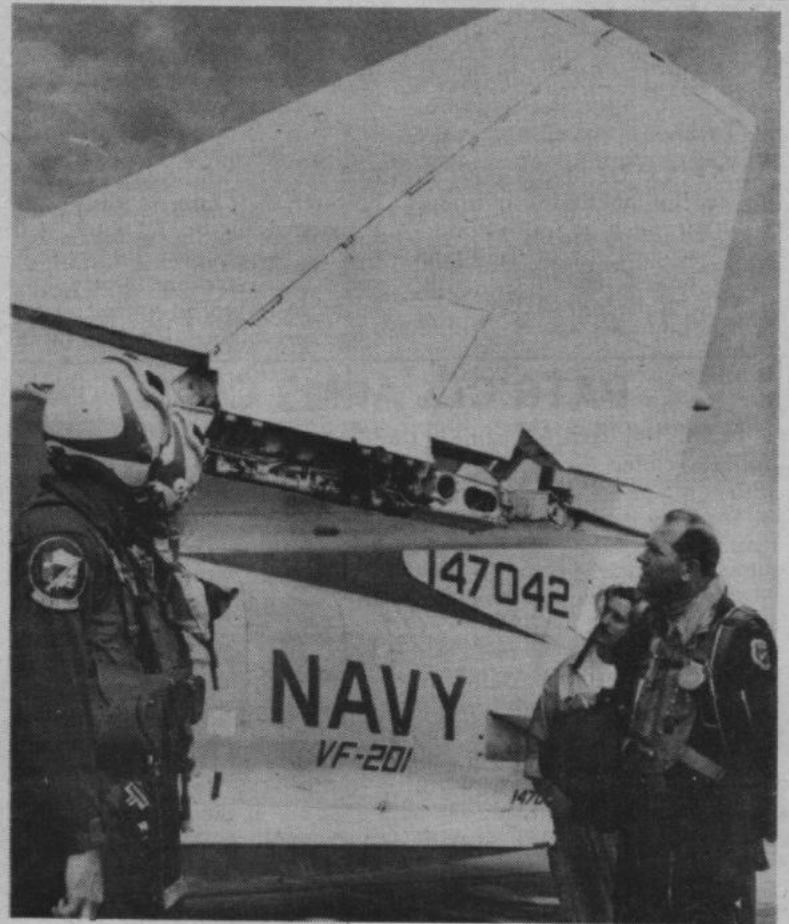
NPG activities during the past eight years have spanned a full range of policy questions dealing with strategic and tactical use of nuclear weapons, as well as related matters pertaining to planning and consultation arrangements. The formulation of some general guidelines on consultation procedures for use in time of tension or hostilities on questions of the possible use of nuclear weapons was one of the earlier accomplishments of the NPG.

Strategic nuclear questions have always occupied a prominent place in NPG deliberations and at each of their meetings Ministers discuss developments in the strategic nuclear balance. For many reasons, however, it is

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10 A.M. - 5:30 P.M. Saturday
Closed Sunday
Gas Bar - Whytewold Road
10 A.M. - 5:30 P.M. Mon. - Sat.
Noon - 5:30 Sunday
South Site - Edgeland Rd.

11:45 A.M. - 1:15 P.M. and 4:15 P.M. - 5 P.M. Mon. - Fri.
Did you know we are featuring Plastic Garbage Bags for .59-cents (Pkg. of 10) each time you fill up your vehicle and our Prestone Anti-freeze sell for \$6.25 gal!
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CFB COLD LAKE, ALTA - "How does it fly with the wing bent?" could be the question asked by Canadian Forces Lieutenant-Colonel A. B. H. Bosman, as he examines the folded wing of a U.S. Navy Reserve F-8 Crusader fighter. An F-8 squadron from Dallas, Texas conducted air combat training with CF-104 Starfighters from LT. COL. Bosman's 417 Tactical Fighter Operational Training Squadron for ten days here recently. (CANADIAN FORCES PHOTO)

theatre nuclear questions which have been both the most important and the most complex subject under consideration by the NPG. These questions have been addressed in one form or another at every Ministerial meeting held to date. During this time, the NPG has prepared political guidelines for the initial defensive tactical use of nuclear weapons by NATO; special political guidelines for the possible use of atomic demolition munitions (ADMs); and developed a concept for the role of theatre nuclear strike forces. Work continues on the refinement of political guidelines covering the possible defensive tactical employment of nuclear weapons by NATO in deteriorating situations after initial use has occurred.

