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War "AMPS"
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TORONTO (CFP) - War Amps of Canada key tags for 1976 now are in the mail to householders across Canada.

The suggested donation of \$1. for the personalized, confidential and coded key tags is used to support the work of the War Amps in providing employment for their own members, and financing the War Amps Association's national program of rehabilitation and after-care for war amputees.

It also supports their national child amputee program (CHAMP) and helps in maintaining liaison on the readjustment of civilian amputees.

In addition to the key tags the War Amps offer watchband calendars and personal address labels for additional donations of \$1. each.

See AMPS Page 14, Col. 2

CFB Winnipeg Helps In Guatemala Relief Operation



Privates Wesley Quinn, Riel Brouillard, Sylvia MacKay and Corporal Guy Thibault load some of the 50,000 blankets flown from Winnipeg to earthquake victims in Guatemala earlier this month. Canadian Forces 707 aircraft assisted the aid operation which is under the sponsorship of the Canadian International Development Agency. (CANADIAN FORCES PHOTO)

U of M Approves Credit For Various CF Training Programs

The University of Manitoba program for Canadian Forces personnel and dependants is designed to assist personnel and their dependant families in obtaining a university education outside the formal plans available through the Forces.

University credit for military training and service is an attractive and advantageous benefit to many serving personnel. Graduates of military courses rated as equivalent to university work are eligible for credit of up to four full courses. An additional full course credit is granted in recognition of rank/military service on completion of a first course with the University of Manitoba.

Credit has been approved for the following Canadian Forces Training Programs: National Defence College, Staff College, Staff School, Staff College Extension School Graduate

See U OF M Page 14, Col. 3

What MPs Ask

OTTAWA (CFP) - The following are extracts from Hansard dated January 26, 1976.

NATIONAL DEFENCE REASONS FOR CLOSING OF BASES - REQUEST FOR ASSURANCE OF COMMITTEES STUDY BEFORE BASES CLOSED.

Mr. Eldon M. Woolliams (Calgary North): Mr. Speaker, I should like to ask the Minister of National Defence a question concerning the phasing out and closing of certain armed forces bases, particularly in the city of Calgary, where 2,800 men are stationed and where 480 civilians are working. The replacement of these facilities would probably involve something in the order of \$150 million to \$250 million. Why is that being reviewed and what is the purpose of a closure or phase-out in that part of the country?

Hon. James Richardson (Minister of National Defence): Well, Mr. Speaker, the rationalization of our infrastructure is proceeding, as I indicated several weeks ago in the House when I made the announcement of the other decisions on bases and no base closures have been decided at this time, including Calgary.

Mr. Woolliams: Mr. Speaker, will the minister undertake to assure the House and the country that before any decisions are made concerning these armed forces bases, the matter will be referred to the Standing

Committee on External Affairs and National Defence so that the facts will be before the public and so that we may be sure there is not discrimination.

PROPOSED COMMITTEE STUDY OF CLOSURE OF BASES - MOTION UNDER S.O. 43.

Mr. Eldon M. Woolliams: Mr. Speaker, I rise on a matter of urgent and pressing necessity pursuant to the provisions of Standing Order 43. My motion relates to a special secret study being made in reference to the closure of certain military armed services bases, in particular Calgary, where land, armoured, infantry and services forces includes 2,300 officers and men and 480 civilians.

I move, seconded by the hon. member for Calgary Centre (Mr. Andre):

That before any Canadian base is closed, particularly Calgary, the matter be referred to the Standing Committee on External Affairs and National Defence so as the facts and reasons for the review are all disclosed openly in the committee so the public is made aware of the real reasons for such closures and for the purpose of avoiding any discrimination against any part of the country.

Mr. Speaker: The motion under Standing Order 43 requires the unanimous consent of the House. Is there unanimous consent?

Some hon. Members: Agreed.
Some hon. Members: No.

"HELP GEORGE DO IT"

Economy In The Use Of Motor Fuels

In this day and age we are all very aware of the need for energy conservation. In particular, growing shortages of oil and petroleum products used primarily for fuels have made it obvious that we must all use what we have carefully. This is especially true when we consider the amount of fuels we consume at home and in our automobiles, or in any of the motorized machines we make use of for our own private work or pleasure. Naturally, one of the largest areas of fuel consumption is with the cars and trucks we purchase to use for our own transportation.

It is recognized that an automobile of some design is necessary for an average family to function in our present social and working environment. However, if we are to continue having the luxury of our own private transportation, we must economize in the use of the fuels which drive our automobiles. Unfortunately, there has been, and still is, much wastage of fuels in this area, and this has resulted in the useless expenditure of energy. It has already helped to use up much of our reserves of fuel, and unless held in check, will continue to rapidly deplete our energy resources. This will leave little prospect for the future.

Conservation, of course, is necessary, and some positive action is required to reduce waste and ensure the efficient use of our fuels. We are all aware of this, and have been for some time. Up to now, however, it is apparent that most of us have been simply observing the problem without really getting involved. What is needed is active participation - by all of us.



Recently, the Government started the ball rolling for us by implementing new policies on speed limits for Government vehicles. In general, the speeds have been reduced to a 55 MPH maximum for commercial patterned vehicles such as cars and station wagons, and to 50 MPH for all Standard Military Patterned vehicles such as 2½ ton trucks and many 4-wheel drive vehicles. These self-imposed restraints are an example to the rest of us that the Government is concerned about energy conservation and is doing something about it.

For the remainder of us, there are numerous methods we can use



to conserve energy through the economic use of our motor fuels. These can be applied equally effectively when we are using our own private vehicles and Government vehicles for transportation. Some of these are:

a. Driving at a smooth, steady speed at all times in the city and on the highway. Avoiding sudden accelerations and stops reduces the gasoline necessary to increase speed and also reduces the gasoline wasted during sudden stops;

b. Ensuring that your vehicle is not allowed to remain idling for an excessive period of time. Idling over two minutes is usually considered excessive, as it takes less gasoline to re-start a vehicle than to leave it idling while you are waiting;

c. Avoiding staying in lower gears for too long while operating a vehicle with a standard transmission, as this wastes gasoline. Shifting through the gears smoothly also reduces wasted gasoline. When operating a vehicle with an automatic transmission, it must be remembered that an "unduly

See GEORGE Page 14, Col. 3

Legal Legal Legal Legal Ramblings

COL ARTHUR SWAINSON

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

Is your wife old enough to drink?

Did you know that if you live in Ontario or Nova Scotia, it is illegal to give a minor a drink of wine in your own home? I didn't believe that when I heard it, but it's true. In this and a succeeding article on minors and drinking, the contents are mostly a matter of interest, but they may help you avoid trouble with some of our sillier laws.

The terms used in the various Provincial Liquor Acts are so different, and sometimes so vague, that I am not really sure that the information in these articles is absolutely accurate. However, it will serve as a guide, and give you a general feel for alcohol legislation as it applies to minors in your province or territory.

About the only thing that is the same in all provinces and territories in that minors may be given alcoholic beverages for medicinal purposes.

Even the age of majority is not the same in all provinces. In Alberta, Saskatchewan, Manitoba, Ontario, Quebec and P.E.I., a minor is a person under 18. In all the other provinces and territories, a minor is a person under 19.

Drinking at Home

Serving alcoholic beverages to minors at home is illegal in Ontario and Nova Scotia, but it is legal in all other provinces, provided that it is served or supplied by a parent or guardian. However, in some provinces, serving means providing an open bottle of beer or a glass of wine or

liquor. In other provinces, you can apparently hand your child the whole bottle.

A fascinating point is that, if you happen to have a wife who is under age of majority, you cannot serve her a drink in your own home unless you live in Alberta, Saskatchewan, New Brunswick, or P.E.I. In other provinces and territories, she can have a drink when she visits her parents, but not in your house.

There are a couple of twists to these rules. In the Yukon, a grandfather may provide a minor with liquor in a private residence. In Saskatchewan, it is lawful for any adult to serve a minor alcoholic beverages in that adult's home - they don't have to be relatives. However, this rule specifically excludes motels, so watch it, you fellows in Saskatchewan!

An important implication of these laws is that teenage drinking parties in private homes are illegal. This is so because the parent or guardian must serve or provide the alcohol to his own minor children. The exception is Saskatchewan, where any adult in his own home may serve minors, but he must remain in the house.

So, if your children want to have a party without you being present, here is your built-in excuse for staying at home and keeping an eye on things.

Part II will deal with minors drinking in dining rooms and lounges. (Nov. 75)

I found a turtle by the lake;
His shell was shut up tight.
I knocked politely, calling "Sir,
The day is nice and bright,
So won't you talk to me awhile?"
He poked his head out "No"
He said, "I'm busy looking at
A television show!"

by Francis Gorman Risser
The Pineimite Post,
CFS Gypsumville

**Next
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NATO Exercise Being Held In Norway

OTTAWA - Land and air elements of the Canadian Forces fly to Northern Norway in early March to take part in Exercise "Atlas Express," a major eight-nation NATO manoeuvre, 200 miles inside the Arctic Circle.

Aim of the exercise is to test NATO's ACE (Allied Command Europe) Mobile Force in rapid deployment to the area, operations under winter conditions, and coordination between different nationalities. Other forces taking part will come from Belgium, Germany, Italy, The Netherlands, Norway, Britain and the U. S.

Main Canadian component will come from the Calgary-based 1st Battalion, Princess Patricia's Canadian Light Infantry (PPCLI), with supporting elements drawn from bases in Chilliwack, B. C., Shilo, Man., and Petawawa, Ont.

The 750-member battalion group will be led by 1 PPCLI's commanding officer, Lieutenant-Colonel K. R. Foster, 37, of Calgary.

The Canadians will be flown to Norway in Hercules and 707 aircraft of Air Command, beginning March 2. Main phase of the exercise will take place March 8 - 15 and troops and equipment will be re-deployed to Canada March 16 - 23.

Also deployed March 1 - 9 will be eight CF-5 tactical fighters from CFB Cold Lake, Alta., and

Officer Cadet From St. James Wins "Top Candidate" Award



Officer Cadet Richard Slade receives the "Top Candidate" award from BGEN G. A. Heck during the final ceremonies for the Basic Officers Training Course held at CFB Borden. The award is presented to the top student of the course which was conducted during June/July 75. In addition to receiving the award, O/C Slade had the honor being appointed Parade Commander for Course 7507.

