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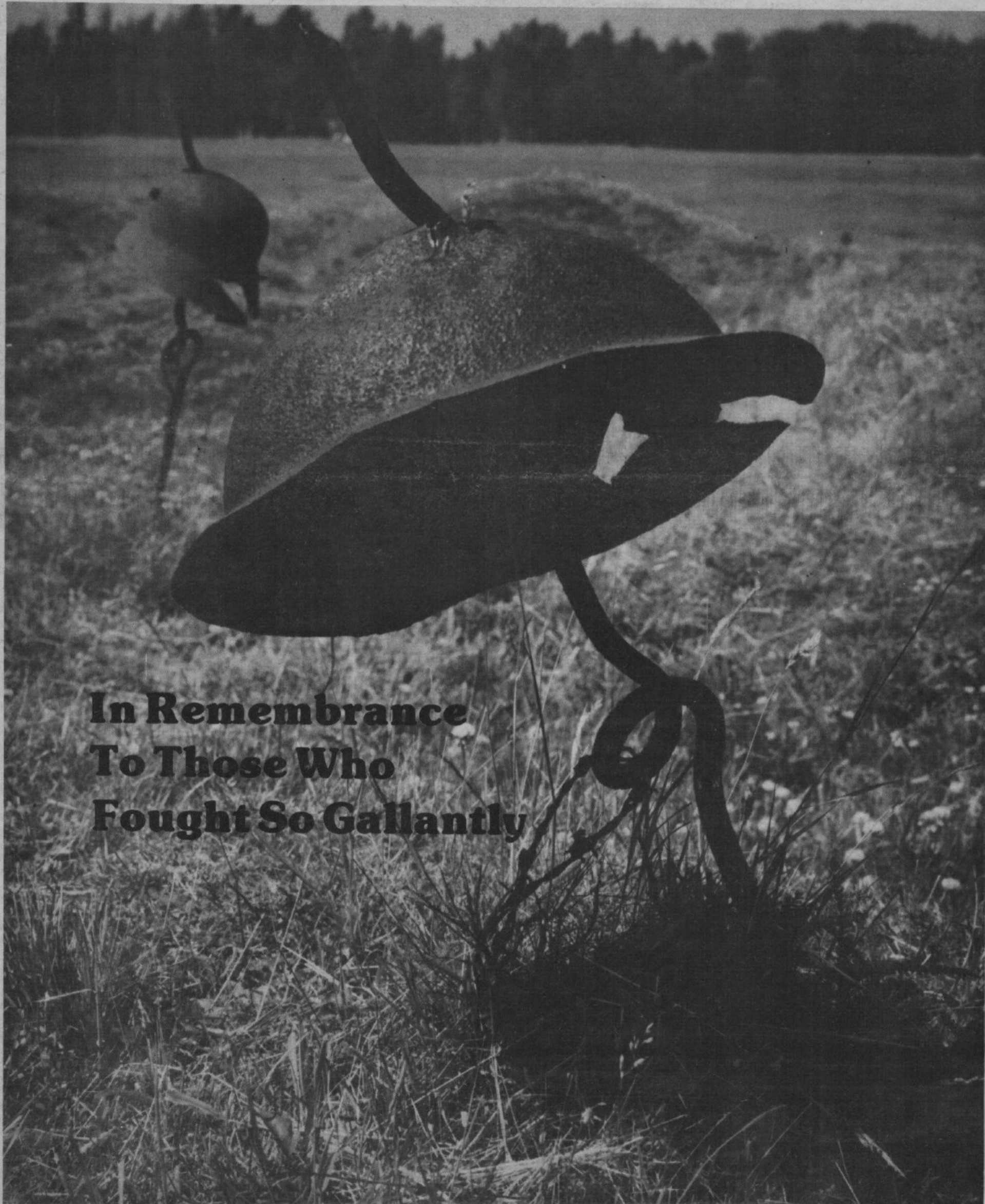


Following The CANADIAN FORCES

NOVEMBER 5, 1975

CANADIAN FORCES BASE, WINNIPEG

VOLUME 24, NO. 21



**In Remembrance
To Those Who
Fought So Gallantly**

Photo by WO. Bill Cole DND OI WPG.

Military Police Report



MP Fund For Blind — Tops Previous High

CFB Winnipeg Military Police ended their 1975 campaign to raise funds for the Military Police Fund for Blind Children at the end of October. Co-Chairman Warrant Officer Norman Penney reports that the total raised by the Security Section was \$2000. It is the largest sum ever raised by the section on this base. The previous high was \$1850 in 1973.

It is impossible to name all the individual donors who contributed to the Blind Fund campaign, however the Base Security Section wish to express their sincere thanks to all who supported their campaign. In particular, a special 'thanks' to the Base Commander, Colonel M. D. Gates, whose support was invaluable, to LCOL. G. Whitten, Canex and Voxair, to the Protestant Chapel Committee for their early kick-off donation and the firms and organizations who generously donated to the fund.

The Military Police held a bingo and a raffle draw in support of the Fund on 15 Oct 75 in building 21. Mrs. Gates made the draw for the 20 inch colour TV. Winning ticket number 2790 was held by J. Morrison of Long Spruce, Manitoba, and the TV was delivered to her mother, Mrs. Allam of Windsor Park, Winnipeg. The door prize, a portable radio donated by Canex, was won by ticket number 675, held by Mrs. Sarah Tinck, 271 Rutland Street, Winnipeg.

Brig.-Gen. R.J. Weekes Promoted

OTTAWA — Defence minister James Richardson has announced the promotion of Brigadier-General R. J. G. Weeks, 53, of Ottawa to the rank of Major-General retroactive to September 1. He is the Director-General of Intelligence and Security for the Canadian Forces.

MAJ-GEN. Weeks enlisted as a Private in The Lorne Scots in Toronto in 1941. He was commissioned the following year and attended the war intelligence course at Kingston's Royal Military College.

In 1943 he became a divisional intelligence officer and served in Northwest Europe from D-Day until the end of the Second World War. He remained as an intelligence officer with the Canadian Army Occupation Force in Germany for another year before returning to Canada.

He has held staff appointments with the Directorate of Military Intelligence and with the former Prairie Command Headquarters in Winnipeg. He attended the Canadian Army Staff College, Kingston, from 1953-54 and was resident staff officer at the University of Saskatchewan in Saskatoon from 1955-57.

Overseas postings have included two years as an exchange officer in Britain and a three-year exchange tour in Washington.

In 1963, MAJ-GEN. Weeks was appointed Military Staff Officer to the Minister of National Defence, a post he held for five years.

He served as the Canadian Forces attache in Bonn, West Germany, from 1968-72, and on his return to Canada in 1972, took up his current appointment.

**NEXT VOXAIR
DEADLINE
2 P.M.
Wed. Nov. 12**

Sign in a chemical plant - "IF YOU INSIST ON SMOKING, PLEASE TELL US WHERE TO SEND YOUR ASHES."

Sign in a maternity ward - "LADIES' READY TO BEAR DEPARTMENT."

CANADA SAVINGS BONDS



1975-76 SERIES

This year's Bond will yield 8 3/4% for the first year and 9 1/2% for the remaining eight years to maturity in 1984.

Cash sales or Payroll Savings Plan applications will be available through your unit canvassers until Wednesday, 12 November.

For further information contact your Unit Canvasser or Captain W. T. McIntyre at local 504.

CFB WINNIPEG UNITS WIN UNITED WAY AWARDS

To date several units at CFB Winnipeg have earned awards for praiseworthy and generous support of the United Way Campaign.

The Air Command Management Study Unit has earned the gold award. This represents over 75 percent participation and contributions of over \$25 per capita.

Units to earn Silver Awards are the following:

- Canadian Forces Air Navigation School,
- Canadian Forces School of Meteorology,
- Base CE Electrical Shop.

The Base CE Administrative office has earned the Bronze award.

Each of the above units has well exceeded their particular goal for the CFB campaign.

Our congratulations and thanks are extended to the above units and sections for these generous contributions.



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Colonel M. D. Gates, (CD)

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Capt. D. C. Brazeau
303

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BUSINESS MANAGER
WO. W. T. Finn 698

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Opinions expressed by contributors do not necessarily reflect those of the Editor, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a service newspaper as specified in CFAO 57-5. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment.

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

VOXAIR offices are located in Building 52 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

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The Truth About SISIP

PART II OF A SERIES

ADVANTAGES OF SISIP

One of Canada's leading consulting firms on personnel benefits, commenting on the advantages of the Servicemen's Income Security Insurance Plan stated that:

"Few benefit programs have been designed like SISIP to provide guaranteed minimum benefits at minimum cost by taking into consideration benefits available from all sources."

The "guaranteed minimum benefits" is indeed one of the disadvantages of SISIP. The main benefits, that is, the Long Term Disability (LTD) benefits and the Survivor Income benefits are based on a percentage of the member's salary. This means that when a person enrolls in SISIP he or she knows that if the LTD or SIB monthly income ever becomes payable it will be a percentage of the last rate of pay, regardless of what has happened with inflation. Although the dependents insurance benefits do not have this protection against inflation (because they provide fixed sums of \$10,000 on the spouse's life and \$1000 on each dependent child throughout the life of the SISIP policy) if the real value of these amounts diminish in future years, the Servicemen's Insurance Board of Trustees may negotiate higher benefits as was done in 1973 when the spouse's insurance was raised from \$5000 to \$10,000.

An obvious advantage of SISIP is that it provides a total "package" to serve a person for a life time. The LTD, SIB and dependent's Life Insurance provides excellent protection during a member's military career, and the Post Retirement Continuation Plan (PRCP) offers non-expiring decreasing term insurance at group premium rates when the member retires.

The cost of SISIP coverage is also one of the attractive features of the plan. SISIP is an "experience rated" group plan. Experience rated means that the net costs of the plan determine the premium rates for the group of participants. The "experience" of SISIP over its first five years was better than expected; therefore on 1 December 1974 the premium rates were reduced for all participants under age 50. At present, single members who are earning from \$400 to \$2000 per month pay premiums ranging from \$0.50 to \$2.50 respectively, for LTD coverage. Married members pay higher premiums but have much greater coverage. A few examples, using approximate but fairly accurate calculations, will illustrate this point.

EXAMPLE NO. 1

For a Corporal; age 27; with 8 yrs service; married with 1 child; whose current pay rate is \$902 per month, would have at this

time solely from SISIP;

(a) LTD coverage of \$551 per month, which equals \$6612 per year (\$66,120 over 10 years; \$132,240 over 20 years; and \$198,360 over 30 years) plus cost of living increases of up to 2% per year.

(b) SIB coverage of \$451 per month, which equals \$5412 per year (\$54,120 over 10 years; \$108,240 over 20 years; and \$162,360 over 30 years) plus the cost of living increases of up to 2% per year.

(c) Insurance on the spouse amounting to \$10,000 and \$1000 on the dependent child. The cost of this total coverage at this time would be \$9.25 per month.

EXAMPLE NO. 2

A Sergeant; age 42; with 20 years service; married with three children; with a pay rate of \$1048, would have at this time, solely from SISIP;

(a) LTD coverage of \$358 per month which equals \$4296 per year (\$42,960 over 10 years; and \$107,400 over 25 years) plus the cost of living increases of up to 2% per year.

(b) SIB coverage of \$315 per month which equals \$3780 per year (\$37,800 over 10 years; and \$94,500 over 25 years) plus the cost of living increases of up to 2% per year.

(c) Dependents insurance of \$10,000 for the spouse and \$1000 for each dependent child.

The cost of this total coverage would be \$15.98 per month at this time.

EXAMPLE NO. 3

A Major; age 43; with 20 years service; married with three children; with a pay rate of \$1885 per month would have, solely from SISIP;

(a) LTD coverage of \$792 per month which equals \$9504 per year (\$95,040 over 10 years; \$237,600 over 25 years) plus cost of living increases of up to 2% per year.

(b) SIB coverage of \$565 per month which equals \$6780 (\$67,800 over 10 years, and \$169,500 over 25 years) plus cost of living increases of up to 2% per year.

(c) Dependents life insurance accounting to \$10,000 for the spouse and \$1,000 for each child.

The cost of this total coverage would be \$28.74 per month.

SISIP has many advantages and it offers excellent value for the participants. These SISIP benefits added to those they may be available under the CFSA and CPP/QPP provide excellent financial security.

Find out what SISIP can do for you by consulting your Pensions and Insurance Co-ordinator at local 461 or by writing to the Director Compensation Development at National Defence Headquarters in Ottawa.

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Mr. Sam Kalef Honoured On Retirement



SAM KALEF retired on the 17 October 1975, after 25 years of service with the Government of Canada. Sam began his public service at the Dept of Agriculture in 1950. In 1965, he came to DND at 16 R.O.D. The Canadian Forces Integration brought him to Training Command in 1966. He always had a smile and a friendly "hello" for everyone he met in his work.

On Thursday, 16 Oct 75, two presentations were made at Air Command in building 2. Major H. F. Leggett, HQ COMDT, presented Sam with a traditional wrist watch from his friends and co-workers. BGEN J. T. West, COS SUP, made the presentation of the Certificate of Service.

(BASE PHOTO)

Stamp News And Views

BY GEORGE APPS

Where are all the stamp collectors? The results of the suggestion to form a stamp club were not too good, but, there will be a meeting, the time and place will be published in the next issue of Voxair.

Postal strike permitting, the next release for Canada Post will be on 10 November. This will be a commemorative for 'The Royal Canadian Legion'. 24,000,000 copies of the 3 colour, eight cent, horizontal format, stamp are being printed.