In grappling with the question of what constitutes the best deterrent and what would be the least tolerable strategy to execute if deterrence fails, the NPG is currently re-examining the overall concept for the use of theatre nuclear weapons in Europe; how such weapons relate to deterrence and to a strong conventional defence; and the numbers and types of nuclear weapons considered necessary to support such a concept. Current technological developments, especially in the field of new guidance systems, e.g. the so-called "smart" bombs, which could have a potentially important impact on the whole complex of questions surrounding the use of theatre nuclear weapons, have naturally been taken into account in this study.

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LAUGHING AT OURSELVES



by John Semeniuk

CAPITAL CAPTIONS

1. Dentist called his country estate: "TOOTH ACRES".
2. Student at a Winnipeg High School christened their drinking fountain: "OLD FACEFUL".
3. A New York Night Club calls itself: "CHEZ WHEN".
4. A recently retired minister dubbed his first permanent home: "DUNMOVIN".
5. A women's club calls itself: "THE VICIOUS CIRCLE".
6. An American Army Private gave his newborn son the middle name: "FURLOUGH".

MATTER OF TACT—One of our federal politicians outshone tact itself when he walked into a bath occupied by a lady and calmly bowed himself out with: "I beg your pardon, Sir!"

WISH I'D SAID THAT—Lord Mancroft (industrialist and politician) once said:

1. (Replying to a very loud heckler) "A man with your low intelligence should have a voice to match!"
2. "No man can consider himself truly married until he understands every word his wife is not saying."

SPLIT SHIFT(?)—Two prosperous businessmen, who design and manufacture women's clothing, hired a new model. The model was a beautiful girl, but she wasn't too bright. The two partners were attracted to the girl; however their interest was not of a paternal nature. "Look", said one of the partners, "Being that she is so young and pretty, she might be taken advantage of by some fast-talking fellow. I think

PATRICIA ARMS CLUB

Due to the Battalion being in Dundurn for the last 2 weeks the mess has been closed for cleaning and refurbishing and we will open Friday with new Vim and Vigor with bigger and better things to come.

The Pete Turko and Fern Rondo show were a big success and we have booked them back for the last week of November. Members take note that we will charge \$1.00 for this engagement and \$1.50 for Guests, so make a note of the dates that these wonderful entertainers will be here.

Movies will be held every Sunday Night and everyone is invited to attend whether they be members or residents of the PMQs. There is no charge for the movies so come out and enjoy yourselves.

Our Halloween Dance this year is on Friday, 31 Oct and if you don't wear a costume it will cost you 75 cents extra. Food is Chicken and Chips and is included in the Price of your tickets. Members \$1.75 and Guests \$2.50. Every ticket will have a chance at the draw on a Texas Mickey, extra tickets will be available at the mess on the night.

Soc Hop on Sat 8 Nov come dressed up and we will give you some free Bubble Gum. Also prizes for best Costumes. Admission \$1.00 to everyone.

Remembrance Day we have planned for your enjoyment the return of the St. Andrews Pipers and Drummers also food and refreshments. Mess opens after the Parade and all wives are invited to attend. Entertainment starts at 1300 Hrs and continues till 1600 hrs. A music man will be in attendance from 2000 till 2400 and the admission is free.

Western Night 14 Oct and the Band will be Western Union and Inbetween sets there will be Fiddlers. Food Weiners and Beans, Chili Con Carne and Sourdough Pancakes. Blue Jeans will be allowed only if you are dressed Western style and for this occasion only. Regular Admission applies.