CFB Bagotville, Que.; helicopters from 427 Squadron, CFB Petawawa, and components of aircraft field maintenance squadrons from Ottawa and Edmonton.

Troops and aircraft will be involved in joint tactical training exercises, including weapons firing at a Norwegian range.

The ACE Mobile Force was created in 1961 as a means of rapidly establishing a NATO presence in potentially vulnerable

areas of the alliance, and to reduce the likelihood of any form of aggression by an enemy. In the event of hostilities it would be reinforced quickly from NATO resources.

Scheduling the exercise is the Supreme Allied Commander in Europe, General Alexander M. Haig. Responsible for its coordination will be the commander of Allied Forces in Northern Norway, Lt.-Gen Sverre Hamre of the Norwegian army.

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Mrs. Pat Stadnyk



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

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A Short History Of Base Supply

The existing complex located at Kenaston and Taylor Avenue, and now known as the Base Supply Section (pictured at right) came into being as No. 16 Regional Ordnance Depot on 1 Jan 56.

Prior to that time, units in the Winnipeg Area, were supplied with material from No. 7 Area Ordnance Depot, Winnipeg, which was located in Carpiquet Barracks, off Keewatin Street, which is now the location of a prominent brewery.

The notification of the relocation of 16 R.O.D. from Regina, Sask. to Winnipeg was received in June, 1954, and was part of the then new Regional Supply concept. At the same time, 7 A.O.D. was advised that their area function would be moved to Regina.

No. 16 R.O.D., although an NDHQ Unit, was responsive to Prairie Command Headquarters (then located in Fort Osborne Barracks which subsequently became defunct 1 Sep 59). The Depot carried out both a regional and area function and the Commanding Officer was also the Area Ordnance Officer.

No. 16 R.O.D. was initially responsible for the supply of material to units throughout Saskatchewan and Manitoba as well as Units in Northern Ontario as far east as Terrace Bay. This included providing material for No. 18 Company R.C.O.C. Churchill, 44 Central Ordnance Railhead, Shilo, and the Canadian Joint Air Training Centre in Rivers, Manitoba.

In total there were some 130 Regular and Militia Units being serviced by 16 R.O.D. and the Area Ordnance function, which included annual unit verifications by supply staff covered all units in the Manitoba and Northern Ontario areas, approximately 80.

In 1967, the "Base" concept was introduced throughout the Canadian Armed Forces and 16 R.O.D. as such ceased to exist; the areas of responsibility were reduced accordingly. The depot became the Base Supply Section and is now responsible for material support to some 50 units, 40 Cadet Corps and 250 distribution accounts. Such units are located in the area "Winnipeg to Thunder Bay and as far north as Churchill".

The initial establishment of

Woman's best asset - man's imagination.



No. 16 R.O.D. was 173 personnel, all ranks. The current establishment of the Base Supply Section is slightly less due to the introduction of MK1, CFSS; notwithstanding the fact that supply now controls rations (previously RCASC) and the procurement of construction

material (formerly RCE). Of the original staff of 173 there are six personnel who still remain. Pictured above from left to right are: Mr. Jack Schwartz, Mr. John Finlayson, and Mr. Paul Bonin. Mr. Jim King, Mr. Pete Haydey and Mr. Bob Drummond are missing.

Parliament OKs Changes To CFSA

OTTAWA (CFP) - Equal status for men and women, including survivor benefits, and a uniform rate of pension contributions for all contributors, are two amendments to the Canadian Forces Superannuation Act approved by Parliament December 20, 1975.

The amendments implement a recommendation made by the 1967 Royal Commission on the Status of Women. Until now, servicewomen contributed less and received fewer benefits. Effective February 1, 1976, all service personnel (male and female) will contribute at the rate of 6½ per cent to the CFSA which includes Canada Pension Plan contributions, plus ½ per cent to the Supplementary Retirement Benefit Act (SRBA) for a total contribution of 7 per cent.

The legislation also authorized a vested annuity at the "20-years-age 40" release point under the new Officer Career Development Plan. In other words, if an officer remains for an "indefinite period of service" after the 20-40 point he will never receive a pension less than he would have received if he had retired at the 20-40 point.

Other amendments include that in the event a contributor dies before having received his annuity for five years, and there is no widow or children entitled to benefits, the balance will go to his estate; a return of pension contributions to include interest at 4 per cent per annum from January 1, 1974 for members released after December 20, 1975; and no reduction in the annuity for members employed by other federal government departments on retirement from the military, regardless of their income level.

A more detailed explanation of these and other amendments will be carried in a forthcoming issue of the Personnel Newsletter.

Inscription on a cigarette lighter - "TO MY MATCHLESS WIFE."



"I had my annual medical this morning... told the doc I felt great, loved my work, was happy with everything in the forces and he gave me two weeks off for a rest cure."

CDS Commendation

OTTAWA—Swift, competent action in a medical emergency at CFB Trenton, Ont., in August, 1974, has earned a commendation from the chief of the defence staff for Warrant Officer John A. Berman, 40, of Halifax.

A physical training instructor, Berman was supervising another serviceman during semi-annual fitness tests when the man collapsed and sustained a large gash on the forehead.

He gave mouth-to-mouth resuscitation to the victim, at the same time applying direct hand pressure to the cut. Issuing instructions for an ambulance, he continued the resuscitation procedure until the ambulance arrived, and then assisted the medical orderly with the hand resuscitator and placing the victim on a stretcher.

Reporting on the incident, Dr. R. J. Hicks, base surgeon, said "it was primarily through the keen foresight, coupled with sound and immediate action by WO Berman, that a medical catastrophe was averted."

He said the victim suffered an incapacitating episode while exercising... and were it not for (Berman's) efforts to sustain life until medical assistance arrived, he



General Jacques Alfred Dextraze CBE, CMM, DSO, CD

would, in fact, have died." The commendation reads that "his efficient leadership and professional example in a crucial situation were of the highest order."

WO Berman, a Haligonian, lives at 31 Laird Dr., Middleton Park, Trenton, with his wife and two daughters. He has more than 23-years' service in the forces.

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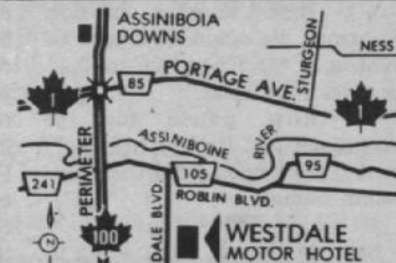
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cfans news corner

ANS

By T. G. BREMNER

NAV

SQN

Here we are at 25,000 feet in a single-ship nav detail AGAIN! This time we were scuttled by the old "puppy" squadron from Trenton. The sacred white cow (SF 712) was carrying an IOR part for one of our Hercs that had been temporarily grounded. Everything was under control, the sick bird was scheduled off only an hour behind schedule, until it was discovered that the necessary part had not been off-loaded but was on its way to Namao. The 437 squadron motto "OMNIA PASSIM" (Anything, Anywhere) is more than fitting in this instance - they took the goods ANYWHERE but where they were needed! Namao is hardly the place to deliver. Herc parts - they've got three times the number of Hercs that we have. (For the ladies, IOR means Immediate Operational Requirement. That's the code used for shipping spare parts that are needed RIGHT NOW! The next one up the line - AOG or Aircraft On the Ground means that the old bucket ain't goin' no place 'til it gets the new nuts 'n bolts.) Being a former 437 type myself, I can sympathize with the operating crew. I know what the hassle is like on the cross-country milk run, especially when you're behind schedule, but I must say that I think we ran a better service back in the Yukon days. Then, we were a little less concerned with the time-table and somewhat more interested in doing a good job for all of the customers.

After considerable discussion on the radio, it has been decided that we will suspend our exercise over Cold Lake and divert to Namao for the parts so that we won't lose another mission tomorrow. We could have gone to Trenton in the first place and had the parts a lot faster.

We now pause for the "Approach and landing briefing". To be continued following ops stop in Namao.

Back in the air again - up to 27,000 feet this time. We picked a great moment to lob into Namao - right in the middle of a TALEX (Tactical AirLift Exercise) formation returning from a night drop. We pulled a couple of smooth moves, co-ordinated by Edmonton Arrival, and landed as number two in what suddenly became a seven plane formation.

The "Skylarks" have often arrived back at base with fewer aircraft than when they had started, but I think this must be the first time they picked up an extra along the way. At any rate, we did get the parts to fix our broken airplane so that it can be ferried out to Namao for an inspection on the weekend.

Friday the 13th was not the best of all possible days to hold the Squadron Sports Day. After the scheduling shmozzle we wound up with, half of the students found themselves working on Friday instead of competing with the staff. The sports co-ordinators did some hasty rearranging of teams so as not to lose the entire day. A lot of the competition was staff versus staff, but it was an enjoyable change from the "second guess" schedules that we've been trying to live with of late. (I'm not knocking the Programming department, just the concept of crisis management that crops up every time someone finds an empty airplane sitting around. Sticking an unprepared student into an airplane at the last moment doesn't help him one bit.) Anyway, the games were fun and chille was v-e-r-r-y tasty. I must own up to missing most of the morning - after chasing around across the prairies for half the night, I just couldn't make it out of the rack at 8:00 am as planned.

We have had some good news for a change - 307 just MIGHT be coming home soon! There are no guarantees at the moment, but it appears that it may have finally passed its final flight tests. The only other thing left is a scheduled overhaul and the formal delivery to Winnipeg. Bob Hill has been working on the program for the day of the official hand-over when Base officials and representatives of NWI will meet in Winnipeg for a small ceremony. Following that, we'll be busy trying to figure out how to run the black boxes before trying to teach the students all about it. Sounds like there's still a lot of fun to come.

More good news! There are some new people being posted into the school. The last I heard was that there will be four new faces including at least one from a "heavy" squadron who is Herc qualified. (I'm going to try to get him into the Advanced Nav cell if

Careless Smoking and Matches

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...Smoking near flammable liquids!

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...falling asleep while smoking!

Cigarettes, cigars and pipe embers can smolder in upholstery, bedding or clothes. The result can be a deadly combination of smoke and flame. DON'T smoke in bed!

...discarding smoldering butts!

"Suspects" and wastebaskets are a fire-inviting combination.

...Smoking in hazardous places!

Don't light matches or smoke in attics, closets or other confined places near clothes, paper, or other combustibles.