It was in November 1925 that a unity convention was held in Winnipeg. At this convention many small veterans groups joined together to form the Canadian Legion. By royal assent it became The Royal Canadian Legion in 1960.

No doubt Canadians will be paying higher postal rates when the current labour dispute is over. Right now our rates must be about the lowest in the world. One example is the rate in the U. S. where it currently costs 10 cents to mail a letter. This is expected to increase to 13 cents by the end of this year.

In September the United Nations Postal Administration released a stamp commemorating 'Namibia'. Many people have wondered 'What or where is Namibia'? The answer is in an area of Africa formerly known as South West Africa. The trouble is that the actual name of the area depends upon who is talking about the country for although the U. N. calls it Namibia, to the commercial world it is still South West Africa.

November 21 will be the release date for the last commemorative for this year, by the U. N. There will also be a souvenir card and the 1975 souvenir folder will be released on that date. The stamp and card will have as the theme 'United Nations Peace-keeping Operations'. In January 1976 the UN will release four new definitives, values of 3, 4, 30 and 50 cents. When these stamps are released it will be the last day of sale for the current 30 cent (in circulation since 1961) and 50 cent (in circulation since 1964).

New Commander Of UNEF Middle East



Brigadier-General J. P. R. LaRose, 50, Kapuskasing, Ont., is Canada's newest commander of the Canadian contingent in the United Nations Emergency Force, Middle East. He succeeds Brigadier General Donald E. Holmes, 55, Hamilton, who is retiring. General LaRose has been serving as Director-General Senior Appointments at National Defence Headquarters. (CANADIAN FORCES PHOTO)

DAN HODGERT NDHQ
dapperdan
 says
 directorate of social development services

DEBT PRONE NEED HELP

OTTAWA (CFP) - A few years ago I wrote an article on food freezers that incurred the wrath of many food provisioner companies in the country.

Not too long ago my article on the pros and cons of second mortgages drew much flak from real estate boards throughout Canada.

Well, I've done it again with my recent article on consolidation loans. The Old Dapper has been taken to task for suggesting that one should take a long look at "billpayer" loans before applying the old "John Henry."

I will repeat for all and sundry that suggesting a consolidation loan to an irresponsible person who is a poor credit risk is like offering a drink to a skid row derelict - very "interestink" but also very "shtoopid."

In the majority of cases that I have dealt with over the past 30 years, the candidate for a "billpayer" loan has clearly demonstrated that he has not been managing his finances very well, or he wouldn't be in such poor financial shape. The last thing he needs is another loan. What he really needs is financial counselling.

Someone has to ask him some searching questions so that the process of rehabilitation can begin. Nothing is solved by

lending him several thousands of dollars to pay off all his debts, unless you can instill in the applicant the necessary discipline required to stick with the plan, and pay off the consolidation loan before other financial transactions are considered.

Let us take a look at an actual case from my files. Once again, in good military fashion, the policy of no name - no pack drill will be followed.

Although this case is a few years old it is a good example of what is still happening in the country today, and will emphasize the dangers of consolidation.

At the time of the interview, the service member was 22 years of age, married, with one child. He was indebted to the tune of \$13,745.00 to the following creditors. To facilitate computation, the debts have been rounded off to the nearest dollar.

- 1. 1st Dep Store 15.00
 - 2. 2nd Dep Store 350.00
 - 3. 1st Finance Coy 3,300.00
 - 4. 3rd Dep Store 1,400.00
 - 5. 2nd Finance Coy 80.00
 - 6. 4th Dep Store 1,400.00
 - 7. Bank 6,000.00
 - 8. 5th Dep Store 1,200.00
- \$13,745.00**

Now, let us analyze the debt situation. The third debt listed refers to first consolidation loan he obtained. The 7th debt listed refers to the second consolidation he received. When the service member finally arrived at our counsellor's office the balance owing on his accounts were as listed above. In reality, he was paying off two consolidation loans, plus a multitude of other debts.

It didn't take an experienced financial counsellor very long to realize that he was dealing with a very immature and irresponsible couple who hadn't the foggiest notion of consumer credit or

money management. Yet this couple was able to go out to the marketplace and obtain substantial amounts of cash with very little investigation by the creditors.


Okay. You be the judge. Who is to blame for this unfortunate case? In my opinion he needed a consolidation loan like he needed another hole in his head. This young couple should have been stopped early in the game and subjected to some good consumer education.

You will recall my earlier article when I stated we were able to find a solution, and that couple is now doing very well. We weren't as fortunate in this case, and the only solution was personal bankruptcy.

So take heed, my friends, it is so easy to get into debt. And if you aren't careful the debts start snowballing and you too could be a candidate for personal bankruptcy.


tell voxair

ROYAL DANCE CONSERVATORY PROGRAM



Miss Rita Jamieson, daughter of Chief Warrant Officer Jim Jamieson of CFB Winnipeg, wishes to announce her association as a member of the Royal Academy of Dancing with the Royal Dance Conservatory, Winnipeg.

Miss Jamieson holds a certificate from the Royal Academy of Dancing, London, England and has taught Ballet, Jazz and Social Dancing.



Miss Joanne Scott will instruct in Baton, Ballroom and Tap Dancing. Joanne is a past Winnipeg Blue Bomberette Majorette.

Bruce Elliott the third member of the Royal Dance Conservatory staff will teach Ballroom dancing for private & group classes.

The Royal Dance Conservatory offers Pre-School Ballet and Tap for 3 and 4 year olds. Ballet, Tap, Jazz and Social dancing will be taught for all other age groups, children and adults.

FEEES FOR FROUP CLASSES IN BALLET, TAP, JAZZ AND SOCIAL DANCING ARE:

1 hr per week \$10.00 per month - 2 hrs per week \$18.00 per month - Pre-School Class (45 mins per week) \$7.00

FEEES FOR GROUP CLASSES IN BATON ONLY: 1 hr per week \$6.00 per month

REGISTRATIONS are now being received and classes commence Saturday November 15th, 1975 at the Royal Dance Conservatory Studies 414-265 Portage Avenue. Phone 943-4978. Office will be open from 12 noon to 8 PM each evening until November 15th. Registrations will be accepted at any time after classes commence.



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cfans news corner

By T. G. BREMNER

NAV

November has been cancelled due to lack of interest! The picture of Miss October on my Playboy calender has proven so popular that everyone refuses to let me flip the page over to next month. They all insist that we run through October at least once more. Besides, that means we can staff for another month before the students come back to harass us.

A few familiar faces have already drifted back into town in anticipation of the return of our Hercs. Lts. Aruja and Grimard, for instance, have been seen skulking around the back rooms of the mess off and on during the last week or so. Presumably their eagerness to get back to work prompted them to head back to the school for a pre-restart review but, if the truth be known, they probably had such a blast on leave that they're flat broke and fagged out. (Some definite suntan was noted in at least one case - probably got it while practising for his mile and a half run on a beach somewhere). Lt. Roy has also been in the vicinity - he just never left 'cause his wife wouldn't let him go the the States with the single guys! Serge and almost all of course 7504XT were swallowed up by AIRCOM HQ for the duration of the lay-off. We'll probably get them all back sooner or later - the later the better!!

The TSSC and the rest of the Standards section got the whips out last week in an effort to urge the Nav Squadron into even more frenzied activity. They claim that we aren't producing enough paper per day, per man to justify our existence. I guess no one told them that we do have other things to do; Summary Investigations, PE, Small Arms Qualification, PE, flying, PE, parties, PE, TGIF, PE, Voxair articles, PE, Defensive Driving, PE and coffee breaks. On top of all that, we have a whole gaggle of guys spread around on courses where we can't get at them to assign extra jobs: Barry Stannard and Al English in Camp Boredom for SIT 1; Win Koch and Neil Sherman also in Camp Boredom for SIT 2; Pete Kendell, Al Hamelin and Pete MacDonald in Trenton on the e-x-t-e-n-d-e-d Hercules OTU; and Jim McBride stashed upstairs on the current SANC. All the hassling about work started shortly after a specially modified cartoon strip

Ed Palmer and Gord Dow finally got their pieces assembled in the Officers' Mess in time for the Oktoberfest on October 18th with the intermittent assistance of various and sundry members of the Nav Squadron. To all involved, and particularly to Ed and Gor, "Well Done" and "Thanks" for a fine job that served to remind all attending that ANS is still here, still working and continually involved in all base

SOMEHOW found its way into the Standards offices. What a bunch of soreheads - one little poke and they all blew their cool!

The "Gunsmog" reruns were held on October 22nd and 24th at the St. Charles range for: a) those that missed the first shoot-em-up day; and b) those that failed to attain at least 50% in death and destruction, wreaking of havoc and pistol-whipping on the first try. Things got off to a much better start this time around. BK took coffee and cookies for snackies, noise suppressors for those with tender aircrew eardrums and even remembered to take the guns and ammunition along. (He didn't tell me about that last part when he left me to look after things earlier in the month while he went swanning in Thule. I had to run two police roadblocks with all that junk in my car. After all, how would YOU explain 20 - 9mm pistols, 4000 rounds of ammunition, 5 cases of beer and 5 dozen disposable diapers to your local RCMP traffic patrol?) The scores were much better this time but a few people are questioning Chris Mathieu's acclaimed prowess at outdoorsmanship. No one, but no one who bags a moose at 700 yards with one shot could possibly miss a man-sized target that often with a hand gun at 30 feet! We pay people to mow the grass and till the soil, Chris!! They also tell me, Cick, that certain people in the Standards section are having trouble meeting the standard.

The search for the missing aircraft in the vicinity of Thunder Bay has been terminated after many, many hours of fruitless searching. CFANS and 429 Squadron provided a number of crews to assist those from CFB Trenton and the US Coast Guard in the search operation but, regrettably, no signs of survivors or wreckage were located.

Ed Palmer and Gord Dow finally got their pieces assembled in the Officers' Mess in time for the Oktoberfest on October 18th with the intermittent assistance of various and sundry members of the Nav Squadron. To all involved, and particularly to Ed and Gor, "Well Done" and "Thanks" for a fine job that served to remind all attending that ANS is still here, still working and continually involved in all base

ASC news news news

By CAPT. MEL WALKER

Call me Ishmael or... call me a taxi or... call me anything but don't call me late for pay parade. The raise goes in the bank today. One would think that this would be cause for high-level financial discourse in the halls, for running interest and mortgage programs through the Hewlett-Packard computer, for bold economic action. But, no. Discourse on the state of the stock market is noticeable in its absence and the only bold financial act we've heard of is that Rod Pederson bought a Captain Canada comic book.

This absence of meaningful fiscal dialogue probably has a lot to do with the disappearance of thirty-seven warm and breathing bodies from the ASC halls and offices. SANC 7503 and ASC28 are on tour, escorted by a Lieutenant-Colonel, three Majors, four Captains, one Herc crew and a partridge in a pear tree. ASC 28 is doing a tour of North Bay, St. Hubert and Halifax military installations and SANC7503 is visiting Ottawa. Counting up course members, that makes twenty-nine, count em, twenty-nine visit reports to be assessed. Split infinitive! Dangling participle! Whattaya mean, what do I mean?! These will be the battle cues rining through the halls for the next week or so.

activities!

My compliments to the folks in the Base Housing Office and the gentlemen responsible for the maintenance of the BLHU's in Jameswood! Personally, I have received such outstanding service in response to my work requests for minor repairs to my PMQ that I can scarcely believe it. Keep up the good work! Now, if we can just get some insulation put into the walls I won't get frost-bitten fingers when I plug in the toaster and I may even be able to pay the gas bills this winter.

It would appear that work on the first C 130 NT is progressing well despite the requirement to do a "hurry-up" mod on the wing structure of every aircraft (except the new "H" models) in the Herc fleet. Glen Nelson has disappeared from our midst and has purportedly taken up residence with NWI in Edmonton to keep an eye on things and show them where to plug in all the goodies. We aren't just too sure when he'll be back so if anyone goes that way we're looking for a volunteer to deliver some mail from his family (same to you, CUPW), his winter snuggies and his teddy bear. (Edmonton is very cold when you are alone, you know.)

SANC7503. Yes, Virginia, there is a SANC7503. They suddenly arrived and were just as quickly gone (on tour). And without so much as a vox having been sired by way of introduction. (Our Concise Oxford Dictionary leads us to believe that 'vox' means 'voice'. Since it has lied to us only once before, there you go - enlightened.) Nor have the course members' smiling faces been presented to Your Readership. And, you know, we're slaves to tradition - even the most recently instituted ones - so that you will have base your breath until the next issue. By that time the regular author of this sterling column will have returned and the course photo will have been unearthed. Also, Maj. Toole, the SANC Course Director, will have had a chance to have drafted short biographies of the course members for expansion and distortion. Be warned that the people and names will be real. Only the places and events will be changed to sully the reputation of the innocent.

On to things of a more initial nature. We failed in our attempt to qualify to fire the Browning 9 millimeter pistol. We also contracted a case of hives from having fired. When questioned as to whether or not failure in the

Anyhoo, hurry back, Glen. The quality of bridge is declining quickly.

The annual scramble in the parking lots has started again as everyone tries to figure out where to park the clunker so as not to acquire a little notice from the Military Police. Even The Boss is having problems this time. He switched from his old spot behind that ginormous garbage bucket to the place on the other side of the door - nothing but trouble ever since. Everybody seems to think that particular space is for visitor parking. I'll trade you for my spot by the fire plug, Sir. There aren't any plug-ins but you never have to sweep the snow off of the car - enough people bash into it to keep it clean.