PATRICIA ARMS CLUB CALENDAR OF EVENTS

- 31 OCT (FRI) 9-1 HALLOWEEN DANCE
FREE FOOD - Price \$1.75 Members
COSTUME \$2.50 Guests
- 01 NOV (SAT) DANCE Reg. Adm.
BAND "HARVEST"
- 02 NOV (SUN) MOVIE "WHITE LIGHTNING"
1900 Hrs.
- 07 NOV (FRI) TGIF Food and Entertainment
- 08 NOV (SAT) "SOC HOP" 1950 Dress-Adm. \$1.00
FREE Bubble Gum
- 09 NOV (SUN) MOVIE "BANSHOT" Geo. C. Scott
1900 Hrs.
- 11 NOV (TUE) REMEMBRANCE DAY
Food 1230 Hrs Entertainment all Afternoon
"Pipers, Drummers and Dancers"
- 14 NOV (FRI) WESTERN NIGHT Reg. Adm.
Band "Western Union"
- 15 NOV (SAT) DANCE Band To Be Announced
- 16 NOV (SUN) MOVIE "I Escaped from Devils Island"
1900 Hrs.
- 21 NOV (FRI) TGIF Entertainment and Free Food
- 22 NOV (SAT) MUSIC MAN Free Adm. to Members
- 23 NOV (SUN) MOVIE "THUNDERBOLT AND LIGHTFOOT"
- 27 NOV (THU) PETE TURKO SHOW Adm. \$1.00 Guests \$1.50
- 28 NOV (FRI) BOSSES NIGHT - PETE TURKO SHOW
- 29 NOV (SAT) PETE TURKO SHOW Adm. \$1.00 Guests \$1.50
- 30 NOV (SUN) MOVIE "COPS AND ROBBERS" 1900 Hrs.

NOTICE: NO BLUE JEANS OR T SHIRTS ALLOWED IN MESS LOUNGE AT ANYTIME.

CLUB 61 MEMBERS ARE INVITED TO ATTEND AT MEMBER PRICES.

BATTALION BINGO DANCE WILL BE HELD 5 DECEMBER - LOTS OF PRIZES.

SUPPORT YOUR MESS, BY ATTENDING ITS FUNCTIONS.

Yes, Voxair does welcome letters to the editor

we ought to take it upon ourselves to teach what is right and what is wrong." "I agree", replied the other partner, "You teach her what is right."

CLASSIFIED CLASSICS—

1. From a Farm Weekly: "Lost, one upper dental plate at last Saturday Night's Social. Finder please return to Clem Jones ASTH THOON ASTH PUTHIBLE."
2. From a Toronto Paper - "Will the party who picked up the black cocker spaniel last weekend at Keele and Dufferin, please return him to 1492 Dufferin or come back and get the three-year old boy he belongs to."

VICE OR VERSA—A hillbilly had been courting a mountain gal for quite some time. Becoming concerned with the long courtship, the gal's father said to the hillbilly, "You all has been seein Nellie Belle there for nigh onto a year. What is your intentions...honorable or



Deputy Defence Minister, C. R. Nixon, left, greets U.S. Air Force secretary Dr. John L. McLucas on his arrival Oct. 8 at CFB Uplands. During his visit Secretary McLucas met with defence minister James Richardson; Mr. Nixon; the chief of defence staff, General J. A. Dextraze; and senior departmental officials. Talks will include briefings on the organization of the Canadian Forces and the newly formed Air Command and its role, as well as discussions on air matters of common interest.

(CANADIAN FORCES PHOTO)

dishonorable?" The startled hillbilly replied, "You mean I got a choice?"

THE PERFECT SQUELCH—Father: "You realize, son, that when Lincoln was your age, he was already studying to become a lawyer." Son: "Right, Pop, and when he was your age, he was President of the United States!"



We shall begin this article on a good note, that is; the "Bosses Night" was a tremendous success. Once the other messes straightened out their problems, they came from all corners of the base to try their luck at the numerous games which were set up by the Sports Officer and the entertainment members. With a little bit of magic, even the underdogs won fabulous prizes. The new furniture installed for this special occasion survived the "first" real try-out with a limited number of problems.

There are still those people (a small percentage) who don't seem to comprehend that wearing "blue jeans" in the main lounge is a "NO NO"; possibly restricting the bar services to the offenders for a month or so might solve this irritating problem, so if you're wearing "blue jeans" have your coke, wine, chips etc. in the games room.

Now for a few notes on the coming entertainment for October. The music man will make his appearance on the 24th and 31st of the month. "Games Night" will be on the 24th so sharpen up your fingers and darts and lets have a good turnout. "The Western Union" will be entertaining you on the 25th so come out and relax. This month and in the coming months will feature some of the best groups in Winnipeg, so start making plans for these coming events. The "Hallow'een Dance" will be on the 1st Nov. Posters will be distributed and hung up in the mess as to the band, food and time so keep an eye open for this big day.

See you later.