I can. We need all the help we can get - it's been so long since I had any leave that I've forgotten what it's like to stay home for a few days.) If we can keep the wolf away from the door and not have any more "out" postings for a while, we just may make it through the summer yet. Only time can tell.

We're shopping around for some temporary assistance again. Course 7504 XT will need an acting Course Director while theirs' is in Camp Borden and someone with a sharp pen will have to try his hand at one of these columns. All interested volunteers are requested to contact Major Jim Schenk as soon as possible. Prerequisites: no ulcers (to start with, at least); thick skin; no spare time; and an urge to become completely unhinged. Benefits: ulcers (guaranteed); perforated epidermis; sleepless nights; and free rehabilitation care. There is no financial compensation with either duty, but a free copy of VOXAIR will be delivered every other week.

I've got a great heap of paper sitting on my desk again so I'd better get started on it. I'll even have to pass up throwing any barbs across to the hangar line for now. See ya!

Safe driving tips for snowmobilers

- Know the length of a round trip that can be made on a tank of gas and plan accordingly.
- Travel in pairs.
- Drive on private property only with the owner's permission.
- When adding fuel, shut off engine.
- Helmets are "law" for head protection.
- Be alert for fences, guy wires, cables, stumps, etc.
- Carry a first aid kit.

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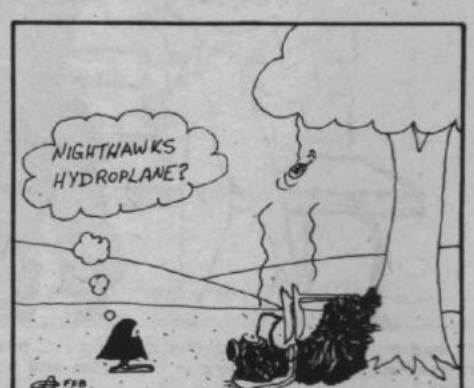
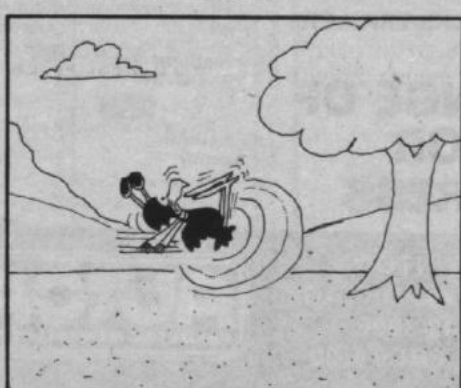


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GUDGEL STEW by Rick St. GERMAIN



ASC news news news news

By CAPT. MEL WALKER

SINC, SANC, SUNC. Well, since I've been demonstrating to ASC the error of their ways the SANC are the only people I have left to talk about. And I don't even get a chance to teach them this year!

Which, of course, is why that fellow left rear is smiling so hard. Rich Littler is 409 Squadron's answer to Groucho Marx. Great sense of humour that guy but, no Fran he doesn't do imitations of Hollywood Stars. Rich needed his sense of humour the last time we were together. He did a perfect emergency landing in a farmers field when the Tri-Pacer he was flying ran out of gas; in one tank: In My Tri-Pacer. Lee Macrae has the right hairdo, now he just needs an ear job and we can send him back as science officer on the fighting four hundred and francophone fifth. Lee is a doppelganger for Mr. Spock and finds underwater sound fascinating. At least I think he does. He's stolen half my notes from my last job. See Dearie I knew that D.R.E.A.ry posting would have some value.

Bona Senechal is a man after my own heart, not only is he a mechanical engineer but he's fascinated by my favourite mechanical toy. Bona wants to take my Inertial Platform back to 410 Squadron to put in his Voodoo. I keep telling him that the only thing that broken LN3 is good for is guiding his PAD O's desk. Besides which, Pederson would never part with his half. Roger Lemieux next, arrived in Transport command via a circuitous route, first Hercs, then Voodoos and finally, would you believe Buffalos. Rog is adept at telling skinny Buffalo pilots where to go in French, English and Egyptian.

Gary Mulcaster dates back almost as far as I do (probably has more Argus time too). Gary has droned around the Oceans from overseas posting to overseas hosting. Well would you believe Comox to Summerside. And,

finally on the end we have Robie Robertson. Remember way back when, when Canada had an air craft carrier? 'Remember that do ya?' 'An you remember those funny little twin engined micro mini Arguses they used to fly off her?' Tractors they were called, or something' like that. Remember? Robie remembers, an he got smart sometime around 72. He traded in his anchors for eagles and has sat in nice big comfortable Hercs ever since.

Since both Pederson and Bremner are checking me for style I suppose I should give you folks a breather and start a new paragraph for the bottom row.

First in line is Dick Saunders. He's like Gary Mulcaster an ex 407 RO but Dick pulled a quickie he's still on Vancouver Island not Prince Edward Island. Jon King proudly displays his ADG badge but don't let it fool you. I can remember the days when Jon and I were key men at Greenwood making shower gin (there were no bathtubs in BB3) for the Greenwood Bachelor officers club. Jon must have liked the low level supersonic run between Kentville and the mess so much that when he turned in his morse machine he went to Voodoos. Can't escape the Maritimes though; 416 got him. Gordie Dow is downstairs' triennial sacrifice to the Gods. Smile Gordie you're on candid camera. Don't laugh Bremner we've changed the course since you got in. By the time we've educated Gordie he should be able to keep even you in line. And finally, in conclusion, we have Bob Barron from the helicopters and floating cocktail parties of HS 443. Girls, Bob is still single but watch out. For a guy who never has to take star shots he has a morbid interest in the Air Almanac. With that beard and all I think it has something to do with phases of the moon. And a half moon rises tomorrow....

And that's SANC 7601
And that's all folks.

M.

SANC 7601



Back Row: L to R - Capt R. J. Littler, L. M. MacRae, B. F. Senechal, J. R. Lemieux, G. W. Mulcaster, R. Robertson
Front Row: Capt R. B. Saunders, J. P. King, G. F. Dow, R. A. Barron.

them in the trusty Dak in late February. Willy is also in the process of organizing the Blood Donor Clinic on the Base for 25 Feb.

The Herc simulator in Edmonton has been down for a number of weeks and the most recent OFT crew in Namao, Jim Humphrey, Hal Steffler and Dan Jones were airlifted home early in the "Finance Special" flown by Maj MacIntyre, Maj Brown, Warren Everett and Wayne Hess.

On the sporting side of things, the Bison volleyball team needs a few able-bodied spikers and setters on Tuesday nights. Check with the man with the injured hand, Jim Tomlinson, regarding playing times. These non-believing ASC imposters (Al Watt) are unaware of what the Bisons are capable of.

If you happen to shop in Polo Park, drop by the mall and check out the Canadian Forces display anytime during the first week in March. The 429 Sqn - CFANS portion of the display will be located in the area facing Super S Drugs and Wilson's Stationery on the side opposite Zeller's. (Advertising provided free of charge). If you look closely at the medical evacuation picture, hopefully it will be Wally Prokuda's smiling face peering out from below the blanket on the stretcher. Our thanks to the Base Hospital, Photo Section, BAMEO, CFTMPC, Base Information Office, and the Squadron Orderly Room for their assistance and co-operation in completing this project.

A change from the last issue in that Glen Morgan has replaced Roy Wood as the flight engineer augmenting 435 Sqn on the Atlas Express NATO exercise. Rene and Shirley know, though, that a blank travel claim beside the typewriter never hurts to take care of those last minute crew changes. On the pilots' side, Ray McAnally briefed the four Squadron pilots being augmented to the deployment phase on what they might expect during the exercise.

Seen About: Sharon Moore watching German Shepherd puppy dogs smile.

Overheard: Linda (not from 429 Sqn) threatening to take disciplinary action. Smile Gerry! So Long.

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429 SQN



BISON BREW

Howdy Herd! It's official now - North West Industries in Edmonton has produced an acceptable prototype (subject to a number of waivers) of the nav training console and work is going ahead with installing the console in three other Hercules. The acceptance flight on 307 was flown by Ray Moore - Carole was probably happy to see Jim at home for a change - Csaba Hezely, Cal "Grandpa" Breum, and Wayne Hess. We understand that Wayne, as one of the better customers on the Winnipeg - Namao - Winnipeg run, now has pre-stamped boarding passes and a reserved seat waiting for him on all Boeing flights.

Along on the acceptance check, to confirm among other

things, that the computer really works, were Maj Neilson, Gerry Kingwell, and Glen Nelson. You know Mrs. Kingwell, between resolving the world's medical memorandum problems, suffering through a little crying and dying music, and fighting all that city traffic out to the International, I really do think that Gerry enjoyed the trip - so did we.

The first ICP course for the year has departed and Lou Paproski is back in the Squadron training shop. Meanwhile, the boys upstairs are in the process of preparing for 7602, and their tour to the Southern United States.

It's flight surgeon visit time to the training bases and Maj McIntyre, Maj Clayton and Willy Williamson will be transporting

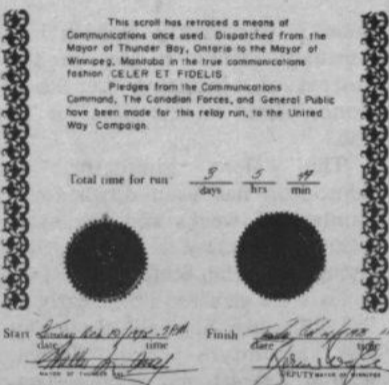
735 Comm SQN Runs Marathon For 1975 United Way Campaign



During the 1975 United Way Campaign a relay team from 735 Communications Squadron Minto Armouries performed a marathon relay run from Thunder Bay to Winnipeg. Carried by the ten team members was an official scroll and a letter from Mayor Walter Assef of Thunder Bay to Mayor Stephen Juba of Winnipeg. The first relay departed Thunder Bay 10 Oct and covered the 460 miles to Winnipeg in 3 days, 5 hours, 49 minutes. Pledges from the Communications Command, members of the Canadian Forces, the general public and the team members

themselves realized \$735 for the United Way of Winnipeg. Team members pictured here are L to R; CPL. Judy Kovacs, MCPL. Barrie Woods, CPL. Al Kinch, SGT. Debbie Duncan, 2LT. Wendy Hardman, SGT. Cathy Youngson, Pvt. Greg Crawford, Pte. Mike Nesbitt, WO. Chuck Howard, CPL. Cynthia Block, CPL. Russ Towers. A hearty thanks and a "very well done" to these members of 735 Communications Squadron for this "courageous accomplishment and generous contribution to the United Way.