I hear the sneaky shuffle of "Big Brother" (Standards) coming down the hall to check up on the quality and quantity of production, so I'd better hide my typewriter and try to look industrious. See ya!!

Today's Thought: BE KIND TO PILOTS. SOME OF THEM USED TO BE NAVIGATORS AND RADIO OFFICERS AND, THEREFORE, NOT NATURALLY PARTIAL TO BANANAS.



aforementioned pursuit meant that a summer in Montreal was out of the question, Maj. Chisholm bared his teeth and made chortling sounds. We rushed to his assistance, of course, but to no avail - he hasn't been seen since ASC28 left on the short Canadian tour. Interestingly enough, several of our number passed the 9mm qualifications. Among them was LCol. Brittain. He did complain, however, that the loaders were only giving him 9 bullets instead of the 10 he was supposed to get each time. He based his accusation on inspections of his target. With characteristic tact and diplomacy, we restrained ourselves from informing him that he had been given 11 bullets, not 9. It was an act of either discretion or unit pride committed by a fellow whose initials are P.L.A.X.T.O.N. John (JP4) Plaxton passed his qualification as well. He had some help, though. Someone else was shooting at his target, too. Can't recall the man's name. Enough said about guns, bullets and things that go bang in the night.

ASC28 is reduced in members by one. John Conrad has applied for a release from the forces. We were sorry to see John go. His release, all else being equal, has improved the promotional possibilities for the remaining navigators by 0.00001 percent so no solace is found even there.

John Leross has all but completed his garage and has cut himself only once with a saw. The old manual dexterity is still there as can be seen from the fact that John still has ten fingernails and the same number of toes he started with.

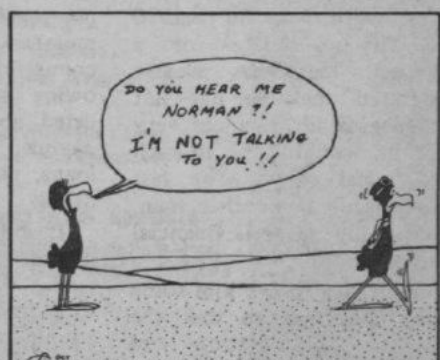
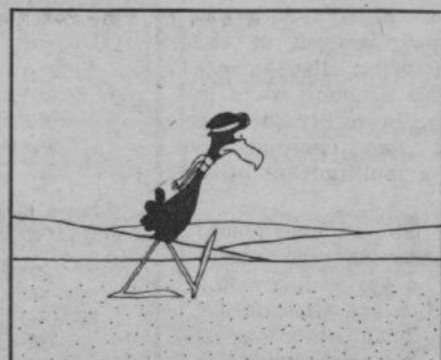
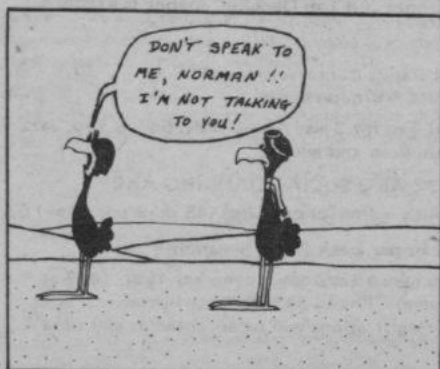
The most recent issue of 'Interavia' has found its way back onto the library shelves and we won't accuse Squadron Leader Bayne of having had it even though the cover picture would have been dear to him. It was a full-colour, 8-by-10, glossy photograph of an MRCA in flight without its engines blowing up.

'Never surround a desperate enemy! Isun Isu.

'If it works, don't fix it.' Anon. 'Stone walls do not a prison make, nor ironing boards a grape.' Me.

'Bye. Y'all come back now. Y'hear?'

GUDGEL STEW by Rick St. GERMAIN



429 SQN BISON BREW



Howdy herd! Your roving reporter is now looking at the world through the counterpane-covered windows of the CFB Trenton Yacht Club. Here we see "Inch" Illingsworth's golden locks poking out over the top of his CFP 135(B) as he conducts the ever-controversial and emotional Flight Safety Course. Every once in a while, a little comic relief is added when Pete Ott - every course needs its token navigator - suffers the barb of another "Inch" nav joke: "How do you burn a navigator's ear?" ANS. "Give him a phone call while he's ironing."

Speaking of navigators, "P.J." Kendall and Pete MacDonald are back in Trenton at 426, getting prepared for their Pacific eye-opener to the Hercules. Unfortunately, their course was interrupted and they missed out on the usual equipment operation States trip and the Gerry "I'll do it my way thanks, Miles" Kingwell Black Forest Special to Thule (lack of airplanes). So by the time these guys get to Norton, they should be quite current in radar operation, setting up the along-across track computer, et cetera. Ah yes! the price you pay for a day or two in Honolulu...

Hope they get an airplane with a top bunk and external fuel tanks - not necessarily in that order. Once upon a time, Ray Moore, Csaba Hezszely, Lou Gagné, our favorite squash-playing nav, Wayne Hess, and Jim Tomlinson ferried 305 to Trenton for SAR Standby only to have fifteen factions vying for the right to fly the only serviceable airplane in the area at the time. After the dust settled - no hydroplaning on touchdown - we wound up with the case of the missing tool box, CF 773, and C130. The OTU managed to get authority to fly 305 out jugless, and top bunkless (hard-fail point for the student a/c) for a multi-stop Pacific trainer. And they all lived happily ever after - except us. A missing 773 can easily be replaced, but what do you say when your four engine aircraft has disappeared?

436 Squadron came to the rescue though, and later that same week, the crew did the regular service flight to Goose Bay via Chatham with Flt.-Lt. Ian Johnson (on exchange from the RAF).

It should be pointed out that the same crew was diverted north of track while flying to Trenton on the long weekend. With the magic combination of Lou Gagné's navigational skills, Ray "Cowboy Boots" Moore's deep seated instincts for preserving fuel, and Jim Tomlinson's VHF volume control marking pencil, an ELT (Emergency Locator Transmitter) was virtually pinpointed well north of the Thunder Bay area. The next day, when the weather and visibility permitted, a parachute rescue team jumped in and located the grateful pilot who had wandered away from the crash site.

Getting back to the Squadron airplane - it's now 318. It was sprung loose by NWI ahead of schedule and, if my information is correct, - these days, the Ops board three days before the fact, is not really my idea of a reliable source of information - Ray McAnally, John Lumley, and Leo Quinlan brought it back from Edmonton.

The aircraft was immediately put into service, and took the Base Commander, Col Gates, our Squadron CO, LCol Allingham, and about two dozen Base section representatives to inspect the facilities at Churchill as it seems that part of this town on Hudson Bay may be coming under Base Winnipeg jurisdiction. We could be going into the fur trading business to get some extra funds.

Next on the agenda for the aircraft was some pilot proficiency training followed by two ATOC tasks: one, an ADC tour from Western Canadian locations to Malmstrom AFB, as produced by Bob McCreddie, Dan Jones, Hart Kelley, and directed by Lou Paproski; and two, a SANC tour of eastern Canada in late October as flown by Ray McAnally, Brian Fritsch, John "Corvette" Lumley, Cal Breum, and Wayne Hess. It's difficult to determine who the navigators on these trips would be from the rather limited view offered by the distant Trenton Yacht Club, but I'd venture a pretty safe prediction that Gerry Kingwell was one of them.

In the Orderly Room, CWO Jamieson is back after a few days leave. Shirley, who usually wades

MQ Residents

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I.D. Card? - "hell when I joined up we didn't need 'em - we all knew each other."

through my sometimes illegible writing so that you can read this column, gets a break this time - they don't authorize secretaries to go on TD to Flight Safety courses. So this is an excellent opportunity to thank her for all the good typing she does for Bison Brew. Must be winter - Marg is constantly talking about badminton. You can never tell one season from another with René though - he always talks (or sings or hums) about the same thing.

Looks as if December 18 is the day for our Squadron Christmas party, so you might mark that on your calendar right now. The Entertainment Committee: Cal Breum, Brian Fritsch, and Don McDonald, seem to have the preliminary planning well under way. I asked if Grandpa Breum was going to be Santa but the information is classified. Great Grandpa Prokuda maybe?

The annual cold weather and Flight Safety briefing is being held on Friday, November 7. It's an all day affair for the C130 aircrew, and an afternoon effort on the part of all T-33 and Dakota drivers. Should prove to be a very worthwhile and interesting few hours.

Quotable Quote From Linda (not from 429 Squadron) with intonation: "I don't know what I said. I can't remember everything... What did I say?" Seen About: Jim Anderson, the Squadron photographer. Studio facilities temporarily limited. For appointment, call Standards within sixty days of your birthday. After next March, call anytime.

So long!

Recruiting Award



Warrant Officer Robert Phinney (right), 43, of Carp, Ont., receives a certificate from Colonel Arthur Vandal, Director of Recruiting and Selection, National Defence Headquarters, Ottawa, naming him an honorary Canadian Forces recruiter recently. WO. Phinney, a member of the Canadian Forces' land element for more than 25 years, influenced about 10 young people last year from the Ottawa area to join the Canadian Forces after he spoke to some organized youth groups. He works at NDHQ with the Director-General, Personnel, Careers. (CANADIAN FORCES PHOTO)

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PATRICIA REPORT



The First Foursome



L to R-CWO. W. R. E. Bruce - RSM, MWO. R. Smith, PMC Snr NCO's Mess, CAPT. F. M. Fisher, VPMC Offr Mess and LCOL. R. I. Stewart, CO 2 PPCLI.

Well again the battalion is entering into its fall flurry of sports activities. Inter company flag football is well underway with sub-units vigorously competing to get into the playoffs for the French Grey Cup. This occasion will be marked with a parade of floats and a beauty "Queen" contest followed by opening kick off at 1400 hrs, 14 Nov on the unit sports field. In the same vein a few weeks ago, Kapyong Barracks abounded with shrieks of "Fore" and resounding thuds, as the officers and senior NCO's teed off in their annual un-invetational golf tournament. Despite the valiant efforts made by the officers team, the senior NCO's managed to beat us out by a narrow margin of a few strokes. The overall low score was won by Lt. M. Diakow with Capt MG McKeown obtaining the high score for the second year in a row

with an impressive 73 strokes for 9 short holes. The most difficult course obstacle that the officers had to overcome was the mobile, liquid, baby duck hazard, which when liberally applied by the

senior NCO's, resulted in a thick fog enshrouding the officers team. At last reports the DCO was seen thrashing through the woods with his club still looking for the ninth hole.



Candidates on the combat leaders course participating in a small unit leadership exercise. Candidates are faced with an unusual problem and are given a time limit in which they must come up with a plan, issue orders and solve the problem. The above photo depicts the rescue of a casualty from a jeep accident.

'The Infantryman Load'



LCOL. R. I. Stewart, CO 2 PPCLI kicks off the inter coy flag football series. Holding is MAJ. D. S. Martin, OPS 0 2 PPCLI with SGT. MacPhail R. H. transport Sergeant of A Company lurking in the background.



Much has been said about the mass of equipment that an infantryman is expected to carry. Although this picture of CPL Ritthaler is an obvious exaggeration there are days when all infantrymen feel like CPL Ritthaler looks.



MCPL. F. W. Bishop, of B Company on rappel with ambulance standing-by to boost his morale (This picture is vaguely reminiscent of the story about the airborne soldier who states, after discovering that both his main and reserve parachute have failed to open, "with my luck the pick-up bus will be late").



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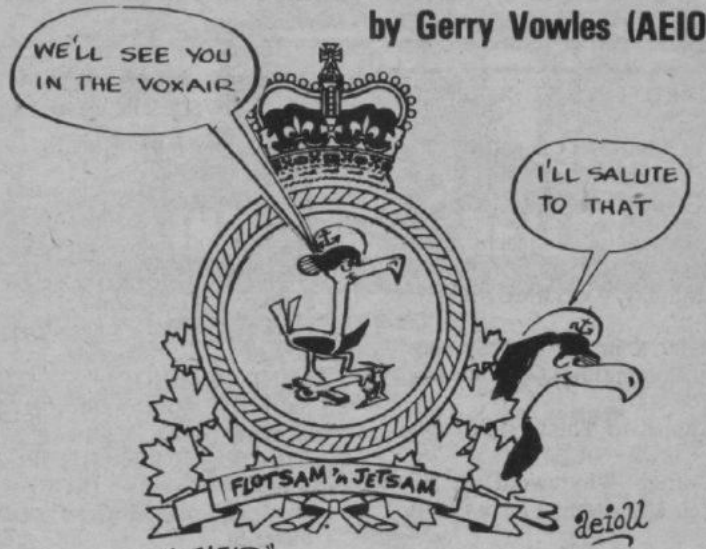
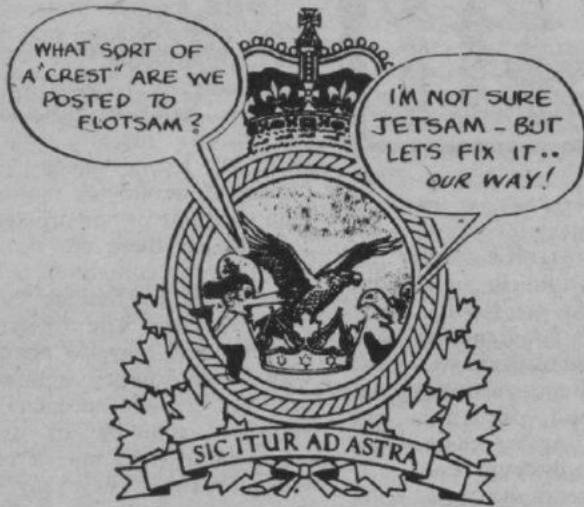
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MOTTO

Nothing is too sacred to lampoon.