Recently high on the charts was a single called "Hello Central" (Give Me Dr. Music) from the RCA LP "The Hans Stayner Band" (KPLI-0087). That is just what the song is - medicine, good time, blues healing music for medicinal purposes. The group based in Vancouver records in the Can-Base Studios, Vancouver

B. C. and is a prime example of some of Canada's great musicians, as their No. 1 song proves.

With a Dr. Hook type vocal, the group continues into a soft bluesy number entitled "Never Learned to Crawl". A great dancing number, the type you automatically just move to. While "Someone's Knockin'" is a good piece, it lacks a certain amount of "oompphh". Nothing really special about it.

"Too Long At the Fair" would be better if it was just as instrumental as it holds some great 6 and 12 string acoustic music. The vocals detract from the full potential the song has. "Follow Me Down" flows with the style and taste of the Nitty-Gritty Dirt Band, and holds some good harmonies.

For monotony listen to "Slow Moshun", but "Sweet Sympathy" makes up for it both in vocal and music being a gentle, steady mover that has the right amount of ups and downs. "The Key" was a cut from the *Guess Who*, by Randy Bachman, and if I remember right it was on the "Wheatfield Soul" album. "The Key" is also the name of a heavy blues number squeezed in before "Instant Comphort", for only one minute and forty-two seconds, making up for the 6:15 time that "Sweet Sympathy" took.

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General Jacques Alfred Dextraze, CBE, CMM, DSO, CD

CDS Commendations Awarded

CFB GAGETOWN—Members of 403 Helicopter Operational Training Squadron and 422 Tactical Helicopter Squadron were on parade here this morning to see Commendations by the Chief of the Defence Staff presented to three of their number. Making the presentations on behalf of the CDS was the Base Commander, BGEN E. M. K. MacGregor.

While the Commendations which follow generally speak for themselves a few explanatory notes are in order.

Sergeant Tees was a member of 408 Tactical Helicopter Squadron when he carried out his rescue, and the rescue itself took place at Wainwright. Sergeant Tees is now on strength of 403 Helicopter Operational Training Squadron based on Griffin Field, CFB

Gagetown.

At the time of flying their rescue mission Captains Grant and Auld were both members of 422 Tactical Helicopter Squadron but Captain Grant has since been posted to 403 Squadron.

Sergeant Tees and Captain Auld are both from Thunder Bay while Captain Grant is from Belleville, Ontario.



In recognition of the outstanding skill and conduct displayed as the co-pilot of a CH135 during a rescue operation near Maugerville, N.B. on 9 November 1974. Captain Auld's flying skill and example of crew co-operation in very demanding circumstances provided invaluable assistance to the aircraft captain during this mission.

In recognition of the calm and professional manner which he displayed at the scene of a crashed helicopter on 9 May 1974. His instant response and complete disregard for his own safety were instrumental in the successful rescue of the aircraft's injured observer from the smoking helicopter. Sergeant Tees' composure and dedication to duty in rescuing the observer, administering first aid, and attempting to extinguish the fire, was outstanding.

In recognition of the professional competence and determination displayed as the pilot of a CH135 during a rescue operation near Maugerville, N.B. on 9 November 1974. Captain Grant's outstanding flying skill, as well as judgement and initiative, under the most demanding circumstances played a highly significant role in the completion of this mission.

BE GENEROUS WITH PRAISE
- cautious with criticism.



"Dave, those two television starlets I told you about just hit town! Yours...? Just as you like them, short and dark!"

CFB Moose Jaw Sgt. T.C. Duffin PTE. G.J. Campbell

MOOSE JAW—Efforts beyond the call of normal duty have earned commendation from the chief of the defence staff, Gen. J. A. Dextraze, for two engineers stationed at CFB Moose Jaw.

SGT. Thomas Cully Duffin, 32, Drumheller, Alta., and PTE Gordon James Ralph Campbell, 23, Toronto, received their awards for showing daring and perseverance under hazardous conditions during a turbo fuel storage leak Nov. 20-25, 1974.

The two men were part of the team which worked tirelessly during the six days to repair the underground delivery line and recover some of the leaking fuel.

Several thousand gallons of turbo fuel had leaked into the soil immediately surrounding the loading point.

SGT. Duffin was in charge of the crew that performed the many operations required to recover fuel in the ground and to connect pumps, pipes and POL (petrol, oil, lubricant) handling gear.

Reporting on the activities, COL. R. H. Annis, base commander at Moose Jaw, said "during recovery of fuel there was extreme danger of fire and explosion while the ground was

excavated by hand in order to pump out the fuel.

"SGT. Duffin worked long hours throughout the entire period in a highly effective and dedicated manner without regard for his personal safety.