735 (Winnipeg) Communication Squadron



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Dependant's Passes Now Compulsory

Effective 1 February 1976 all personnel using the base recreational facilities shall be in possession of an identification card or dependants' pass. After 1 February, dependants who are not in possession of a pass may be denied access to recreational facilities.

The processing of Dependant's cards during the evening will be discontinued in the near future because there are now insufficient applicants to justify the evening operation. Once the evening operation is discontinued, it will be necessary to take dependants to the MP Station, between 1300-1600 hrs. on Saturday afternoons to obtain a pass.

DATELINE : WINNIPEG
DATELINE : WINNIPEG
DATELINE : WINNIPEG

• by R. Kohlberg •

PHYSITEST

Do you feel listless, tired, old?
Do you watch TV a lot?
Do you huff and puff when you walk up one small flight of stairs?
Do you smoke? GASP?
Do you weigh too much?
Do you spend your lunch hour actually eating lunch, and maybe even napping, instead of jogging or cross-country skiing or swimming?
If the answers are mostly yes, don't worry: it only means that you are an average Canadian, dismally unfit and unable to stand a fighting chance compared to the average 60-year-old Swede.

Physical Fitness Week, like Safe Driving Week, Fire Prevention Week and Brotherhood Week, has come and gone, noted only by a concerned few and largely ignored by the inactive majority.

Did I say, don't worry? I take it back: you *should* worry! And you should have gone and taken The Test. (Relax: it's too late now. They won't be back until June.)

The 'Canadian Home Fitness Test' — for Francophones it's 'le physitest Canadien' (a nice coinage) — was among the events of Physical Fitness Week scheduled by the Physical Fitness Education and Recreation Staff of CFB Winnipeg.

The announcement of this test as 'safe and simple' must have scared many people away the first day, because there were only a few candidates when I walked into the Rec Centre gym (they had a much better turn-out later). I had come on foot, convinced by the man across the office partition, who proclaimed emphatically that you don't *drive* to a fitness test, for goodness sake. (Later that day that same man drove over for the test.) I don't mind walking, even in a mini-snowstorm. Besides, I hoped the walk would give me an extra little bit of miraculous last-minute vigour (like those people who go into fits of fitness training just before their semi-annual tests come up). What with all the recipes I have to try out for *Mod Housewife* and the essential research for *In Vino Veritas* I had a few doubts about the shape of things, even if my occasional lunch-hour cross-country skiing trips usually give me a good measure of confidence.

I filled out some forms for the benefit of Health and Welfare Canada and the University of Manitoba who has aided the project with the loan of equipment and expert advice.

Ottawa requests you to tell them not only your name, age, sex, SIN and postal code, but also the frequency with which you engage in such activities as walking, bicycling, swimming, calisthenics, jogging and, of course, Other (Specify). Not only that, but Health and Welfare wants to know the reason why you do (or don't) all these things, and it cannot be more than one reason. I had difficulty deciding: for good health? a sense of well-being? enjoyment? weight control? competitive reasons? Doctor told me to? Other?

With the paperwork out of the way, the Real Thing began.

A flexibility test first: you sit on the floor, your feet up against a board, and you push a sliding gauge with your fingers as far forward as you can on a measuring scale. 16¾ inches. Wow! The tester couldn't believe it, so he made me do it again. Terrific - for your age, he said. Before you know what's happening, a pair of 'fat calipers' pinches your back, upper arm, the spare tire, and you are told that you have such and such a percentage of body fat. Too much, of course.

Next, sit-ups. Another staff member demonstrated and timed me for a minute that seemed like an hour. Back to the first tester who was filling out the sheets. He searched some tabular material and couldn't find my age group listed. I was off the charts and apparently not even supposed to do this. He nevertheless adjusted my results to the next lower age level. So far, so good. Especially in view of the fact that a young woman I had watched going through the paces before me couldn't even get up for one push-up. Then he handed me a dynamometer, an instrument that measures grip strength. It turned out that my right hand is above average, and my left hand, below. I consider that a fair balance.

Then came the most important part: the cardio-vascular test, which is accomplished by walking up and down a simulated three-step staircase at a pre-set tempo and rhythm given by a record of lively music. It consists of a sequence of several three-minute time periods. After each one, you are requested to stop and take your pulse. If it is below the limit for your age group, you do the next portion for the next lower age group. If you are fit enough, and don't get bored by the monotony of the exercise, this process can take you back to your childhood and give you the idea that you are really a teenager 'at heart'.

The PERI staff was helpful in assisting with the test, impartial in evaluating fitness levels and obliging in suggesting programs and activities that might help individuals attain better physical shape.

Among the hand-out literature was a Health and Welfare Canada booklet, *Health and Fitness*, a handy little publication that gives a good insight into various aspects of fitness. A section headed 'The Canadian Scene' baldly states in its opening sentence that "Canadians are unfit." It goes on to statistics and especially to comparisons with the Swedish Scene. Guess who authored this booklet? A Swedish doctor. Now we know where all those unfavourable comparisons come from. One wonders if there aren't any Canadian fitness experts around who are also literate and could write about the subject...

At the end of the test, I had my forms completed and was declared in top shape, in spite of the 'body fat' percentage. (The man across the partition says you need extra body fat for the winter, and I believe him.)

So, sixty-year-old Swedes: look out!

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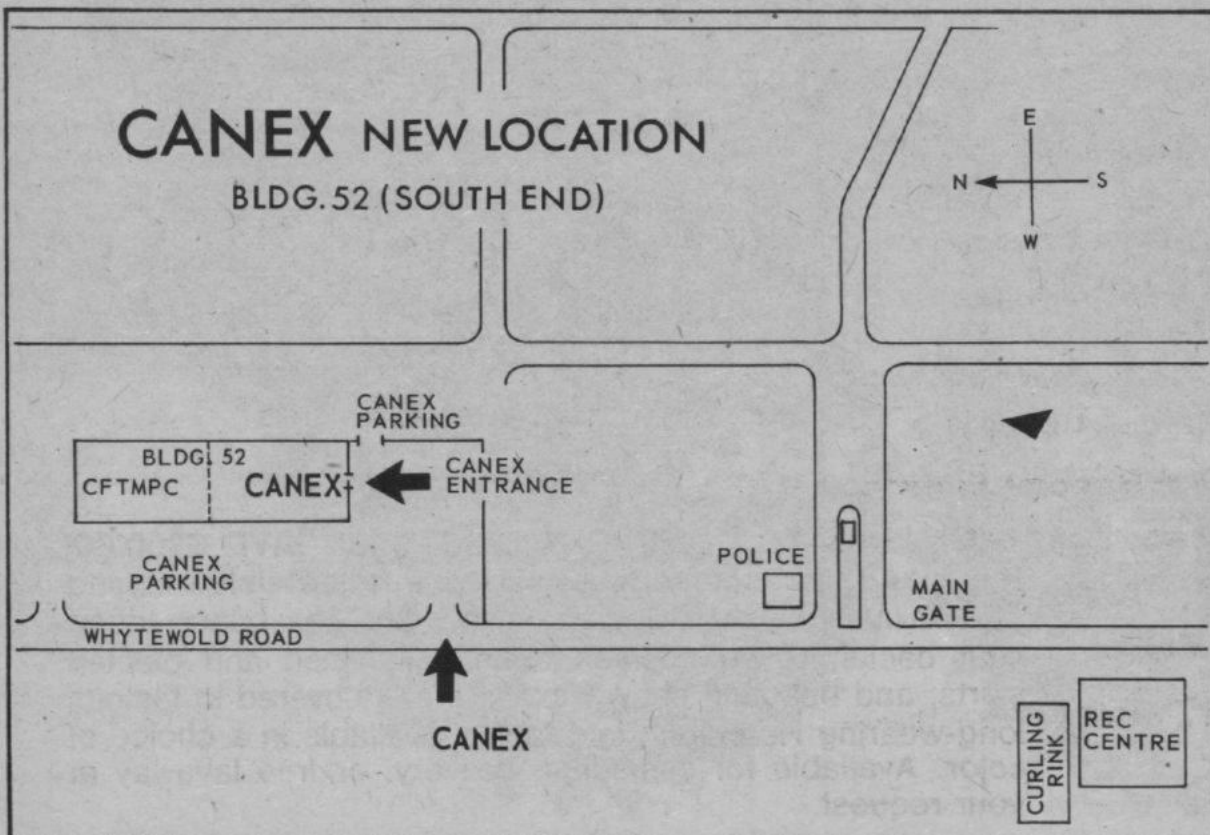
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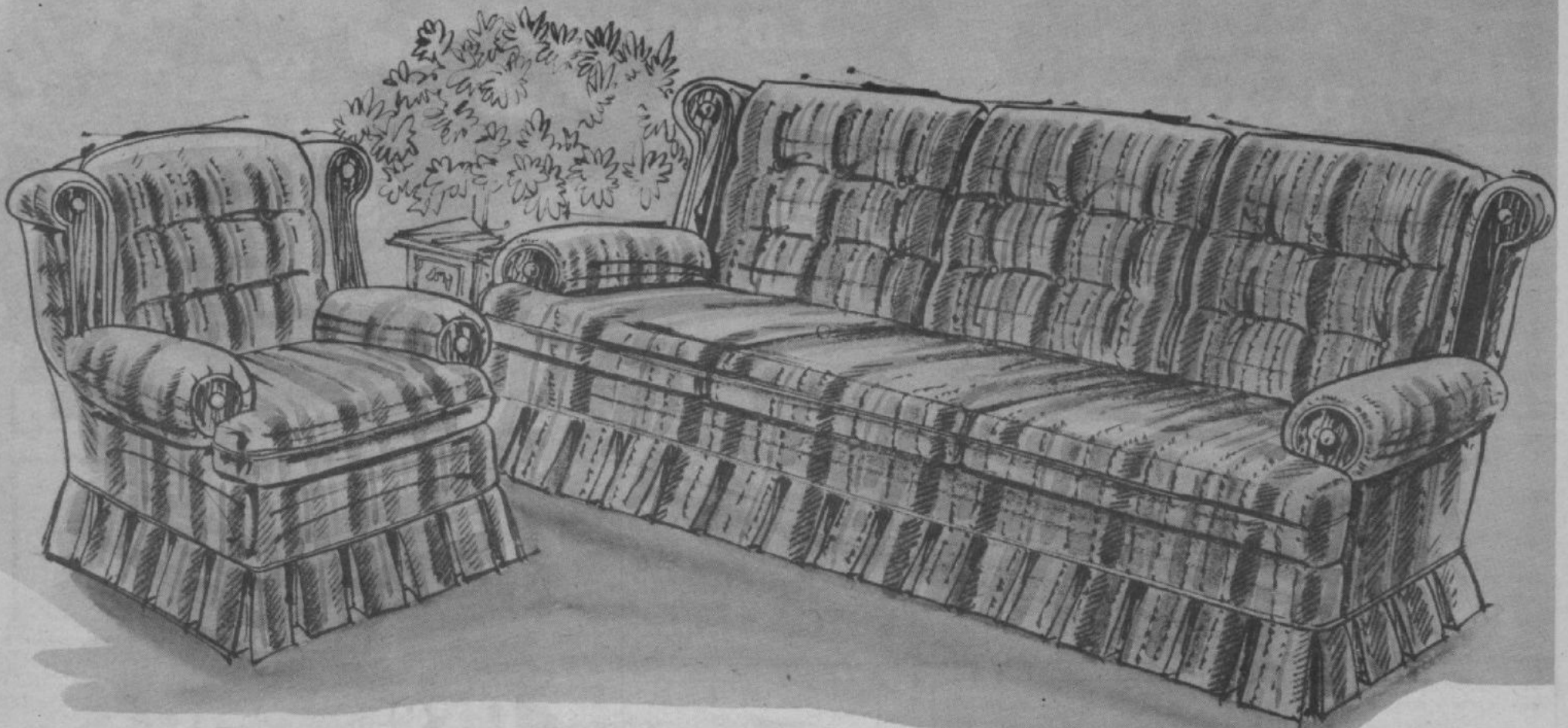
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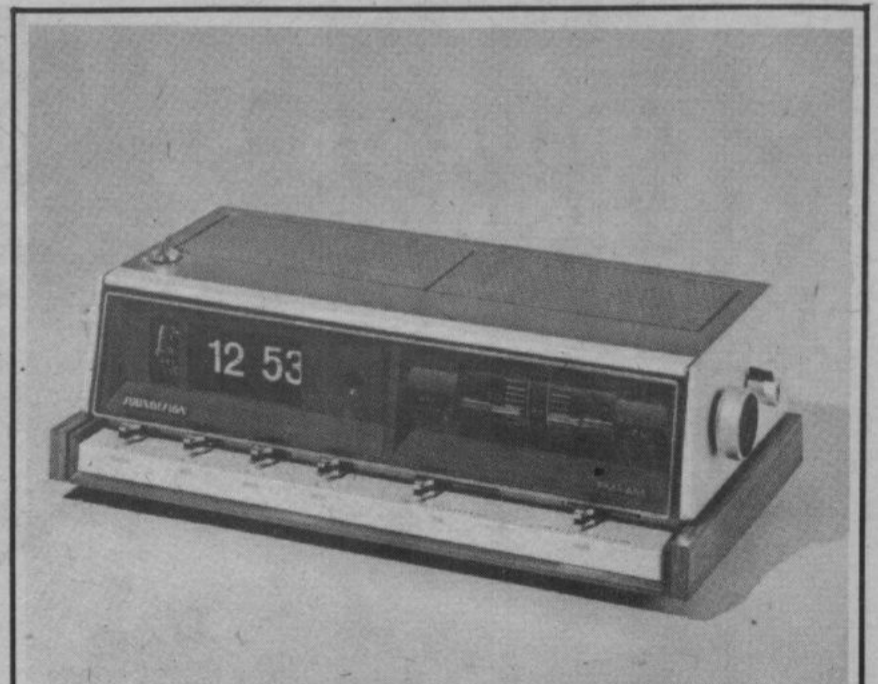
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PATRICIA REPORT