Danny Labay of CFTMPC had his green thumb working for him to raise this 75-lb. pumpkin.

The Labay children (L to R) Darryl, Daria and Danny Jr. are shown with the family pet Tiger.

We hope Danny and family enjoy Pumpkin Pie.

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Said "Things are going to the dogs."
There's just one thing I wish to state —
The dogs have had a good long wait.

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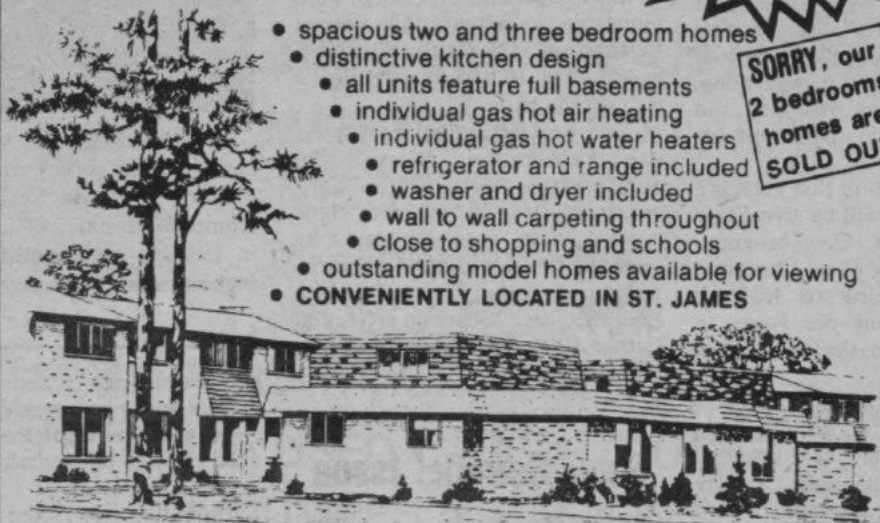
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Capt. J.J.A. Tyrrell
Chaplain (P)
Tel: 832-1311 Loc. 417

A Date To Remember

21 December 75
Annual Carol Festival
2:00 p.m. Bldg 21
Sharpe Blvd. Gate

Protestant Chapel News

This article really is shared by the four Chapel Committees of the Base. Once again in 1975 there is to be held a Carol festival — as shown in the above block.

This year there is to be one or two changes in format, mostly involving the music. We are again pleased to have the Air Command band with director CAPT. T. Barnes. They have in the past rendered beautiful music for this event. We are happy to have their support, both as a heartwarming, cheerful Christmas welcome, and as wonderful accompaniment for singing.

The new addition this year, is a choir. The choir will be giving two presentations in the program, both to aid our Christmas program, and also to lead all present in offering our voices in Joy and Spirit in the worship of the Christ child.

This year we are supporting a local charity with our offerings. Many people believe that love and Charity begin at home. We are supporting "The Christmas Cheer Fund of Winnipeg" with both moral support and our monetary offerings on this occasion.

For further information — watch for the next issue of Voxair, or telephone the Chapels 832-1311 extension 417 or 272.

Protestant Chapel Ladies' Guild

A warm welcome is extended to all ladies to join with us Monday, 10 November at 8 p.m. for our monthly meeting to be held in the Annex of the Chapel of Good Shepard, corner Whytewold and Silver.

RC CHAPELS SERVICES SCHEDULE

St. George's Chapel (RC)
Kenaston Ave.
Tel: 888-1331 or 889-9173 (home)

MASSES:
Saturday — 5:00 p.m.
Sunday — 11:00 a.m.
Weekday (Wed. and Fri.) — 4:45 p.m.

SUNDAY SCHOOL
Saturday from 4:00 p.m. to 5:00 p.m.
CAPT. (Rev.) H. E. Nowakowski Chaplain (RC)
Our Lady of The Airways (RC) Silver St.
Tel: 832-1311 Loc. 272 or 885-2715 (home)

MASSES:
Saturday — 7:00 p.m.
Sunday — 11:00 p.m.
Weekdays (Tue. and Thur.) — 4:45 p.m.

SUNDAY SCHOOL
Sunday from 9:30 a.m. to 10:30 a.m. at CFANS Bldg. 86
CAPT. (Rev.) E. Cremona Base Chaplain (RC)

Occasional services and sacraments are arranged by contacting one of your chaplains.

BAPTISMS and MARRIAGES by appointment (Marriage courses are taken whenever possible, contact your pastor four months ahead of time.)

From The Chaplain (RC)

By CAPT E. CREMONA, BASE CHAPLAIN (RC)

Chaplains' Conference.

All Air Command Chaplains will be attending a two-day conference on 18 and 19 November 1975.

The focus of the conference will take place at 5:00 p.m. Wednesday, 19th, when all the Chaplains will concelebrate Mass with His Eminence Cardinal George Flahiff, Archbishop of Winnipeg, at Our Lady of the Airways Chapel. All the members of this Chapel and St. George's are requested to attend this Special Celebration. This is the first time in Winnipeg to have the Cardinal's visit on the base.

You are all invited to attend the celebration. It will be appropriate for the military personnel to be in uniform. Mark it on your calendar and be counted for this occasion. Let us welcome together Cardinal George Flahiff, the Chaplain General Father F. H. Boucher, and all the other Chaplains.

New Sentinel Issue Recalls Summer '75

OTTAWA (CFP) — Summer '75 was a long, hot one; a time for sun and leisure.

That's what Sentinel staffers thought, until it was over and they began putting issue 1975/76 together.

The cover story deals with the shakedown for those who will be involved with the Canadian Olympic Regatta at Kingston. The 1975 regatta tested their equipment and expertise for the big show next year.

A happy mix of regulars and naval reservists, the CORK tow



(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.)

GRASS AND "GRASS"

A while back a Serviceman was caught selling "grass" to teenagers. The seized "grass" was analyzed and found to be lawn grass. However, the Serviceman had said he was selling "grass", meaning marijuana, and that is an offence under the Narcotic Control Act. If you sell milk sugar as heroin, and say it is heroin, that is an offence. Of course, it's illegal to sell the real stuff too.

During the last two or three years, numerous publications have commented on the increase in marijuana consumption, and purpose of this article is to give you a little better idea as to what offences parents and children may be committing.

Knowingly possessing marijuana is an offence, and if

you are convicted you may well have a criminal record. In some places, a first offence of possession results in an absolute discharge, but don't count on it.

Under the Food and Drug Act, it is illegal to possess or traffic in a number of items, including LSD, MDS, speed, sedatives and barbituates. Again, charges and criminal records could result.

Most parents do now know that they can be convicted of possession if their children have narcotics or restricted drugs in the home with the knowledge of the parents. Such possession is not often charged, but it certainly could be.

Furthermore, the reluctance of some police forces to lay charges of possession does not mean that other police forces will have the same reluctance. Remember, the decision to lay charges in one place may not be the same as in another, although the actual law is identical.

Everyone should watch their drink when away from home and among strangers. Some people think it's funny to slip LSD into your coke. (August '75).

Colonel Mary Vallance Retires



Colonel Mary G. Vallance, left, of Atwood, Ont., receives her certificate of service from General Jacques A. Dextraze, chief of the defence staff, on her retirement from active service as director of women personnel. COL. Vallance joined the Royal Canadian Air Force in 1954 as an administrative officer and rose in rank to become the highest-ranking female officer in the Canadian Armed Forces.

(CANADIAN FORCES PHOTO)

and rescue crew practiced in calm waters under sunny skies.

Then came regatta week and a true test, as the vagaries of Great Lakes weather brought autumn-like cold, wind and heavy seas.

For some of the men and machines of Winnipeg-based 1 Construction Engineering Unit the summer meant long, work-filled days in the high Arctic, amid black flies and chilly temperatures.

Their job: to construct northern airfields. And Sentinel was there to get the story and photos.

To round out the issue, Sentinel eyeballed the "new breed" to bring together a coast-to-coast look at summer camps and travels of sea, land and air cadets.

Long, hot summer?

Maybe. For some.

But Sentinel 1975/6 makes it look like a busy, work-filled one for many CF people and cadets, with little time for sun and leisure.

Watch for it; it's on distribution now.

Oral Cancer Linked To Heavy Drinking

Several research projects have shown a link between oral cancer and heavy drinking.

Although oral cancer has been attributed to other causes as well, the studies indicate that the alcoholic has a much greater chance of developing the disease than moderate or non-drinkers.

Although there are no exact statistics, the contention is based on growing convictions by oral pathologists. The researchers concede that they do not know why heavy drinking is linked to oral cancer, but speculate that excessive amounts of alcohol could cause irritation of mouth tissues. Also, they say that malnutrition and defective functioning of body cells — frequently associated with alcoholism — may render the mouth tissues more susceptible to cancer.

The moderate drinker — the person who regularly has a cocktail or two before dinner — apparently should not worry about increased chances of developing oral cancer. But its difficult to say how many drinks a day would be dangerous, say the researchers.

The disease has also been linked to heavy smoking, but oral cancer does occur in persons who neither drink or smoke. One study has established that the disease has doubled in women in the last 15 years and is related to an increase in cigarette smoking by women.

— Canadian Dental Association

Are You Indispensable?

Sometime, when you're feeling important,
Sometime, when your ego's in bloom,
Sometime, when you take it for granted,
You're the best qualified in the room,
Sometime, when you feel that your going,
Would leave an unfillable hole,
Just follow this simple instruction
And see how it humbles your soul.
Take a bucket and fill it with water,
Put your hand in it, up to the wrist;
Pull it out; and the hole that's remaining,
Is a measure of how you'll be missed.
You may splash all you please when you enter,
You can stir up the water galore,
But stop, and you'll find in a minute,
That it looks quite the same as before.
The moral in this quaint example,
Is do just the best you can,
Be proud of yourself but remember,
There's no indispensable man.

— St. James Legion

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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.

STRATEGIC ARMS LIMITATION TALKS (SALT)

SALT I

Talks between the USA and the USSR on the limitation of strategic arms, generally regarded as the most important negotiations ever conducted to control armaments, began in Helsinki in November, 1969 as a result of a series of initiatives by the USA. In the late 1960's the Soviets reached approximate parity with the USA in the strategic field and as there seemed to be little sign of any slackening in the Soviet effort, the USA was concerned to bring the Soviet building programmes under control rather than engage in another round of the strategic arms race. Implicit in the commencement of SALT was the fact the USA conceded it had no right to maintain a strategic advantage as had been the case previously.

The first round of SALT was brought to a conclusion during the Nixon-Brezhnev summit of May 1972 in Moscow and resulted in two main agreements, one covering strategic offensive systems, and the other defensive systems. The Interim Agreement on offensive arms effectively "froze" the two main, or "central", offensive systems at their existing levels for a period of five years. The systems in question are the land-based intercontinental ballistic missiles (ICBMs) and the sea-based submarine launched ballistic missiles (SLBMs). From the agreement the USA was left with a baseline ceiling of 1054 ICBMs and 656 SLBMs whereas the USSR was left with a ceiling of 1625 ICBMs and 740 SLBMs. Through the various trade-off provisions of a Protocol on submarines and their SLBMs attached to the Interim Agreement the SLBM limits could be raised to a theoretical maximum of 710 SLBMs for the USA and 950 for the USSR.

The second agreement signed in Moscow in May, 1972 was the

Treaty on Anti-Ballistic Missiles (ABMs). This treaty, of no fixed duration, limited each side to two main defensive ABM complexes of 100 launchers/missiles each. One defensive complex was reserved for the protection of the national capital, the other for the protection of an ICBM field. The two sides reacted in different ways to this treaty. The USA opted for a defence of an ICBM field and deployed 100 ABM interceptors around a Minuteman site at Grand Forks, North Dakota. The Soviet Union opted for a defence of its capital and deployed their ABMs around Moscow. Neither side, however, seemed disposed to initiate construction of the second site permitted under the treaty and, out of a recognition by both sides of the interrelationship between the development of offensive and defensive types of strategic arms, the two sides decided to forego the second option. A protocol to the ABM treaty to this effect which limits each side to the site it currently has was concluded at the Moscow summit of July, 1974. Each side retains the right under the protocol to switch its ABM defences to the unused deployment area if it so wishes.

SALT II

The second round of talks (SALT-II) got under way in Geneva in November, 1972. Although the agreement reached at the Washington summit in June, 1973 on the "Basic Principles of Negotiations on the Further Limitations of Strategic Offensive Arms" set as an objective the achievement of a permanent agreement such an accomplishment did not prove possible. And at the Moscow summit of July, 1974 the USA dropped its search for a comprehensive agreement and proposed instead to work towards negotiating a more limited agreement covering the period to 1985. This decision to tackle the problem differently came about

See NATO Page 18 Col. 1



Unfortunately I have to confess I really don't know too much about the Doobie Bros. except from having their first album and hearing their hits. But I am quickly becoming a fan of theirs from hearing their "Stampede" album from Warner Bros. (BS-2835). Right from the start I am captivated with "Sweet Maxine" which is strongly like "China Grove" a real heavy mover as is their "Take Me In Your Arms", which is also done by Charity Brown.

What can one say when one good number is followed by an even greater piece as in "Neals Fandango" - a very good pulsating selection, with the right amount of country rock as the New Riders of the Purple Sage would present.