"By his personal leadership and example he was most instrumental in the successful and safe completion of the project," COL. Annis said.

One of PTE Campbell's specific tasks during the operation was to look after the inlet end of the suction pipes in the underground excavations and ensure that the inlet was kept clear of debris.

Said COL. Annis, "He carried out these and other tasks in a highly determined and enthusiastic manner, disregarding the personal hazards involved and frequent bouts of nausea from the noxious fumes.

"It is also noteworthy that PTE. Campbell volunteered for these assignments throughout the entire six-day period, although he was on days off," COL. Annis said.

The base commander also pointed out that the work of both men reflected credit on themselves, the base and the Canadian Forces.

WO & sgts mess

First of all, a great big "THANK YOU" to the Associate Members for a really enjoyable evening. The Second Annual Members Night went off very well and was appreciated by all.

Could it have been the long weekend that caused the small turn out for the Bingo? Those that did attend had an hour or so with the numbers, then dancing from nine thirty until one. Due to the delayed mailing of the calendars, some of the members did not know about the requirements for sandwiches, this is the reason we did not proceed with the original plan to "lump them altogether." Members that did bring out some food, "Thank You."

For a list of future happenings, the Entertainment Calendar for the next few weeks is as follows:

ENTERTAINMENT CALENDAR MIXED T.G.I.F.	
24 Oct	Starts 6 P.M.-Food 7 P.M. Special Entertainment by "Assiniboine (Prospective) Chapter of Sweet Adelines" Music man will provide Music for dancing
31 Oct	NO T.G.I.F.
1 Nov	HALLOWE'EN DANCE Music by "SPECTRUM" Starts 9P.M.-Prizes for Costumes
11 Nov	Afternoon OPEN HOUSE To Veterans organization from 12 Noon FOOD AND MUSIC FIRST BAND ON STAGE AT 2 P.M.



A M-109 155mm self-propelled howitzer of 1 Royal Canadian Horse Artillery, based near Lahr, West Germany, rolls onto a German Army ferry which carried the 26-ton vehicle across the Danube River during Exercise Grosse Rochade, a five day exercise involving 70,000 German, American and Canadian troops.

(CANADIAN FORCES PHOTO)

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An informed sorceress has reported seeing a mysterious M.F.O., that's a magical flying object, in the sunny skies of Florida. In keeping with the Halloween tradition of "trick or treat", this trick photography is a treat to the beholder and a wizard opportunity for Sunken Gardens' resident witch, Debbie Sebela, to remind evening motorists to watch out for mini-ghosts and goblins. Besides, it's a great way for the spellbinding St. Pete coed to get her exercise.

Courtesy Florida Sunken Gardens

Chapel Services

PROTESTANT CHAPELS
St. Andrews Chapel (P)
Corner Grant & Kenaston
Tel: 889-9173
10:30 a.m. — each Sunday,
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4th Sunday — COMMUNION.
9:15 a.m. — 2nd Sunday —
Holy Communion (Anglican).
Chapel of The Good Shepherd
(P)
Corner Whytewold & Silver
Tel: 832-1311 Loc. 417.
11:00 a.m. — each Sunday,
DIVINE WORSHIP
4th Sunday — COMMUNION.
9:15 a.m. — 1st & 3rd Sundays
— HOLY COMMUNION
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Base Chaplain (P)
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Capt. J.J.A. Tyrrell
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Silver St.
Tel: 832-1311 Loc. 272.
Masses: 7:00 p.m. Saturday;
11:00 a.m. Sunday; 4:45 p.m.
Tuesdays & Thursdays.
Occasional services and
sacraments are arranged by
contacting one of your Chaplains.
Capt. Father E. Cremona
Base Chaplain (RC)
Telephone: 885-2715
Capt. Father H.E. Nowakowski
Chaplain (RC)
Telephone: 889-1331.

**From The
Chaplain (RC)**

By CAPT E. CREMONA, BASE
CHAPLAIN (RC)

It happened that three ministers were on a holiday trip to Hawaii when the pilot announced that he had engine trouble. The three ministers, an R.C., a U.C.C. and a Rabi, noticed that they don't have an ordinary prayer that fits the three denominations. A prayer would help to stop the commotion on the jet. The R.C. suggested that the three ministers should do something religious that would not offend any religious beliefs. The rabbi took his black hat and said "We all agree on something we do in our temple — I'll take up a collection!"

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