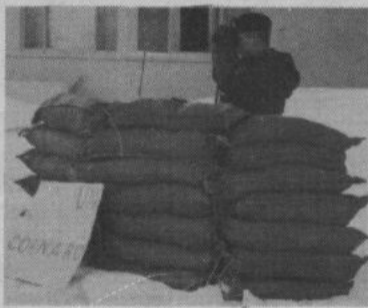
PTE. Palamar CW, of A Coy, 2 PPCLI, on sentry duty at OP Maple One.



A Greek



A Turk



PTE. Neil CJ of C Coy, 2 PPCLI, on duty at OP Cornaro surveys the Greek positions.



PTE. Tierney NKT of A Coy, 2 PPCLI, on duty at OP Hermes.

-Wives and watermelons are picked by chance.

On April 6, 1976, 2 PPCLI will begin deployment to Cyprus replacing 3 PPCLI, the current Canadian battalion attached to the United Nations force in Cyprus. The Canadian contingent is presently allotted to Sector Four which encompasses the capital city of Nicosia. 2 PPCLI will be remaining in Cyprus for approximately six months, returning next November to Kapyong Barracks.

EX PEACE ROGUE

The battalion commenced its pre-Cyprus training on February 11, with exercise "Peace Rogue". The exercise was held within the confines of Kapyong Barracks, and was designed to achieve a number of aims. In summary these were: to practise the soldiers in observation post duties, practise the reporting and passage of information to higher headquarters, and practise using the sector four standard operating procedures.

Basically, Kapyong Barracks was divided in half with Turk and Greek forces on opposing sides. "C" Coy deployed four observation posts (OPs) along the imaginary confrontation line. Numerous foot patrols moved along the Semilitarized zone checking on both Greek and Turk positions. "A" Coy manned four OPs located inside our drill hall which was made into a mock-up of the inner city of Nicosia. The battalion's reconnaissance platoon, commanded by CAPT. Doug Arril played the roles of both belligerent forces. They worked hard on the construction of the mock-up which consisted of frames and false fronts representing buildings. The mock-up, with its narrow, twisting alleys even included a coffee shop, a familiar sight in Cyprus.

For the duration of the exercise, the battalion practised driving on the wrong or "British" side of the road. This proved challenging particularly for those that remained late at the mess. Fortunately there were no accidents.

The accompanying photographs depict various OPs and command posts in operation during the course of the exercise.



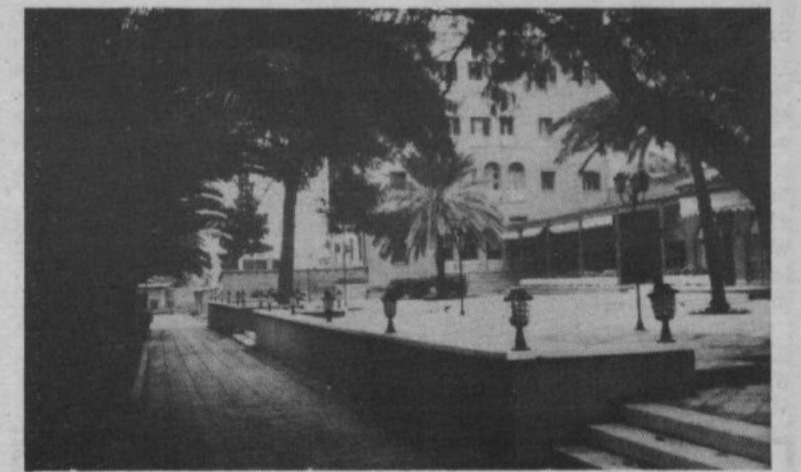
"C" Coy Command Post. Left, PTE. Tilk MR, duty signaller and right, SGT. Buxton RG, duty Officer.



"A" Coy Command Post. PTE. Zelazny JW, duty signaller.



The Ledra Palace Hotel in Nicosia Quarters for A and HQ Coy's while in Cyprus. "Sure beats a poncho hoochie in Wainwright."



The rear of the Ledra Palace Hotel.

2 PPCLI Wins Paper War



On February 18, a new base record was established when CAPT. J. A. Almstrom, Adjutant, 2 PPCLI, successfully pushed a 20 inch pile of paper from his IN basket to his OUT basket in 15 minutes 23 seconds. The previous record was set by CAPT. Ed Razzell, BPADMO on Friday, January 9, 1976 at 1630 hrs, while trying to get to happy hour. However, Ed only pushed a 14 inch pile in 22 minutes, 11 seconds. The accompanying photo shows a determined CAPT. Almstrom prior to his record breaking attempt.

Girl who use bust developer try Frustration - a bald headed to make mountain of mole hill. hippie.

Fight Smog Ride A Horse

MQ Residents

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Puffing and blowing, the soldier just managed to jump aboard the rear end of the train as it left the station at Saskatoon.

A middle-aged man in the corner of the carriage eyed the soldier with scorn.

"When I was your age, Sonny," said the portly party, "I could run a half mile, catch a train, and yet be fresh as a daisy."

"Maybe I could too," gasped the soldier, "But I missed this one in Winnipeg".

Cold Lake Courier



You've got a lot to live
Pepsi's got a lot to give

voxair sports

By Sports Editor — MWO. Les White

CFB Winnipeg Century Club

As of February 16, 1976 the CFB Winnipeg Century Club recommenced as part of Fitness Week.

This is a personal fitness plan whereby you keep your own records, in your own booklet, and have them verified by a PERI every two weeks. At 100, 500 and 1200 units, awards in the form of crests will be presented. In addition you shall be eligible for the Award for Excellence in Aerobic Performance (see CFAO 50-1 Annex E).

Points or "Units" may be earned as follows:

Activity	Performance	Value
	Standard	
a. Swimming	750 yards	1 Unit
b. Jogging	1 mile	1 Unit
c. Cross Country Skiing	1½ miles	1 Unit
d. Snow Shoeing	1½ miles	1 Unit
e. Skating	2½ miles	1 Unit
f. Walking	3 miles	1 Unit
g. Bicycling	6 miles	1 Unit

Register today and pick up your personal record booklet at either the Westwin Gym or Lipsett Hall.

CROSS-COUNTRY SKIING



Bad weather wiped out our Fitness Week Cross Country Ski Clinic but we're willing to try again.