"Texas Lullaby" - country rock ballad in its finest, touching, gentle mood, with steady rhythms. Not really the type to put a baby to sleep with, but one for cuddlin none the less. Side one ends with a two part acoustic guitar selection entitled "Start Key Soquel Rag", very touching and beautiful.

Side two captivates you right away with "Take Me In Your Arms", and steadily causes an inner sensation to say "I love it!" Wow, hauntingly, and carressfull is "I Cheat the Hangman", in a very quiet and melodic way. Very soft and listenable music with smooth blending harmonies. "Preces" is another short

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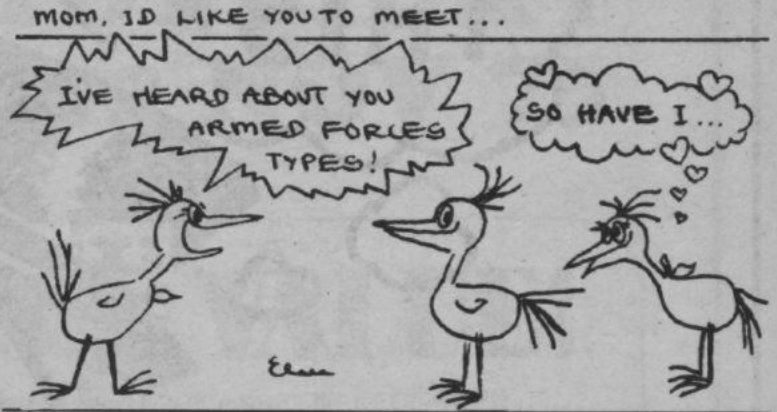
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instrumental added to the length of 15 seconds to add to the quiet side of the lp.

One reason for the lp being of such good taste is because of the added contributions of Ry Cooder and Maria Maulder, with Curtis Mayfield adding his touch on strings and horns. There are several other special guests involved also.

COL. M. D. Gates presents a Certificate of Military Achievement to MCPL. Dennis Dupuis during the graduation exercises of Met. Tech. TL6A Course 7501. Dennis, formerly of the Base Weather Office, is now on the staff of CFSMET as an instructor. (Base Photo)



"I envy him his tough day at the office - it's such a perfect excuse to get smashed..."



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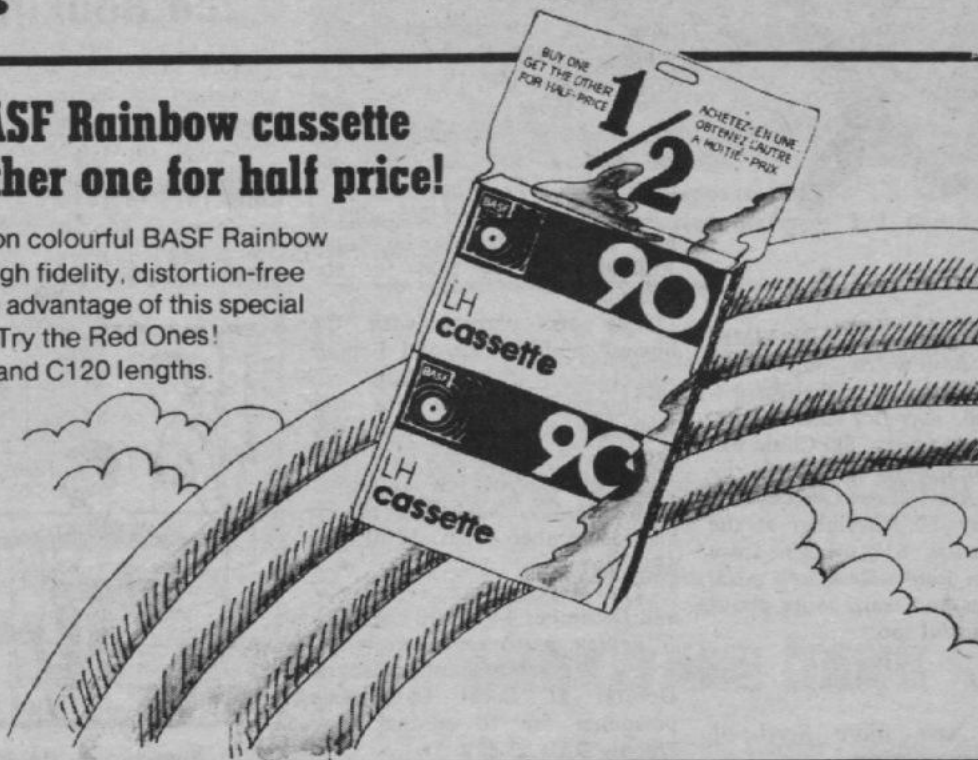
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voxair sports

By Sports Editor — MWO. Les White

VOLLEYBALL

BASE TEAM

Personnel interested in trying out for the Base volleyball team contact MCpl Reg Bonnar, Rec Centre, local 511. Practices will be held at the Westwin gymnasium Mon, Wed, Fri 4:30 — 6:30 pm. Team members must be prepared to attend all practices and be available to participate in local week-end tournaments, the Prairie Region championships and the Canadian Forces National championships.

The Prairie Region championships will be held at CFB Calgary 8 — 12 Mar 76 and the Nationals at CFB Esquimalt 5 — 8 Apr 76.

The training sessions will commence Mon 10 Nov 75 at 4:30 pm.

If you are interested — be at the next practice.

Inter-Section

The Inter-Section Volleyball League got underway a few weeks ago with seven teams competing every Tuesday evening in the Westwin gym. Although the league is strictly recreational the calibre of play is improving each week and teams will be ready after the first round to allow the officials to call ball handling i.e. holding and directing the ball.

The standings as of 28 Oct are:

TEAMS	GP	W	L	PTS
Med/Dent	12	12	0	12
BMET	12	8	4	8
BCompt	12	6	6	6
ASC	8	4	4	4
Beavers (ICEU)	8	4	4	4
Bisons (429 Sqn)	8	2	5	2
733 Comm Sqn	12	0	12	0

CROSS-COUNTRY SKIING



SNOW TIME IS FUN TIME!
Any day now we're bound to be wading, knee deep, in the fluffy — better still, why not slide over it.

A Cross Country Ski Clinic will be conducted for the Base by Fresh Air Experience on Wednesday 12 November at the Social Centre 61 (upstairs from the Junior Ranks Mess) at 7 p. m.

Join us and learn more about this wonderful sport.

EXAMPLE

Children have more need of models than of critics.

— (Joubert — Pensees)

If you cannot win
Make the one ahead of you
Break the record

BASKETBALL

Prairie Region

Basketball

CFB Portage La Prairie will host the Prairie Region Basketball Championships during the period 2 — 6 Dec 75.

Contact your PE&R staff for further information at local 511.

Service Womens' Sports

The Area One Servicewomen's Badminton, Bowling and Curling championship will be held at CFS Yorkton, 20 — 24 January 1976.

For further details contact your Recreation staff, Westwin gym, local 511 or 573.

HOCKEY

STANDINGS AS OF 27 OCT

	W	L	T	PTS
CANUCKS	2	0	0	4
ARROWS	1	1	0	2
BRAVES	1	1	0	2
DOLPHINS	0	2	0	0

BOWLING



There will be a Bowling Roll-Off held at CFB Winnipeg Westwin Lanes to select the personnel Male and Female to represent CFB Winnipeg in the Prairie Region Play-Down.

All military personnel stationed or attached to CFB Winnipeg are eligible to participate.

A 25 games Roll-Off will be held for the Men. A 10 games Roll-Off will be held for the Ladies.

The six players with the highest pinfall Male and Female will represent CFB Winnipeg.

The bowling fee for this Roll-Off will be 25 cents per game.

Dates and times are as follows:
Wednesday, November 19, 26 and December 3 at 1300 and 1900 hours.

Thursday, November 20, 27 and December 4 at 2100 hours.

Female personnel interested in trying out are to contact Wayne Dobson at Local 511. Male personnel are to contact Ron Dupuis at Local 259.

All personnel are invited to participate even if you don't think you can make the team. At the price it's cheap practice.

Air Command Fun Spiel '75



The first Air Command Bonspiel was officially opened by Lieutenant-General W. K. Carr, Commander, Air Command when to the tune of the "pipes" he threw the first pumpkin — yes, that's right, the first pumpkin, in what proved to be a day of fun 'n games by the headquarters staff of Air Command.

There were plenty of winners and losers, with some of the highlights shown here — LT-GEN. Carr, with the opening "pumpkin" with COL. I. D. Tenove ready to sweep; Jean Ominski with a bag over her head! Mrs. D. Vowles selling LCOL. E. D. Champagne tickets — "the length of your arm for a buck"! CAPT Grabowski, who threw the rock closest to the button in the skips' contest being presented his award by CAPT. Oliphant, and Linda Brown, who almost hit the button with her attempt during the leads contest being presented her prize by MWO. G. Vowles.

Building 14 (honestly, not a "fix") came up with not only the winning rink with Major Harvey, Gord Radul, Joyce Rowe and Kathy Piercy taking home the bacon — 'er, pardon me — that was a steak each for their efforts, but building 14 also came away with the "booby" prize when the rink of LCOL. Champagne, Linda Bauer, CAPT. Knight and Lorraine Wilson came up with a grand total of (?) to win in a walk.

I would like to thank all the competitors for a good show, and a special thanks to our Drawmaster, Hugh Filleul, and Wink Finn who spent a good part of the day helping out.

And a "special" thanks to Dave Oliphant, who made a lot of people forget "Glass Turkeys" with his fine selection of prizes, with steaks, roasts and other assorted good things — not normally Bonspiel prizes, but definitely appreciated by all the winners.

Everyone seemed to enjoy themselves thoroughly so don't forget Feb 6th — that's the date of the next Air Command 'Spiel.

Westwin Pool

The casual recreation swimming periods will be cancelled Tues 4 Nov to Sat 8 Nov, inclusive to accommodate the competitors in the Air Command 100 Hour Swim.

Ice Bookings

The ice is available for allocation to sections or groups interested in organizing hockey, broomball or recreational skating parties etc. on Friday afternoons from 1315 to 1445 hrs. Sections interested in booking the ice time are asked to phone MCPI Reg Bonnar, Rec Staff, at local 511.



I love you, Helen...
PASS IT!... Don't leave me, Helen.....SHOOT, YOU FOOL!

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New Air Command Physical Education And Recreation Master Warrant Officer



Colonel I. D. Tenove, Deputy Chief of Staff, Personnel, is shown congratulating MWO Gerry Vowles, PERI 851, on his recent promotion. Major J. J. Kasanda, the Command Physical Education and Recreation Officer makes the smile unanimous. Warrant Vowles has recently assumed the duties of Air Command Physical Education and Recreation Warrant Officer. This is the only command staff position in the Canadian Forces filled by a PERI non-commissioned rank. Since the new Air Command assumed control over 16 bases and 21 stations, it has also inherited more than 50% of the PERO/PERI personnel now serving with CF.

(BASE PHOTO) —

By CAPT D. CANTLEY



Most runners' problems are below the hips, even below the knees, and are often the result of muscle tightness or imbalance. Injuries can be prevented and cures accelerated if we develop a set of stretching and strengthening exercises. For most joggers, running is the main (if not the sole) exercise. Most regular runners have highly developed (sometimes over-developed) muscles in the calf, hamstring and lower back areas. But, the muscles in the shins, front thigh and belly are relatively weak. So, there are two problems — tightness of developed muscles and an imbalance between muscles. Two sets of exercise are therefore advisable; the first set is for stretching the developed muscles and the second set for strengthening the others to provide a better balance.

Three simple stretching exercises should suffice. Each is done only once and is held rather than bounced into.

1. Wall push — This stretches the achilles tendon and calf muscles and helps strengthen the shin muscles. It involves standing about three feet from a wall and leaning against it, arms extended. Keeping the heels on the floor and legs straight, gently force the hips forward and hold.

2. Leg up — This stretches muscles and tendons from the heel to the neck. Simply rest one leg on a support which is at hip height. Keeping both legs straight, bend the body forward, attempting to touch forehead to knee. As in all stretching exercises, it is important to exert a steady pull on the muscles; it definitely should not be painful.

3. Floor toe touch — Like the leg up, it stretches the developed muscles. From a back lying position, the legs are brought over the head until the toes touch the floor. This position is maintained rather than the exercise repeated. Legs should be straight.

The strengthening exercises attempt to compensate for muscle imbalance. Unlike the stretching exercises, they involve repetition.

As a regular jogger for nearly two years, I have been plagued with injuries, the severity of which have varied from minor discomfort to total immobilization. Problems have involved torn knee cartilage, sore ankles, strained muscles, shin splints, bruised heels, pulled hamstring and groin muscles and swollen achilles' tendons. Many of the joggers I have talked to have suffered similar problems and blamed their woes on anyone and anything but themselves. Those who run twice a year and suffer only from stiff muscles, for only a short time show little sympathy! Those who do jog many miles each week feel it unfair that they, who work so hard to be in shape, should so often have to limp around work and catch all the disparaging remarks from non-joggers.

Usually, it is our own fault that we hurt; we probably ran too many miles under the wrong conditions without considering the consequences. The condition may be the running surface, the shoes, or our supplementary exercises. Any of these conditions can be remedied, usually a little or no cost to the runner. Winnipeg, however, provides little option in choosing a winter running surface. But supplementary exercises, some of which are described here, are available to all of us. And they are well worth the time.

1. Bent leg sit up — Strengthens abdominal muscles. It is simply a sit-up with bent knees. Straight-legged sit-ups further strengthen already strong back muscles but do little for the belly.

2. Leg lift — Strengthens quadriceps (front thigh). Hill work has the same effect but is difficult in our local area. Sitting on a high bench or table, the leg is raised so that the lower leg remains vertical. Raising the leg with a weight on the foot improves the exercise.

3. Toe-lift — This exercise strengthens the muscles along the shin and thus helps prevent shin splints. It requires that a weight be suspended from the foot, across the first set of toe joints. The weight is raised and lowered by the foot, while the leg remains stationary.

The jogger who will take a few minutes, before and after each run, to do these few stretching and strengthening exercises will be rewarded with a reduced chance of injury and a more relaxed running cycle. As a cure, I hesitate to recommend anything to replace a visit to the doctor. A slight problem can be aggravated and should be diagnosed by a doctor before exercises are resumed.



Esquimalt Wins Soccer Championship

VICTORIA(CFP)—CFB Esquimalt won the annual Canadian Forces National soccer championship here on 18 October. Teams from Esquimalt, Cold Lake, Trenton, Valcartier and Gagetown competed in the round-robin tournament for the Pearkes Trophy, emblematic of forces soccer supremacy.

In previous finals, Esquimalt and Valcartier have competed five times; Trenton, three; Cold Lake and Gagetown, twice. Valcartier was the defending champion.

The final standings are:

Team	Won	Lost	Ties	Points
Esquimalt	4	0	0	8
Cold Lake	3	1	0	6
Valcartier	2	2	0	4
Trenton	1	3	0	2
Gagetown	0	4	0	0

The Championship originated in 1958 as a tri-service competition.

Inter-Section Hockey Opener



CAPT. Bill Harrison, BPERO drops the first puck to get the 1975-76 inter-section hockey league started. Referees Ted Barton and Stu Hamilton look on.

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Inter-Section Curling League Opener



Members of the inter section league: Lt. to Rt: SGT. Colucci, CAPT. Brabant, (League president), CAPT. Cantley, SGT. Rainbroth and CAPT. Naud.

The league consists of 32 rinks.

Notice

The Base Exchange in Bldg's. 90 and 52
Will be open during the following hours
To assist you with your Xmas shopping.
Effective 12 Nov 75
Monday thru Friday 10:00 A.M. to 9:30 P.M.
Saturdays 10:00 A.M. to 5:30 P.M.
Sundays (7-14-21 Dec.) 1 P.M. to 5:30 P.M.
Please note we will close at 4:30 P.M. on Dec. 24.

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LIPSETT HALL TEEN CLUB

New Executive for 1975 - 76

President	Miss Nola Campbell	489-6189
Vice President	Mr. Kelly Brown	489-6397
Secretary Treasurer	Miss Lorraine Savliner	489-6991
Teen Co-ordinator	MCpl Doug Brown	489-6397

PRE-CHRISTMAS ACTIVITIES

SUNDAY 26 Oct 1:30 to 3:00 p.m. Open House Lipsett Hall (Members only)

FRIDAY 7 Nov 8:30 to 11:30 p.m. Dance (Recorded Music)
Cost Members .50-cents
Guests \$1.00

FRIDAY 21 Nov 8:30 to 11:30 p.m. Dance (Recorded Music)
Cost Members .50-cents
Guests \$1.00

SUNDAY 23 Nov 1:30 to 3:00 p.m. Open House Lipsett Hall (Members only)

SUNDAY 30 Nov 7:00 to 8:30 p.m. Swim in Lipsett Hall
Cost Members .10-cents
Guests .25-cents

SUNDAY 7 Dec 1:30 to 3:00 p.m. Open House Lipsett Hall (Members only)

FRIDAY 12 Dec 8:30 to 11:30 p.m. Dance (Music Man)
Cost Members .75-cents
Guests \$1.50

CHRISTMAS DANCE DATES AND TIMES TO BE ANNOUNCED LATER.

LIPSETT HALL SWIM MEET

A pre-Christmas fun swim meet will be held at Lipsett Hall pool on Saturday December 6th.

Races will be held at all age levels. Competitive card holders are not allowed to enter.

Entry is open to everyone in our community. There will be a small charge of .50-cents for this program, to cover refreshment costs.

Parents are reminded that two lengths of the pool are required in order to enter.

No pre-entry is necessary, just show up at Lipsett Hall at 8 a.m. on 6 December.

Lipsett Pool Notice

Royal Life Saving classes are now operating in the pool each Sunday morning from 10 am to 12 am.

There are still a number of openings at all levels.

To enter phone MCPL Brown at 888-5021.

Cost for these classes vary depending on the award applied for.

Reminder-Lipsett Pool

Registration for the second set of Red Cross Swim Classes is Saturday 10 January 1976.



Yeh missed the broom again yeh knucklehead... SIR! —Courtesy SHILO STAG

AVOID CRITICISM

Do nothing
Say nothing
Be nothing

Prairie Region Sports Calendar

Mid Dec 75	Skiing (Nordic)	CFS Sioux Lookout
Mid Dec 76	Bowling	CFB Cold Lake
Mid Jan 76	Curling	CFB Shilo
Mid Jan 76	Skiing Alpine	CFB Calgary
1st week Feb 76	Broomball	CFB Moose Jaw
16 - 20 Feb 76	Hockey	CFB Edmonton
1st week Mar 76	Badminton	CFB Moose Jaw

LIPSETT HALL SNACK BAR

HOURS OF OPERATION

Monday	1200-1530 hrs 1800-2100 hrs
Tuesday	1200-1530 hrs 1800-2100 hrs
Wednesday	1200-1530 hrs 1800-2200 hrs
Thursday	1200-1530 hrs 1800-2100 hrs
Friday	1200-1530 hrs 1800-2100 hrs
Saturday	Closed
Sunday	Closed

Information regarding the Snack Bar — Contact Jan 889-5487, during afternoons only.

Lipsett Limbers

Once again Lipsett Hall resounds to the high spirited 2nd Battalion Princess Patricia's Canadian Light Infantry, as they have returned to regular participation in their recreation and fitness program. The unit enjoyed a paid vacation in the wilds of Dundurn and have, on return, dominated the south site recreation activities.

The field unit is currently involved in a "knock down - drag out" football league and by the time you read this article they will have commenced the playoffs. The hockey league will start 30 Oct 75 at the Vimy Arena and the basketball schedule is about half finished.

A field unit always adds something to an otherwise calm, easy-going Base. Their hustle-bustle and "Do this - do that" kind of atmosphere emits a feeling of "Lets get going."

We have some of those who have got going and they are our faithful "Lipsett Limbers" cruising around, lifting weights, playing badminton and swimming. Now and then we see a few new faces recruited to the noon recreation. Perhaps the current physical fitness testing has provided some incentive to sections throughout the Base to encourage their people to 'recreate' themselves.

All personnel are encouraged to "come out and join in". Make fitness a regular part of your day — it just may become fun and not work. A little recreation of a fitness nature will convert that old, tired, sagging body into a well wrapped, firm bundled package of energy.

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Voxair Variety

BY JOHN LAUDER

Do you like military action such as swordplay, musketry and cannon firing? If so, then the place to go is the MANITOBA THEATRE CENTRE where all this activity is seen in the hit play *Cyrano de Bergerac*. Not only that, but it is combined with comedy and pathos, unrequited love, costumes and settings from the 17th century, and some seventy-five players strutting about on stage.

Unfortunately the play, the opener for the 75-76 season, has only four more days to run, and some of the performances may well be sold out. It is one of the best the Centre has done in the past five years, and deserves full support. Artistic Director Len Cariou makes an auspicious debut both as an actor and play selector, and play director Jean Gascon has done a fine job with an excellent cast. Translator Anthony Burgess, noted for his book "A Clockwork Orange", who attended the opening night performance, states that he considers Cariou to be one of North America's outstanding actors, and after seeing the show it is hard to find fault with this appraisal. The character of the romantic long-nosed soldier of fortune is a challenge, particularly in this cynical age, and the man comes alive on stage. Let us hope the MTC can maintain this standard of excellence - but even if they do not, we have had one very fine play.

Also opening their season in style was the WINNIPEG SYMPHONY, who combined with the PHILHARMONIC CHOIR to provide an excellent evening of entertainment. Henry Engbrecht is the new Chorus Master of the choir, and his choice of new and different songs gave the group a whole new dimension. As usual, Maestro Piero Gama was in top form, conducting the 300 performers as a single unit.

Another orchestra and choir to perform recently was the Shevchenko Musical Ensemble from Toronto, 120 singers and dancers who combined with a unique mandolin orchestra to offer ethnic music and also a new Canadian composition. While the entertainment was first class, the program tended to be overly long, and might have been better as two different shows. The Ukrainian songs and dances which made up the first half of the show were enough for a full evening's entertainment, so that the lengthy choral oration, which filled up the second half of the bill, came as a drag. It would have been sufficient in itself, and more meaningful to a fresh audience. However, the Ensemble was here on a so-called cultural exchange - new year we send the St. Boniface performers Les Gais Manitobains to Toronto - so that they obviously wanted to show us all of their wares.

LAUGHING AT OURSELVES



by John Semeniuk

POETIC JUSTICE - A burly truck driver stopped at a diner for some lunch. While the driver was eating, three fierce-looking members of a motorcycle gang (bearded, dirty, and clad in the traditional leather jackets) walked into the diner. They sat down at the counter next to the driver and for no apparent reason, began to harass him. One of the troublemakers poured ketchup on his lap, another emptied the salt shaker into his coffee, and the third threw his apple pie onto the floor. Through it all, the trucker did nothing. He simply got up, paid his bill, and left. "Ha, that guy's not much of a fighter is he", sneered on the of the thugs. "He's not much of a driver either", said the waiter as he peered out the window, "He just backed his truck over the three motorcycles in the parking lot."

ALL IN PUN - English comedian Mike Coyne asks his audience if they had heard about the pregnant mermaid - "It was an act of cod", explained Mike.

just-promoted Brigadier General was looking over his new office at NDHQ, when a Corporal tapped on the partially-opened door. "Just a moment, Corporal", said the General, "I have an important phone call to make." He dialed a number and said, "Tell General Dextraze that I will be in his office in 15 minutes." After hanging up the phone, the General turned to the Corporal and said, "I'm very busy, but I can give you a few minutes. How may I help you?" "Won't take long, Sir", replied the two striper with a twinkle in his eyes, "I've come to connect your telephone!"

FROM SEX TO SIXTY - The late Gypsy Rose Lee (who gained initial fame as a strip-teaser) is reputed to have awakened fully dressed one morning and exclaimed, "Good Heavens, I've been draped!" On the same vien, a young field mouse who crossed a grain field during harvest time, explained her shocking appearance to mother field mouse by saying, "I've been reaped!"

- An operation was performed on a bad-tempered old lady of eighty. She came through the operation with flying colours despite all her dire prognostications; however, she set up a new clamour when informed that in accordance with the rules of the hospital, she'd have to walk ten minutes the very first day after the surgery, 15 minutes the next day, 20 minutes the next, etc. Although complaining bitterly, she managed to do her daily walks as directed by hospital rules. Her family was amazed by her progress, and complimented the doctor on a "Wonderful job", "Nonsense", laughed the doctor, "It was just a routine operation." "It's not the operation we're marveling at", said a grandson, "It's her walking. Prior to the operation, the old gal hadn't walked in six years!"

GUYS & DOLLARS - When, but a babe, recalls George Burns, his mother paid a girl a dollar a day to wheel him around the park in his baby carriage - George claims he's been pushed for money ever since.

EGO TWISTS - The captain of a ship once wrote in his log, "Mate was drunk today". When the mate read the log the next day, he pleaded with the Captain to strike out the entry - pointing out that he'd never been drunk on duty before and wouldn't drink on duty again. However, the captain stated, "In this log, we write the exact truth!" The following week, when the mate kept the log, he noted in it, "Captain was sober today!"

SUPER SIMILIS...As nervous as:

1. "A mother kangaroo in a room full of pickpockets" (Robert Kuzela);
2. "A long-tailed cat in a room full of rocking chairs" (Attributed to many)

THING-KING - A teacher gave her class this problem: "If there are seven flies on your desk and you kill one, how many will remain?" "One", answered her most practical student, "The dead one!"

CF University Students On Parade



COLONEL M. D. Gates, BCOMD CFB Winnipeg inspects the University contingent during the Base Commander's parade 4 October, 1975. Colonel Gates talks to Officer Cadet Laurel Cook (ROTP student at the University of Manitoba). Colonel Gates is accompanied by Captain Pat Carrol (University Liaison Officer) and Captain Dave Lawe (Parade Commander). (BASE PHOTO)



Colonel M. D. Gates presents a suggestion Award Certificate and \$850. cheque to Captain Bill Burling during the parade. CAPT. Burling a second year Medical student at the University of Manitoba invented a labour and time saving device while serving with Air Defence Command Headquarters in North Bay. (BASE PHOTO)

Worthwhile events this week include the ROYAL WINNIPEG BALLET's second show of the season - to be a mixture of dance with film, design and luminescence, according to the press release. Music is by both pop and classic composers, and the whole thing is choreographed by John Neumeier, who has given us some fine shows in the past. Billed as *Pictures*, it is made up of three related ballets, *Twilight*, *Rondo* and *The Game*. These have never been shown together before in Winnipeg, but have been tested in eastern Canada and the United States, always drawing large crowds and critical acclaim. Performances are at 8:30 p.m. to-night through Saturday, with Sunday shows at 2:00 p.m. and 7:30 p.m.