Capt Les Putland will conduct a two day clinic - the first day will be Sunday, February 29 from 1:30 p.m. to 3:30 p.m. The second session will be on Sunday March 7, also from 1:30 - 3:30 p.m.

The clinic is designed for beginner skiers. A limited number of skis are available at the Westwin Sports Stores. Phone 573 for reservations. Wax will be supplied.

The cost for the lessons is \$2.00 per day. Register at the Westwin Gym or call 511, 573 or 509.

Hypokinesia

A DREADED DISEASE

I read the other day that many North Americans are suffering from "hypokinesia" and that the only cure is regular exercise. What does this mean?

Hypokinesia is the scientific name given to underactivity - too little use of the muscular system. A recent medical text book refers to Hypokinetic Disease - diseases resulting from underactivity - those reported included: heart/circulatory/respiratory problems; nervous and emotional diseases; structural problems (such as the widespread "slipped disc") and an unhealthy percentage of fat to muscle on and in the body.

It has been said that man starts to deteriorate at around 30 years of age. If he is physically inactive this physiological aging process increases at a rapid rate so that the average non-active person is "middle aged" at 35!

Regular exercise tends to hold up the process of deterioration and the development of degenerative diseases of all types.

Take The Cure . . . Get Active!

Air Command 100 Hour Swim



FROM LEFT TO RIGHT ARE: COL. M. D. Gates, Base Commander, MAJ. J. J. Kasanda, CPERO Air Command, CAPT W. A. Harrison, BPERO CFB Winnipeg and LGEN W. K. Carr, Commander Air Command.

LGEN W. K. Carr, Commander of Air Command, presented CAPT. W. A. Harrison, BPERO CFB Winnipeg with the Award for the Base with the highest percentage of swimmers completing 12 miles in the Air Command 100 Hour Swim Wire Competition.

The aim of the competition was to encourage swimming as both a fitness and a recreational activity and to declare the winning unit as the Air Command

100 Hour Military Swim Champion.

Major J. J. Kasanda, CPERO Air Command, donated the trophy for the highest percentage of swimmers completing 12 miles.

Congratulations, Base Winnipeg and especially those of you who completed the 12 miles:

- LCOL. DCJ Ackert
- MAJ. JJ Kasanda
- CAPT. D Cantley

- CAPT. RJ Young
- MWO. GE Vowels
- MWO. JA Shaer
- WO. GD Wolfe
- SGT. WG Anderson
- MCPL. R Bonnar
- MCPL. VL Carson
- CPL. JR Dobson
- PTE. (W) PG MacKinnon
- PTE. RMG Deeves
- PTE. TH Rode
- PTE. JFJ Plante

Inter-Section Broomball

TEAM STATISTICS

TEAM	PLAYED	WON	LOST	TIE	POINTS
BAMEO	17	15	1	1	31
AIRCOMM	16	2	13	1	5
ALPINES	16	6	5	5	17
CFANS	15	5	6	4	14
ICEU	16	5	8	3	13
TOTALS	80	33	33	14	80

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CFB Winnipeg Ski Club

The ski club is in full swing with trips to Mount Agassiz every second Saturday. The weather this season in one way has been very good but then in another way - lacking.

On December 27 LCol Niles, one of our more evident skiers and supporters of the club reported that conditions were ideal with good snow coverage and the temperature in the 0 to -1 degree range. The temperature has been very favourable this season as far as comfort goes but is playing havoc with the ski hill with conditions being very icy.

No trips have been cancelled this season because of blizzard conditions, however a few more inches of snow would indeed be welcome so that the season can run as long as originally planned.

CASUAL RECREATION

SATURDAY AFTERNOONS 1 - 3 P.M.

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ATTENTION: Ex 434 Bluenosers

434 Tactical Fighter Squadron will be receiving their Squadron Standard in early July 1976. In conjunction with the standard presentation, the squadron is planning a three day all ranks reunion of ex-434 members.

Any ex-members who are interested in attending are asked to write to 434 Tactical Fighter Squadron, CFB Cold Lake, Medley, Alberta, TOA 2M0, and further details will be forwarded.

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Service employees, DND employees, and their dependents will receive a special rate for non-commercial ads in the "For Sale", "For Rent", "Wanted", "Swap", and "Lost" classifications. The minimum rate will be 50c per insertion of 25 words or less, with an additional charge of 10c for each additional five words or less.

Payments must be made at the time the ad is submitted for publication. "Found" notices will be printed free of charge.

Ads may be submitted in person to the Editor Voxair, Bldg. 52, or by mail with payment enclosed. Ads must be received by 3 p.m. on the Wednesday prior to publication.

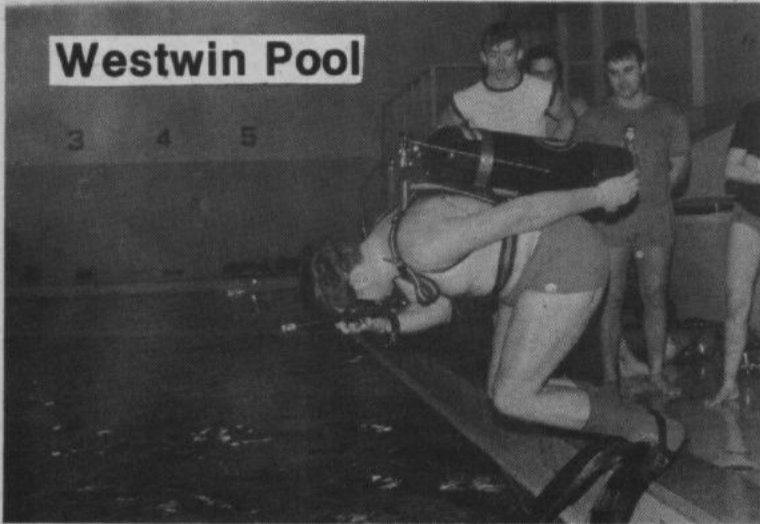
Lipsett Hall Teen Club

SCHEDULE OF COMING EVENTS

FEB 28	*BOWLING	Lipsett Hall (1900 - 2100 hrs)
MAR 5	*DANCE	Music Man (2030 - 2330 hrs)
MAR 13	*POOL	1900 - 2030 hrs
MAR 19	*DANCE	Music Man (2030 - 2330 hrs)
MAR 27	*BOWLING	Lipsett Hall (1900 - 2100 hrs)

FOR FURTHER INFORMATION OR ANY QUERIES CONCERNING THIS SCHEDULE CONTACT MCPL BROWN AT 888-5021

Gold Eyes Scuba Club By Base Photo Club



Win Koch Demonstrates Entry



"Faster than a speeding bullet..."

CFB Winnipeg's Goldeyes SCUBA Club is the largest and most active in Manitoba. With a total of 85 members the club is one of the largest in Canada, and the largest in The Canadian Armed Forces.

The membership of 85 includes 45 fully-qualified divers and 45 novices. The qualified group includes 8 licensed instructors, who conduct the training classes for new entrants into the sport. The quality of the ongoing training is responsible for the club's perfect safety record and its popularity.

The basic training course begins in September and runs until April. Classes are held on Thursday nights and consist of one hour class-room lectures and two hours practical work in the swimming pool. Conditioning is critical in safe diving, and each pool session begins with an extended swim.

From September until Christmas, the course is heavy with the necessary physics, physiology, and technical lectures essential to a sound understanding of diving. During this period, the pool sessions consist of water safety training and the basic skills of fins, mask and snorkel. The Christmas examination must be successfully completed before the trainees are allowed to continue into the underwater phase of the course.

In January, the trainees go underwater under the watchful eye of instructors and supervisors. Until April, they will learn the technology and physiology of underwater activity, and in April they will complete their training with open-water dives in West Hawk Lake.

CFB Goldeyes is one of the largest SCUBA clubs in Canada, largely because it is one of the best equipped. It is the only club in Manitoba to have its own air compressor, and it has more permanent space and pool-time than most others in Canada.

But it is the quality and dedication of its members that make it one of the best anywhere. The highest standards are imposed on the training curriculum by Chief Instructor, MWO. Herm Couillard, Sergeant Major of the PPCLI. Captain Win Koch is the jovial and hard-working President of the club. But the enthusiasm and energy of all the members - novices and instructors alike - are the real force in the success of CFB Winnipeg Goldeyes.

Lipsett Hall Snack Bar Hours of Operation

1130 - 1400, 1800 - 2030 Mon. - Thru - Fri. Closed - Saturday and Sundays. Information regarding the Snack Bar - Contact Jan 889-5487, during afternoons only.

How About You Coach?



This is a series of questions which every coach should ask himself, not once a year, but several times. The answers may seem obvious, but how about you, coach? Are your answers reflective of a coach who can take pride in what he has accomplished?

First has your main objective been the sound development of the physical, mental and social character of EVERY member of your team, or are you more concerned with winning?

What about the poorest player on the team . . . have you contributed favourably to his all-round development?

Second is it fun to play on your team? Are the players enjoying it, or are they just going through the motions? You may judge your answer according to turnouts at practice, enthusiasm in games, willingness to do that little bit extra, co-operation, team spirit, and so on.

Third if you were a parent, would you want your impressionable son or daughter (and they are impressionable at this age) to play on your team?

Consider your personal habits and appearance. Do you smoke on the bench or in the dressing room? Do you swear? Even the odd "hell" or "damn" leaves a very deep impression on younger athletes. Do you dress as a coach should? Working pants and sweat shirts are not often considered appropriate.

Fourth are you making better men/women of the boys/girls by improving their skills? What have you done to bring the skill level of the poorest player up to the level of the best? Coaches tend to work more with the better athletes because they seem to be accomplishing much more than the less developed ones who have trouble with the fundamentals.

Fifth do you play the best players all the time, even when the time, even when the team is winning by a lop-sided score, knowing it would be a good chance for the younger and less developed players to gain valuable experience?

Sixth have you made any effort to become more knowledgeable in your sport? Have you read any books or pamphlets lately? Attended any clinics? There are always other ways to do things, and we never stop learning.

Seventh have you made any effort to improve your practices or are they getting to be the same old thing? Why not have at least one new drill or technique each practice? Practice is when you improve your team; it is too late to coach during the game.