Also on this week is the *West Show*, to be staged by a theatre group from the East, the Passe Muraille Company. Last year this Company gave us the Farm Show, a set of skits on farm life. This runs at the Manitoba Theatre Work Shop, 160 Princess Street, each night at 8:00 p.m. from November 5th to 9th.

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TAKE UP THY BED & WALK

Base Transportation Preparing For Winter Snows



Pictured above is part of the Snow and Ice Control team which will be doing snow removal at Base Winnipeg this coming winter.

Back Row: (L to R) SGT Charbonneau, CPL. Larson, Mr. Dell, Mr. Tycholiz, SGT. Nesbitt, CPL. Briggs, CPL. Von Mur, WO Quinn, CAPT. Dunsmore and LT. Skaarup.

Front Row: (L to R) Mr. Klyak, CPL. Martin, MCPL. Zachow, MCPL. Van Der Pol, CPL. Smith, CPL. Barnsby and CPL. Bonner. (Base Photo)

In Manitoba as we all know, the winter can be fairly harsh and cause us all numerous problems unless we get the drop on them right away.

At Bldg 87, this is exactly what the Base Transportation Section and Base Maintenance Land has been doing for some time now — getting our snow and ice control equipment, and our winter crews, ready for action to fare the winter.

Most of the time prior to the winter season is spent on overhauling and servicing our major equipment such as blowers, plows, sweepers and the like. This is done by all our Base Maintenance Land personnel located also in Bldg 87. It's because of their pre-season servicing that our operators can get out and perform their jobs, and it's the vehicle technicians also who keep us going as we inevitably break down during the winter.

Once the equipment has been made serviceable and ready to go

the Heavy Equipment Section proceeds with its own pre-season preparations. All the grounds of the base are checked out, hazard areas are located and properly marked and the crew chiefs and operators are thoroughly briefed on snow removal procedures and techniques of dealing with freezing rain and ice.

During the period 1 Nov to 30 April the Heavy Equipment Section operates on a 24 hr a day, 7 day a week basis. Throughout this six month period the operators performing Snow and Ice Control operations are subjected to all kinds of inclement weather conditions and technical difficulties. Even under ideal conditions these operations can be a real headache to all concerned, but this can be helped tremendously with the co-operation of all Base personnel and visitors this winter. With your help our task is much easier to perform and any delays we experience can be cut down to a minimum.

Here are a few areas in which anyone driving around the base this winter can help us out:

a. Parking on roads and streets of MDPRS should be avoided to allow proper cleaning by plows;

b. Trailer owners are urged to move them to the South Site near Bldg P-2 or as directed by R.O.'s; and

c. Parking lots should be cleared when the signs are posted. Usually about 12 hrs notice is given so please try and get any vehicles moved to a different location.

If there are any queries over our procedures or what to do when you have some matter relating to snow and ice control give us a call at the Heavy Equipment Section (local 424), we would be glad to assist in any way.

Have a nice white winter and drive carefully!

something of this 'trial and evaluation' went on in the mess on 18 October. Advertised as a 'dinner dance', it was our chance to try out a catering service and listen to the band that has been booked for the New Year's Eve dance. All went well during the evening and all the comments were favourable.

Friday 24 October saw a Mixed TGIF and an evening to be remembered by all who were there. The Sweet Adelines put on two wonderful shows and there was music for dancing before, between and after the shows.

There are many activities planned for the future, but due to the mail strike the calendar will not be mailed. Please, if you know of mess members that do not receive the Voxair, let them know what will be taking place — they may want to join in the fun.

Before presenting the future calendar, mention should be made about the food situation. If a function does not mention food, there will not be any food available at the function. This will be the case for the Bingo on 15 Nov and the Mad Hatters Ball on the 29th Nov.



51ST Group Boy Scouts Of Canada

Registration of additional Scouts for the 51st Group Boy Scouts of Canada is still open and boys can attend the weekly meetings being held in Bldg 81 CFB Winnipeg (turn right at Sharpe Blvd gate towards TRANSAIR) at 7 to 9 pm Wednesday evenings. Registration fee is \$8.00.

The 51st Cub Pack is now full and additional registrations cannot be accepted unless at least three new Cub leaders are available. Parents are asked to contact the Chairman, SGT. M Roadley at 888-6400 or Local 406 or the Secretary CWO. J Jamieson at 888-8063 or Local 401 and leave the boys name if he is desirous of attending cubs at

the North Site. If leaders become available parents will be notified.

The 51st Group Scout Troop participated in the Bannatyne District Cleanup of the Sturgeon Creek Park as part of a Community activity sponsored by the District Council. Bannatyne District will also sponsor a Day for Scouts Sunday on November 2nd from 10 AM to 4 PM at Little Mountain Park. 51st Group Scouts will participate in this scouting activity.

A special vote of thanks is due to Scoutmaster Bob Vass, Assistant Scoutmaster Mike McDougall for their excellent work with the scouts. Cubmaster Gordon Sutherland is operating an excellent Cub Pack for the Group and the keen participation of the Cubs is an example of how your boys can enjoy the active life of Cubbing.

The recent bottle drive was very successful. The money collected from the bottle sales will go a long way towards payment of expenses for badges, books, etc for the scouts and cubs.

NOTICE

CUB LEADERS WANTED

The 51st Group would like volunteers for a second cub pack and a new Beaver Colony for boys 5 to 8 years of age.

3 Leaders are required for the Pack and 3 for the Beaver Colony. 1 name is in hand for the Beaver Colony at present.

Please call the Group Chairman SGT M Roadley at 888-6400 or Local 406 or the Secretary CWO J Jamieson at 888-8063 or Local 401.

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CALENDAR

Nov. 7	All ranks TGIF. Food available. Starts at 1630 hrs. Request "Dress of the Day" be worn.
Nov. 11	Remembrance Day. Mess open after parade, food available. First band on stage at 1400 hrs, second at 1830. Open house to local veterans organizations.
Nov. 14	T.G.I.F. — Food available.
Nov. 15	Bingo and dance. Special games include 'Garbage' (One can of food entitles you to one card), Share the Wealth and Jackpot. Admission \$1.00 per person. Extra cards 5 for \$1.00. Dancing to Musicman from 2130 hrs. Bingo starts at 2000 hrs.
Nov. 21	T.G.I.F. — Food available.
Nov. 22	Grey Cup Dance. Music, food and Ms Grey Cup contest. Admission \$2.00 per person, Ms Grey Cup contestants free.
Nov. 23	Grey Cup Day activities. Food fun, games and dancing.

WO
& Sots
mess

Every so often a theatre will run an unannounced movie or a TV station will put on a pilot show, even the military have special projects to evaluate. This is all leading up to the fact that

Cadenza

By Sergeant L. Crawford

October came and went... as did we. A busy month for nature and ditto for the Air Command Band.

It all started with a day long trip to Brandon via Shilo's new super highway cruiser. It's a well known fact that Manitoba's best is far from super highway standards but this new bus makes light of what our former Korean War vintage 'Backside Bruisers' and Bluebird 'hemorrhoid expresses' use to, more often than not, succumb to.

Saturday, Oct. 4th was the big day in Brandon, the band forming up and marching around the downtown area quickly followed by a short park concert which was enjoyed by several young passers by and their parents. A lunch was our next objective, kindly supplied by the city of Brandon then a hasty drive to Brandon's biggest shopping mall for a concert beside the Forces Recruiting booth which did little to disrupt the busy locals bent on getting a good days shopping in. Once again another bus ride to another large chain store where we found ourselves wall-to-wall in it up in the carpet department (we played betwixt "indoor-outdoor" and "shag"... making it a fairly diversified concert, we felt). We were more of a success... in that we actually got somewhat of an audience in this instance. It all of course went to our heads and we were about to go all-out for "notions" when our "fifteen minute special" advisor indicated that we'd be next on her list if we didn't leave. Which we did.

Several days later after a lengthy series of abortive take off "alerts" the Aircom Band actually did get airborne at almost 3:00 a.m. for Edmonton in order that we might participate in the 1975 convention of the RCAF Association which was being held

their this year. An opening ceremonies, two dances, a mess dinner, a parade through downtown Edmonton, followed by a cenataph service and later a closing ceremonies more or less wrapped up our four days in that capital city from which we returned on the 12th.

Back in Winnipeg the band carried out its series of rehearsals in preparation for our forthcoming trip to Europe (which we'll be on as you read this). There were other odds and ends such as a large dance band that was very well received by the Wartime Pilots Association when it played for their gala ball at the Winnipeg Inn. The former "6-Pak" now officially known as the "Commandairs" played for CFS Beausejour's "Oktoberfest" on the 18th and an officer's dinner and dance at H. M. C. S. 'Chippawa' on the 24th. Last, but not least good ol' "B Band" came through once again with flying colors when they entertained at a mess dinner at Minto Armouries on the 25th. This was a noble feat indeed since the 'Herc' flying our instruments to Europe left earlier that morning! But it is amazing what a few combs and pieces of paper can produce in the right hands, right guys?! And I'll bet those listening never even realized....

The real highlight of the month (and several other months, for that matter...) was our first annual wine and cheese party held most successfully at the Reserve Officer's Mess, CFB Wpg. All had a very happy time it would certainly seem and the showing of slides of the band's past and recent history proved to be the expose of the year... to the wives at least! To all those concerned in making it a winner a deserved "well done".

Congratulations are also due

A Forces musician ponders the meaning of Remembrance Day during a return trip from the Canadian Memorial at Vimy Ridge.

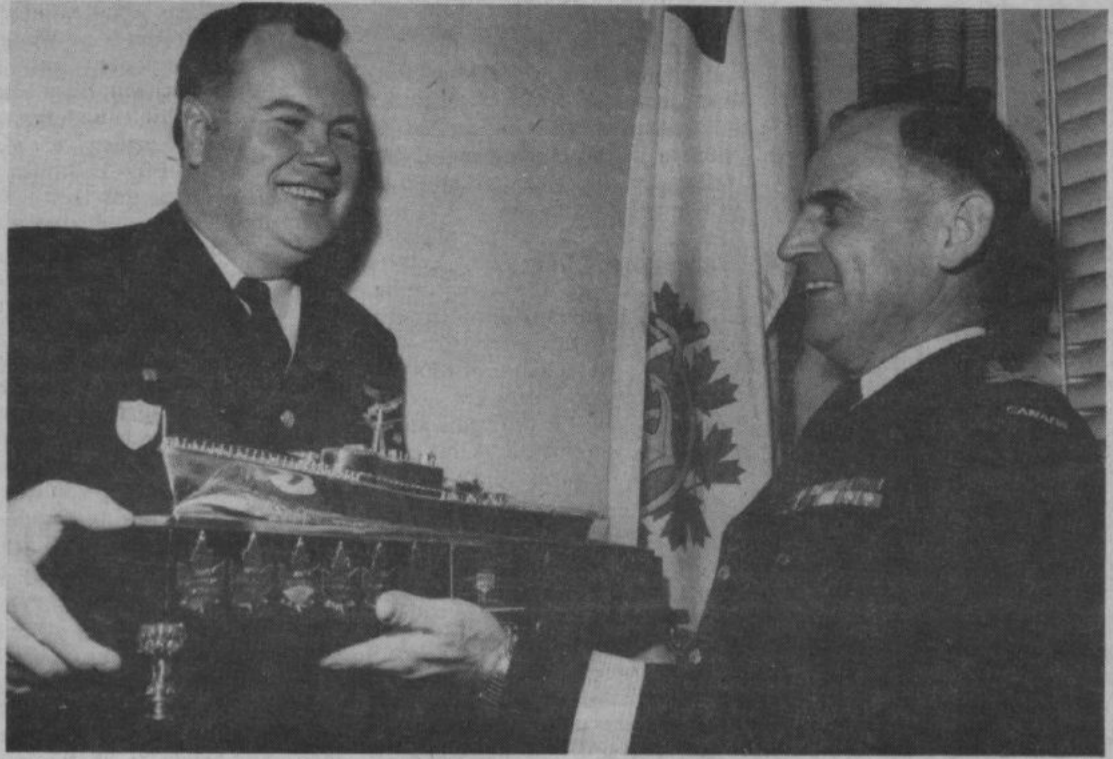
*These brave Canadians young and old
Who left their homeland and paid the toll,
So that we in freedom could safely live,
It was their decision - their lives to give.
How do we thank them, those glorious men
Who were free, but are now just a memory?
We will play with our hearts, the music is clear
We remember their sacrifice all through the year.
In this nation of nations built from sea to sea,
Remember these boys - lest their souls feel apart -
Sing as did they with honour and love in your heart.
"Oh Canada, Glorious and Free
We stand on Guard for Thee!"*

Sgt. Barry Tyson

HMCS Chippawa Wins Trophy - Commander W. N. Fox-Decent, left, accepts a trophy as commanding officer of Canada's top naval reserve unit from Vice-Admiral D. S. Boyle, Commander Maritime Command, during a parade at HMCS Chippawa in Winnipeg.

The sterling silver model of the destroyer HMCS St Laurent was last won by HMCS Chippawa in 1957. The presentation was made following an evening of demonstrations and traditional naval sunset ceremony.

(CANADIAN FORCES PHOTO)



ex-SGT. Dieter Conrad who left our ranks in August to begin a teaching career in the Winnipeg School System. Dieter has just been commissioned a Captain in the Naval Reserve to add to his other accomplishments of late and will be assuming the directorship of the H. M. C. S. "Chippawa" band. The very best of seaman's luck to you, sir! However, we're confident you'll do just nice even without it.