Meet The... **JETS**

8



Perry Miller

BORN: Winnipeg, Man. - June 24, 1952
HEIGHT: 6-1 - WEIGHT: 194 lbs.
POSITION: Left Wing - Shoots left
SINGLE
SECOND SEASON AS A JET

SEASON	TEAM	LEAGUE	GP	G	A	PTS	PEN
1970-71	West Kildonan	MJHL	40	3	11	14	179
1971-72	West Kildonan	MJHL	39	15	23	38	187
1972-73	Charlotte	EHL	65	3	20	23	126
1973-74	Charlotte (b,*)	SHL	66	12	31	43	203
1974-75	Winnipeg Jets	WHA	67	9	19	28	133

(b) Indicates player was member of Second All-Star Team.
(*) Indicates player led or was tied for League Lead.

Jets Home Games March

Sunday, 7	Calgary
Wednesday, 10	Quebec
Friday, 12	Quebec
Sunday, 14	San Diego
Wednesday, 17	Calgary
Wednesday, 24	Edmonton
Sunday, 28	San Diego
Wednesday, 31	Toronto

Eighth do you criticize officials in front of the players? A statement like "What a terrible call" leaves the impression that officials are against your team, and anything said against them is O.K. as long as they don't hear you. Snide little comments at the age of 12 or 15 can snowball into outright hatred of all officials at the age of 17 or 18. Is this desirable?

Ninth have you ever embarrassed a player by criticizing him in front of the other players? Even a harsh "Come on Smith, get in the game!" can hurt DEEPLY, especially when young Johnnie (the players do have first names you know) is trying as hard as he can. Maybe a little coaching and some private constructive criticism is the best plan.

Tenth do you allow criticism of the younger and usually less developed players by the bigger and better performers? It is your job to coach, let's hope you're doing it. Internal personality conflicts, often stemming from a terse player to player comments, can ruin many a championship drive.

Eleventh do you encourage the players never to give up even though the score and timeclock are against them? With plenty of team spirit, a few words of encouragement from the coach, and a break or two in your favour, many games can be won in the dying moments.

Twelfth are you, personally, satisfied with your job as coach? You shouldn't be. There is always something which could have been done better.

REMEMBER . . . winning IS important, that is why we keep score, but it ISN'T everything. An important point to remember is that we should be concerned, not with what Johnnie does with the ball, but what the ball does for Johnnie.

SEE THE AMAZING RABBIT



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EILEEN FORCHUK



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Voxair Variety

BY JOHN LAUDER

1. *Company* is a dazzling, brilliant new musical.
2. *Company* is a musical which isn't.
3. *Company* is a bright, fast moving show.
4. None of the above
5. All of the above.

Strangely enough, the correct answer seems to be number 5, although number 4 may also be right. It is difficult to put this musical play into any category, because what we know to date have been either the Show Boat - My Fair Lady kind or the rock musicals such as Hair or Tommy. *Company* belongs with neither type. It is certainly a product of the 70s, with a modern theme, liberated lyrics, and the non-music sound of today. But it is still fun, whether or not you understand what is going on - or sometimes not going on - on stage.

The sets and lighting contribute a further modern touch. In past plays this season we have heard a lot about drama at several levels, where layers peeled off to reveal other layers, etc. In this show the vertical scaffolding literally put the action on several levels, and the flashing, almost chaotic lights gave a big city mood to the various numbers.

Company runs until March 6th.

ACTORS' SHOWCASE is presenting its theatre for children once again, with *The Ugly Duckling* by A. A. Milne showing in the Planetarium Auditorium on February 21st and 28th at 1:00 p.m. and 3:00 p.m.

Tickets are an acceptable 99-cents, and reservations can be made by calling 943-2689. The fairytale story is for all children aged 6 years and over.

If you like deep drama, the Warehouse Theatre has a Samuel Beckett play running from last night through March 13th. It is *Engame*, the tale of a chair-bound autocrat who has some weird relationships with other people in his life, and comments on the existence of freedom in a disintegrating world. Beckett may not be everyone's cup of tea, but his plays are entertaining.

Shows are Monday to Saturday at 8:30 p.m., and Sundays at 7:30 p.m.

By the way, STUDIO 22 is still struggling to survive, so if you have any kind of interest in supporting a Drama Club, call Warrant Officer L. J. Wood at 362.

GUESS WHO?



The lad in this picture, is no longer a lad. Mind you he is not much taller. He is in the Canadian Forces and is presently serving here at CFB Winnipeg. He is also a very prominent member of the forces community and goes to church every Sunday.

DO YOU KNOW HIS NAME?

AMPS Cont'd From Page 1

But the key tags are the principal source of income for the association.

The small and attractive tags carry not only your own coded identification number, but also the crest of your province of residence.

And although the donations to the War Amps association are a charitable donation, the value of the tags to individuals is their greatest appeal.

Lost keys carrying the War Amps tags can be dropped in a mail box anywhere in the world and after identification at the head office in Toronto, they are returned to their rightful owner.

The key tags are sent out unsolicited, and about 25,000 lost key sets a year are returned through this service. Even when recipients haven't returned a donation to the association, their lost keys have been returned to them.

Anyone who receives a set of two tags should return the coupon promptly, enclosing their donation. Donations of \$5 or more receive a charitable donation receipt, which may be claimed as a deduction on income tax.

-It is not a lack of love, but a lack of friendship that makes unhappy marriages.

GEORGE Cont'd From Page 1

heavy foot" on the accelerator can delay gear changing and use considerably more gasoline; and d. Adhering to the speed limits as they are posted when using your own private vehicle, and complying with the new reduced speed limits while utilizing Government vehicles. Operation of commercial patterned vehicles such as cars and station wagons is much more efficient in terms of fuel consumption at moderate speeds. In fact, a reduction in speed of 50 MPH from 60 MPH will save 10% in fuel consumption according to recent studies.

While the above methods are effective in the conservation of fuel, there are many more indirect methods to ensure the efficient use of our motor fuels, such as:



a. Checking your vehicle regularly as to its operating condition. This ensures efficient vehicle performance by correcting small mechanical irregularities early, and thereby ensures optimum usage of your energy. The importance of having regular tune-ups for your vehicle is also stressed. Once again, the better the vehicle runs, the more gasoline you save;

b. Using a block heater during the winter. A warm engine starts much easier, uses less gasoline to warm up, and is also ready to move sooner than one without. Also, it is important to allow the engine to warm up until it runs smoothly, particularly in cold weather. Racing an engine to warm it up uses excessive amounts of gasoline and is harmful to the vehicle; and

c. Ensuring vehicles are not overloaded, as this only expends more energy for movement and therefore more gasoline.

All in all, conservation is everyone's concern, from the maintenance of vehicles to driving habits, and now is the time for our participation. The need to preserve our resources by reducing waste and utilizing our motor fuels economically, is no longer a suggestion, but a reality. Once again, we in the military community have the opportunity to set an example for the public in an area of national concern through the conservation of energy and the preservation of our resources and again it is anticipated that we will all do our part by sharing this responsibility individually and together.

U OF M Cont'd From Page 1

Assistance Program, French Language Training, Pilot Training, Basic Air Navigation Course, Aerospace Systems Course, Staff Air Navigator Course, Meteorology School courses, and RCAF Electronic Tradesmen Training. Evaluation of other programs is continuing.

A person who does not have the general University entrance requirement of Manitoba Senior Matriculation or equivalent, may qualify for admission under the MATURE STUDENT PROGRAM. "A mature student is defined as one who does not hold full Manitoba Senior Matriculation or equivalent standing, who is attempting to gain regular student status in order to proceed toward a degree,

MSE Outstanding Driver Award



Mr. Mike Grabowski is shown above receiving congratulations on presentation of the MSE Outstanding Driver's Award from the BTNO, CAPT. S. F. Crooks.

Mike has been with the CAF for almost 30 years, of which the last 15 years has been spent in CFB Winnipeg with the Base Transportation Section. Here he has been employed as an MDO 6 driver/operator with the Heavy Equipment Section.

Mike displays an outstanding knowledge of his job and is always ready to pass on his information to help get the job done in the best way possible. Recently, during a pre-winter inspection of the base, Mike brought to the attention of his NCO i/c that there was a potential danger area behind the ramp next to 16 Hangar. Aircraft had blown the dirt away from the tarmac, and in some areas had left a drop of 8 to 10 inches. This condition presented a real hazard to snow removal equipment as operators must drive on and off the paved surface frequently in their work.

The attitude Mike has for his job is a real inspiration for all the drivers at Base Transportation, both military and civilian. He consistently does an above average job and is an excellent candidate for the MSE Outstanding Driver's Award. (BASE PHOTO)

and who will be 21 years of age on or before May 1 to be eligible for admission to Summer Evening Session, July 1 for the summer day session, and September 1 for the regular day and evening sessions."

Courses may be taken by correspondence, by part-time day or evening classes or campus, by evening classes off campus in several Manitoba locations or as a visiting student at another university through any similar facilities.

An application for admission and program information may be obtained locally from

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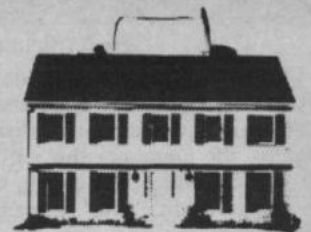
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Harry Sweeney

music reviews and syndicated columnist

When Jessi Colter released the single of "I'm Not Lisa", I don't know if anyone in the music industry could possibly realize the full potential of Jessi's talent or the impact that she would have on the charts. The "Lisa" track went to the top ten pop and top of country charts along with the single and album turning gold and suddenly a whole new audience were discovering what they thought to be an "overnight sensation".



Jessie Colter

Miriam Johnson Eddy Jennings (Miriam being her first name, Johnson her maiden name, Eddy from her marriage to rock guitarist Duane Eddy and Jennings from her marriage to cosmic cowboy Waylon) was born in Phoenix, Arizona and got into the music business as a teen-ager. Her first recorded product came out on Jamie records and not much happened. She toured with Duane Eddy, married him a few months later, continued to tour with Duane, playing such shows as Dick Clark's American Bandstand, and the Steel Pier in Atlantic City, etc. Jessi worked shows with some of the giants of the golden era of rock, like Chubby Checker, Brenda Lee, Frankie Avalon etc.

Duane and Jessi were divorced after about seven years. Ms. Colter wrote and recorded a duet with Jennings, which led to a romance, courtship and marriage. Waylon produced Jessi on the RCA label, where she cut an album and a few singles and again very little happened.