The concert/parade band will be bussing through parts of Germany and France... particularly toward Vimy for November 11th as you avid VOXAIR readers digest this. Yours truly and the rest of the members of the "Commandairs" will be giving the Western European Railway systems a thorough testing in our series of engagements with and outside of the larger part of the band's commitments - the ultimate aim of both groups being a rendezvous at Gatwick on Nov. 14th. Your thoughts and prayers will be most appreciated.

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NATO

Continued from page 9

largely because the differences in the design of forces, location of forces, and the deployment rate of new weapons systems especially when considered against the 1977 expiry date of the Interim Agreement made the search for a permanent agreement too complex. The impending introduction of new strategic weapons under development by the two sides was of particular importance in reaching this decision. The arms race has had an impetus from three sources: one, political tension; second, the strategic plans of each side; and third, the intent of each side to anticipate what the other side might do. Of these, the most notable in a period of exploding technology has been the last one.

A mutual understanding on the framework or broad guidelines for such a ten year agreement was reached at the Vladivostok summit of November, 1974. In the process, earlier attempts by the USA to compensate for the Soviet advantage in missile size, or "throw-weight", through the award to the USA of permission to fit a greater percentage of its missile force with multiple, independently-targetable warheads (MIRVs), where the USA has a significant lead, were abandoned. Instead, the two sides agreed that from October 1977 when the provisions of the Interim Agreement generally lapse both sides could have 2400 strategic delivery vehicles, including strategic bombers, of which 1320 might be equipped with MIRV. The number of warheads permitted each side and the throw weights of the various missiles are, however, generally not restricted. Nor are Soviet medium and intermediate range missiles (MR/IRBMs) which cover Western Europe, or USA forward-based systems (FBS), generally tactical aircraft deployed at sea or elsewhere in

the world outside the USA covered by the agreement.

The new agreement will also include a provision for further negotiations beginning no later than 1980-1981 on the question of further limitations and possible reductions of strategic arms in the period after 1985. It is hoped that the specific details of the new agreement which will include arrangements for the verification of restraints will be settled in Geneva in the coming months in order that the agreement might be concluded by the end of 1975, at latest, if not by the time General Secretary Brezhnev visits Washington in the late spring. Now that a ceiling has apparently been put on the arms race with the result both sides will have a similar starting point it may also prove possible in the years ahead to bring about a substantial reduction of strategic forces.

Related Agreements

Two further instruments which have been concluded during the course of the SALT negotiations are also of interest. The first, which emerged from the Washington summit of June, 1973, is the "USA-USSR Agreement on Prevention of Nuclear War". The agreement is designed to regulate the relations of the two great nuclear powers to each other to other countries in time of peace, and to each other and to other countries in time of peace, and to prevent the outbreak of nuclear war. Although the agreement does not relate directly to SALT as an arms control exercise, it does bear on the strategic balance which underlies SALT. The agreement has been the object of some concern in certain European quarters, notably in France, where it has been seen as casting doubt on the credibility of the nuclear deterrent as it relates to the defence of Europe, and as a manifestation of the over-riding nature of the USSR-USA strategic relationship.

The second agreement of note

is the "Treaty Between the USA and the USSR on the Limitation of Underground Nuclear Weapon Tests" reached at the Moscow summit of July, 1974. This treaty, which complements the 1963 "Treaty Banning Nuclear Weapons Tests in the Atmosphere, in Outer Space and Under Water" (commonly described as the Partial Test Ban) will, from March 31, 1976, prohibit underground nuclear tests having a yield exceeding 150 kilotons. A particular aim of this treaty is to concentrate the competition in nuclear weapons to ranges of lower yield weapons. A date nearly two years ahead of the coming into force of this treaty was accepted on the basis there was a need to work out agreed criteria to distinguish between nuclear weapon tests and peaceful nuclear explosions, and agreed measures to assure adequate means of verifying such a distinction. Peaceful nuclear explosions are not banned by the treaty at any level of yield.

Canadian Interest

In addition to the more general Canadian interest and involvement in arms control and disarmament matters, Canada is at the same time a member of an alliance in which nuclear weapons represent the ultimate deterrent and the ultimate military weapon. These are the basic issues in SALT and the fact that Canadian forces in Europe are no longer equipped with nuclear weapons in no way alters this reality. Canada is also directly concerned with the SALT negotiations insofar as strategic bombers continue to play a role in the strategic balance of power because of the other defence agreement in which Canada is a member, the North American Air Defence Agreement (NORAD).

At the present time the balance of strategic forces between the USA and the USSR, and, by extension, between their respective Alliances, is regarded as stable. Largely because of the



Think
Canadian...
..They
Did!

REMEMBRANCE DAY NOVEMBER 11, 1975

relative invulnerability at this time of some of the strategic forces, most notably the SLBMs, neither side is seen as capable of gaining a decisive military advantage over the other. The fact that there could be no winners, only losers, in a strategic nuclear war is described as a strategy of mutual deterrence.

It is of vital importance that the balance of strategic forces which gives rise to the strategy be kept stable, and that the mutual deterrent value of the forces not be put at risk. This is the object of

SALT. At the same time, it is necessary that the legitimate security concerns of the Alliance as a whole be taken fully into account by the USA in its negotiations with the other side. To achieve this, and to ensure that the Alliance has a common understanding on these crucial questions the USA has, through the NATO Council, consulted its Allies in detail at each stage of the talks with the USSR. Next: Canadian Delegation to the North Atlantic Council.

ENTERTAINMENT - NOVEMBER

NOTE: 8 November, BEERFEST NIGHT This will be a BIG one. Beer Steins at the door as a souvenir. German Band, German Food. Make sure you pick-up your tickets early at the office. We have a limited number and there will be NO TICKETS SOLD at the door.



- Friday 7 November TGIF NIGHT
Music Man featuring "Pro Sound"
ADMISSION: \$2.00 per couple for guests.
- Saturday 8 November NOVEMBER BEERFEST NIGHT
One of the greatest nights of the year, Beer steins, draft beer, and great German food, also a very popular German band, "The Baravins" featuring Ernie Fink.
ADMISSION: \$5.00 per couple for members
\$8.00 per couple for guests.
This includes beer stein, and food, relaxed dress or costume. Advance ticket sales at office between 9 - 4. No tickets will be sold at the door that evening. Get your tickets early as only a limited number available.
- Tuesday 11 November REMEMBRANCE DAY FUNCTION
MOSAIC from 2 - 6
COUNTRY TIGERS 7 - 11
ADMISSION: FREE
- Friday 14 November TGIF NIGHT
Music by "Raintree County"
ADMISSION: \$4.00 per couple for guests
MEMBERS FREE
- Saturday 15 November SATURDAY NITE DANCE
Music by "Raintree County"
ADMISSION: \$2.00 per couple for members
\$4.00 per couple for guests.
- Wednesday 19 November ASSOCIATE MEMBERS MEETING AT 2000 HRS.
BE SURE AND ATTEND!
- Friday 21 November TGIF NIGHT
Music by "Pro Sound"
ADMISSION: \$2.00 per couple for guests.
- Friday 21 November FIRST DRAW OF "MIDNIGHT CURLING BONSPIEL AT 2400 HRS. SPORTS CALENDAR
Midnight Curling Bonspiel starts at 2400 hrs. at Westwin Curling rink. Enter names on bulletin board at the mess. Cut-off date for entering will be 18 Nov 75. Good prizes, good food, good curling and GOOD LUCK. Curling fees will be \$3.00 each.

- Saturday 22 November GREY CUP DANCE FEATURING BAND TBA
ADMISSION: \$2.00 per couple for members
\$4.00 per couple for guests.
- Sunday 23 November GREY CUP DAY! TWO COLOR TV'S IN MAIN LOUNGE, COME OUT AND SUPPORT YOUR TEAM.
- Thursday 27 November MESS DINNER
- Friday 28 November TGIF NIGHT
Music Man featuring John Nelson
ADMISSION: \$2.00 per couple for guests.
- Saturday 29 November SATURDAY NITE DANCE
Music by "Midnight"
ADMISSION: \$2.00 per couple for members
\$4.00 per couple for guests.
- Sunday 30 November ASSOCIATE MEMBERS AUCTION
This is the annual Associate's Members Auction. A perfect opportunity to get some good bargains for your Christmas Shopping list. Auction begins at 1400 hrs, bring your friends. Surprise Raffle.

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MET MEMOS

Met Tech TL6A Course 7501 graduated on the 24th of October. The ten successful trainees were presented with their diplomas by COL. M. D. Gates, Base Commander, CFB Winnipeg. During the graduation ceremony COL. Gates congratulated them on their 12 weeks of study and effort and passed on his hopes that they will have an opportunity to utilize their training in an expanded weather briefing role in the near future.

We had just booted the last TL6A graduates out the door when personnel began arriving for TL6B Course 7502 which commenced the following Monday, the 27th of Oct. Instructors (the few we have left) were seen madly stashing 6A lesson plans on the back shelves and dusting off those for the 6B Course.

A strange malady has decimated our staff this fall. Nick Turko spent some time in hospital having an eye operation and is still on sick leave. Then Pat Dillistone was stricken with an eye infection and was lost to us for a month. Next the Commandant, Paul Kowal decided to get in on the act, but all he had was a sty on his eye, and was lost to us for only a few days. The military side of our staff have been rejoicing because this eerie eye problem appears to be confined to civilians only.

Training continued during all those absences but our cries for help could be heard throughout the country. Peter Enns and Joe Zawatsky helped fill in the breach when things got really rough and we're grateful for your assistance fellas.

The staff opened their hearts (and their wallets) during the United Way Campaign and pushed our contribution some 200% over our quota. This came about without my having to go into any high pitch selling drive.

Moe and Rita Blais pulled a "sneaky" on us. After winning a night's lodging at a local inn during the recent members night at the Sr. NCOs Mess, they quietly had a second honeymoon without telling anyone. And we were planning to surprise them by raiding the joint.

It appears that some people just don't realize that inflation is a real problem nowadays. I note that three of our staff, on being asked to cut down on spending, promptly went out and bought shiny new gas eaters.

Service people think that the Armed Forces work in a slow, methodical manner but we're fast compared to the Public Service. It took them nearly a year to confirm Paul Kowal as our Commandant and now, finally, Pat Dillistone has been named our Chief Instructor, (subject to the usual lengthy appeal period). Now if we could get a Chief Standards Officer before I get posted, we could be well on our way to being in an organized state.

Accommodation for our students has been a real problem since we arrived here last year. Barrack block 63 has just not proven to be an ideal home setting for students trying (hopefully) to do a little studying while on course. For our present TL6B course, the base authorities have come up with the wise (?) idea of bunking them on the top floor of BB 65. It meets all the requirements we have been asking for, namely, quiet, no transients moving in the middle of the night, etc. However, a fear lingers that maybe our problems are still not solved. We just don't know yet how things will work out. You see the bottom two floors of BB 65 just happens to house all the living-in females on the base. Time alone will tell. I wonder if this fact was the prime reason our Base Warrant Officer, CWO Dodd, decided to have a friendly chat with the students on the first day of the course. Maybe, just maybe, he should have been talking to the residents of the two lower floors.

No matter how happily a woman may be married, it always pleases her to discover there is a nice man who wishes she wasn't.

Soldiers Commended By Chief Of The Defence Staff

OTTAWA - Two Canadian corporals have won commendations from the chief of the defence staff, General J. A. Dextraze, for their part in saving a burning house near their base in West Germany.

The two, former members of "C" Squadron, Royal Canadian Dragoons, are Corporal Brian J. Leonard, of Halifax, and Raefe A. Douthwaite, Mississauga, Ont., both 24 years old.

CPL. Leonard now is attached to the Mapping and Charting Establishment, National Defence Headquarters, Ottawa, and CPL. Douthwaite works at the Canadian Forces' Land Engineering and Testing Establishment in nearby Orleans.

While driving through the Black Forest village of Ottenheim, May 13, 1974, the pair discovered smoke billowing from a house.

Despite intense smoke and flames, the two corporals entered the house to search for occupants, but were driven outside by the smoke. They then doused themselves with a backyard garden hose and, holding shirts over their faces, made their way upstairs to check all rooms.

Unable to check the flames with the garden hose, the two then soaked the walls, containing the fire to the upper-storey, until the local volunteer fire department arrived.

When the fire was extinguished, the two remained at the scene for about 2½ hours, helping the owner with the clean-up.

Reporting on the initiative and perseverance of the two corporals, LT-COL. R. E. Brown, the Commanding Officer of the Royal Canadian Dragoons in Lahr, said, "they deliberately put (their own lives) in jeopardy in order to eliminate the possibility of any other human being losing his or hers."

Herr Lothar Mussler, owner of the house, later wrote to LT-COL. Brown, saying, "it is for me a true pleasure to express to the two members of your unit... me and my family's heartfelt thanks for their unselfish and spontaneous helpfulness."

RSS Prairie Awards Presentations

COL. J. A. Gardam, Commanding Officer of RSS Prairie, had the opportunity recently to recognize the distinguished service of three unit members. He is shown here presenting the Canadian Forces Decoration to SGT. J. A. B. Gagnon (top photo) for twelve years of distinguished service; the First Clasp to the Canadian Forces Decoration to LCOL. F. A. Davies (center photo) for twenty-two years of distinguished service; and the Second Clasp to the Canadian Forces Decoration to CAPT. F. J. Forsyth (bottom photo) for thirty-two years of distinguished service.



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Sun. 16 Mon. 17	Tue. 18	Wed. 19 Thu. 20	Fri. 21 Sat. 22	Sat. 22			
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