Jessi continued to write songs. The tunes seemed to flow from her now golden pen, she wrote "I'm Not Lisa" in five minutes. She wrote all the songs in her debut Capitol album "I'm Jessi Colter", which includes such gems, as: "Lisa", "Who Walks Through Your Memory Billy Jo", "What's Happened to Blue Eyes" and "Storms Never Last".

JESSI
Mrs. Waylon Jennings new album, simply titled "Jessi" (Capitol ST 11477) is a continuation of the excellence that she presented the music world with her initial album. Again the talented Jessi Colter has written all the songs and sings them with an emotionalism that runs the gamut of the sound spectrum, and there's little doubt that the "Jessi" album will go to the top. This set should be responsible for three or four singles and everything associated with the album will be turned into solid gold.

"Jessi" opens to the "Hand That Rocks The Cradle" and moves through "One Women

Man" and her current singles winner "It's Morning And I Still Love You". Ms. Colter is at her vocal best as she tells the story of the "Rounder" and her rendition of "Here I Am" is a laid-back beauty filled with excellent piano workings, reminiscent of "Lisa".

The tale of lost love and loneliness is conveyed through "Without You" and her rendition of "I See Your Face In The Morning's Window" is a total knockout. Other top tracks, include: "Darling It's Yours", "Would You Walk With Me To The Lillies" and "All My Life I've Been Your Lady". Any song could jump from the album for singles release. A perfect blend of excellence from one of the most talented performers in music today. Co-production & arrangements by Ken Mansfield and husband Waylon Jennings add a definite sales plus. Pick up on this one.

Military Police Report



It is always a sad occasion when a policeman retires from a force - normally the badge is retired at the same time. Badge Number 542 retired this month when Sgt. George Gardiner culminated over a quarter of a century of service within the Military Police environment. He served with the Canadian Intelligence Corps 1944 - 46, Canadian Provost Corps 1952 to integration, and with the Security Branch as a Military Policeman since that date.

On February 5, over 80 Branch members, co-workers and friends joined George at a dinner held in the Air Reserve Officers Mess to say farewell and bon voyage to him. Guest speaker on the occasion was Col. MD Gates, Base Commander. Several congratulatory telegrams were received and read by WO. Norm Penney and then presented to George.

George received gifts from the WO & Sgts Mess and his section. In addition, "short leave" was approved to provide him ample recovery time before putting in his last shift.



SGT. George Gardiner (left) MP 811, on the occasion of his retirement, receives a gift presented by CWO. G. MacKay, PMC, WO and SGTS. Mess. (BASE PHOTO)

Commercial Traveller: "One who goes to the refrigerator during the sponsor's message on TV"

Flirtation: "Moonlight and ruses"

Topless Restaurant: "Peekeasies"

Aggressive Feline: "Pushycat"

Blood Bank: "Vein Drain"

CAUSTIC COMMENT - "You know, girls, a lot of men are going to be miserable when I Marry", stated a rather self-centered buxom blond. To which one of her friends replied: "How many men are you going to marry?"

MATTER OF TACT - A certain door to door salesman has been making a fortune. The reason for his success? - he starts his sales pitch with, "I've got an item here that your next-door neighbour tells me you can't afford!"

SEX-THEME (?) - A very beautiful housewife was having her house painted, and when she arose one morning, she noted a spot where her husband had leaned against the door and left a hand print. Wishing to correct this immediately, she called downstairs to the painter, "Would you come up here a minute? I'd like to show you where my husband put his hand last night." "Lady", replied the painter, "If it's all the same to you, I'll settle for a glass of beer!"

YOUTHISMS - Mother: "Where do bad little girls go?" Daughter: "Just about everywhere nowadays, mamma!"

TISSUE ISSUE (?) - During the Second World War, Adolf Hitler was preparing his wardrobe for a visit to the Russian Front. "Mein Fuehrer", suggested one of Hitler's underlings, "Remember what Napoleon did when he was in Russia. He wore a bright red uniform so that in case he was wounded his men would not notice the fact that he was bleeding." "Excellent idea", responded Hitler, "Pack my brown uniform."

Korean Veterans

The 2nd Battalion of the Princess Patricia's Canadian Light Infantry will mark the 25th anniversary of the battle of Kapyong from Mar. 25 to Mar. 27, 1976, in Winnipeg. Ceremonies will include a trooping of the colors, a full scale military tattoo, an all ranks ball, a memorial service, and a veterans' reunion. Interested Kapyong veterans, who have not been contacted, are asked to get in touch with Major K. D. Lidgren, 2nd Bn., PPCLI, Letter Carrier Depot "M," Winnipeg, Man., R3N 1V9.

LAUGHING AT OURSELVES



by John Semeniuk

TRIP TEASERS - Ralph was continually going out at night and leaving his poor wife alone. To make matters worse, he would rub salt into the wound by bidding her farewell with, "Goodnight, mother of three", as he went out of the door. One night, Ralph's wife decided that she had enough, and when Ralph grabbed his hat and said, "Goodnight, mother of three", she replied, cheerily, "Goodnight, father of one." Ralph has stayed at home every night since.

PUNCH LINES - Old Woman Who Lived in a Shoe ("Who had so many children she didn't know what to do"): "What Pill?"

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10:30 a.m. - each Sunday,
DIVINE WORSHIP
4th Sunday - COMMUNION.

9:15 a.m. - 2nd and 5th Sundays -
Holy Communion (Anglican).

Chapel of The Good Shepherd
(P)
Corner Whytewold & Silver
Tel: 832-1311 Loc. 417.

11:00 a.m. - each Sunday,
DIVINE WORSHIP
4th Sunday - COMMUNION.

9:15 a.m. - 1st & 3rd Sundays
- HOLY COMMUNION
Anglican)

Occasional services are to be
arranged by contacting one of
your chaplains and making the
proper arrangements.

Maj. J.P. MacLean
Base Chaplain (P)
Tel: 832-1311 Loc. 417

Capt. J.I. Mills
Chaplain (P)
Tel: 889-9173

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

**RC CHAPELS
SERVICES SCHEDULE**

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

MASSSES:
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)
Whytewold and Silver Street
Tel: 832-1311 Loc. 272 or
885-2715 (home)

MASSSES:
Saturday - 7:00 p.m.
Sunday - 11:00 a.m.
Weekdays (Tue. and Thur.) -
4:45 p.m.

SUNDAY SCHOOLE
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.)

CWL NEWS (SOUTH)

First of all we would like to
greet two Beautiful Baby Boys in
our Community, sons of David
and Antoinette Daniels, Victor
and Lucille Grangier. The Mothers
were honoured by our Council at
the home of Phil Rogers on
Thursday, February 5th with a
celebration of the Eurchrist by
Father Henry. They were
presented with a corsage, card and
a small token for their babies. A
lovely evening was had by all at
the social which followed the
presentation.

Our Sister Leslie and Geraldine
Project is going very strong. Since
Christmas they have opened a
Community Centre in Winnipeg's
North End and are collecting
everything from furniture to odds
and ends to help furnish it. We
are helping by delivering any items
donated by our Parish to their
Centre, which is opened to all the
children of that area.

We were very fortunate to have
had with us on January 15th, the
President of the Military
Vicariate, Mrs. Pat Courvette and
Mrs. Agnes LaBlanc, 2nd Vice

President from Ottawa. Their
meeting with us helped to confirm
many Convention plans.

On Sunday March 14th at 2
P.M. at Lipsett Hall Lounge we
have a planned St. Patrick's Fun
Day for every member of the
Family. This is our Fund Raising
Project of the year. A flyer will be
distributed in our P.M.Q. area at a
later date outlining the activities
for this big day. Come one and all
and have FUN.

Our next monthly meeting will
be held Sunday March 7th at 8
P.M. This will be a combined
meeting with our Co-host for the
Convention, Our Lady of the
Airways Council. We will meet at
the Protestant Annex, North Site.
The reason for this combined
meeting is to discuss further the
plans for our 1976 Eighth Annual
Military Vicariate Convention.

At this time we would like to
let you all in our Theme for the
Convention. It will be
"Christianity in Our Families".
This should inspire each and every
one of us.

Our Lady of Good Council,
Pray for us.

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**Our Lady Of The
Airways Chapel**

How much are you committed
to God, to society, to your
Church? One day John F.
Kennedy said, don't ask what the
country is doing for you but what
you are doing for your country.

Are we Christians contributing
anything to have a better world to
live in? Did you try to keep a
balance sheet between the good
and evil? How much attention do
you give to the news? What is
your contribution to your family?
You belong to the family of God.
Remember we are all equal in the
eyes of God. God wants you to do
something for Him. Christ said
when you visit somebody in
prison, you visit him, when you
help to dress somebody you dress
him, when you feed somebody
you feed him. Do you ever think
then how much do you contribute
to your own sanctification in
relation to your neighbour and
God. Do you know where you
stand in society as a Christian?

Please remember that the year
has twelve months and has four
seasons. The Church too, goes
into different cycles or seasons.
Do become a better Christian.

March 3rd. - is the beginning
of Lent, it is Ash Wednesday, we
will Celebrate together with a
Special Mass at 7:00 P.M. The
distribution of Ashes will take
place, to remind you that "to dust
you will return". This will also be
conducted at St. George's at 7:30
P.M.

Join us at Our Lady of the
Airways (7 March) at 7:00 P.M.
for the Meditation on the Passion
of Christ (Stations of the Cross).

World Day of Prayer will be
held on March 5th at 2:00 P.M.
for all ladies at Silver Heights
United Church. On March 7th at
2:00 P.M. a service for children
and 7:30 P.M. for the youth.

The assigned week day of
prayer in January, will take place
here on March 7th, for this
occasion Father E. Cremona
BCHRC will be the preacher at
the Chapel of the Good Shepherd
and Padre J. Tyrrell at Our Lady
of the Airways both at 11:00.
After the Services both
congregations will meet at the
Chapel (P) Annex for a coffee and
exchange their ideas and views. At
the South Site Chapel the same
function just mentioned will take
place on 14 March.

There will be confessions or as
we call it now, the Sacrament of
Reconciliation all Saturdays of
Lent (North Site) from 6:00 P.M.
to 6:45 P.M. 6th, 13th, 20th, 27th,
March and 3rd, 10th, 17th April.
Also a special Penitential
Celebration will be held at the
North Site at 7:00 P.M. Monday
5th April and Wednesday 7th
April 7:30 P.M. South Site.