

# "HELP GEORGE DO IT"



## Conservation Of Heating Fuel

Energy conservation is everyone's concern. In the last few years serious attention has been paid to the dwindling supply of natural resources such as oil or natural gas, and the increased cost of these fuels.

Everyone can do their part to "Help George Do It!" For instance, there are several things that MQ occupants can do to conserve heating fuels, be it oil or gas, and ensure that maximum efficiency is being made of the fuel consumed. There are some useful hints:



—Open the drapes and blinds during daylight hours and close them during the night. This will take advantage of the heat of the sun.



—Do not hinder the circulation of warm air by blocking the warm air registers with furniture, drapes, newspaper, etc. This also applies to cold air return registers.



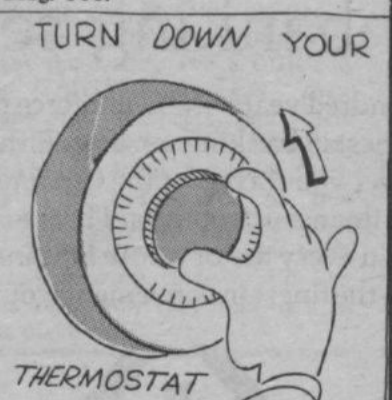
—Ensure that all windows including storm windows are properly closed.



—Clean air filters monthly during the heating season. Replacement filters for the disposable type used in MQ are available at CE Work Reception Bldg. 100.



—Occupants can note the colour of the smoke exhausted from the chimney. If the smoke is grey or black, then the furnace is not producing complete combustion and a report should be made to the CE section to have the burner adjusted.



—Turn down the thermostat at night and during the day (if the house is unoccupied during the day)  
—If the MQ is unoccupied for an extended period of time, also reduce the thermostat setting on the hot water tank.

Conservation of heating fuels is an important subject and the CE Section is always available if the occupant is concerned about the proper and efficient operation of the heating unit.

For occupants of buildings on the base, proper attention to heat levels in all areas will result in conservation of gas and oil at the Central Heating plants. Some of the same steps mentioned above for MQ's are



## Fantastic Canex Spring Sale 1-7 April Great Savings



Vol. 25, No. 6

CANADIAN FORCES BASE, WINNIPEG

March 24, 1976

### 2 PPCLI Is Honour Guard For New LT.-GOV. Of Manitoba - The Hon. F.L. Jobin



The Hon. F. L. Jobin, recently appointed LT.-GOV. of Manitoba takes the salute following his swearing-in Ceremony in Winnipeg March 15. He replaces the Hon. W. J. McKeag who held the vice-regal position since 1971.

The guard of Honour commanded by Major R. S. McConnell was supplied by the 2nd Battalion, Princess Patricia's Canadian Light Infantry. Behind the new Lieutenant Governor are CAPT (N) W. N. Fox Decent; Inspector R. E. Keiser (RCMP); BGEN Hugh Comack; Mrs. Jobin; MAJ. D. E. Brown, ADC; and LGEN W. K. Carr, Commander Air Command.

(CANADIAN FORCES PHOTO)

### Air Show Planned For CFB Moose Jaw

Air Show Planned — The sixth annual Saskatchewan Air Show will take place this year on Sunday, June 27 at CFB Moose Jaw. The date was announced by the Minister of Tourism, Mr. Adolph Matsalla and the Base Commander, COL. Ralph Annis.

The air show has become a major tourist attraction in western Canada, and the provincial government is providing a \$15,000. grant to assist in financing.

Initial civilian and military response indicates that this year's program will be the biggest ever held at the base. COL. Annis said that in addition to the Canadian Forces air demonstration teams, the Snowbirds, the United States Navy Blue Angels will also participate.

The theme of the air show will be a salute to the Olympics.



### A Message From The Base Commander

accommodation.

The new store is clean, bright and attractive. A lot of planning and hard work has gone into this project for your benefit; by affording your support you will be increasing profits which go to Base Fund and therefore towards improved recreation facilities and programs, community ventures and, if you check prices, with personal savings for you.

ATTACK 76 is a CANEX program designed to convey the importance of improved merchandising to our military community through better balanced, faster moving inventories and better service to us all. Six major national sales are planned for '76, all designed to take advantage of CANEX central purchasing activities; the benefits of which will be passed on directly to you. The first of these sales will be the spring sale, to be held 1 - 7 April. Voxair will give you plenty of advance notice on those sales to come.

Our BXO and his staff are doing their utmost to help us ... and will do even more in future ... Let's all do our part and make it the success it can and should be.

also applicable to Base buildings. Again the thermostat setting can be reduced during the silent hours; drapes or blinds should be left open during the daytime; proper arrangement of office furnishings can be made so as not to hinder the flow of heat from room radiators, and again, windows, including storm windows should be properly closed.

"Help George Do It" is a slogan and the important word is "help". Only by the participation of all personnel can our conservation program be effective.

# Letters To The Editor

Editor Voxair:

This is just a note to express our appreciation to you for publishing the release from Toronto concerning the War Amp Key Tag Service, which appeared in your February 25th, 1976 issue.

Possibly because I am a former Winnipegger or because I at one time had a close association with the regular forces, this article was brought to my attention by several of your readers.

I think we are producing a useful service for Canadians through the key-identification program and I am convinced, as well, that the many projects which we can finance through the proceeds of the Key Tag Service provide a source of assistance which would not otherwise be available to amputees.

Yours sincerely,  
H. C. Chadderton,  
National Secretary,  
The War Amputations of Canada

## Charges For Quarters Go Up 1 Apr.

Ottawa (CFP) — Monthly charges for married and single quarters for members of the Canadian Forces will be adjusted April 1.

The charges reflect the inflationary economic trend that face all Canadians, and follow the principle that service members should pay the same for government quarters as people renting similar accommodation in the same areas from private or commercial sources.

Fewer than half of married service personnel occupy married quarters, and defence officials say it would be inappropriate to subsidize that group of married personnel through lower rents.

In levying the new charges, the national consumer price index for fuel and utilities is used, and an annual CMHC appraisal of the quarters, based on the local area norms, is used to determine accommodation charges.

## CDS Term Extended



General Jacques Alfred Dextraze  
CBE, CMM, DSO, CD

Ottawa — Defence Minister James Richardson has announced that Canada's senior military man, General J. A. Dextraze, has been extended in his post as chief of the defence staff until Sept., 1977.

In making the announcement Mr. Richardson said that GEN. Dextraze, now 56, normally would have relinquished his appointment later this year, but will remain for the extended period to implement decisions emanating from an extensive defence structure review now nearing completion.

He is the fourth to hold the appointment since Armed Forces unification in 1966. His three predecessors retired from military service between the ages of 56-58.

GEN. Dextraze rose from the rank of private to general during service that has spanned 36 years. As a 25-year old infantry

Certain factors of military life, such as enforced occupancy because of duty, and age and conditions of the quarters are taken into consideration in setting individual charges.

Eventually, the value of a garage or car port will be included in the re-appraisal of the housing, when it is on the same property or forms part of the particular unit. Meanwhile, the \$5. monthly charge for garages and car ports will continue until April, 1977.

There are about 27,000 government-owned rental units on bases and stations in Canada and Germany.

## Next Voxair Deadline Wed. 31 Mar.

company commander in France he won the Distinguished Service Order for gallantry, after which he became commanding officer of Les Fusiliers Mont-Royal, the regiment he joined as a private four years earlier. He later won a bar to the DSO for persuading a German general to surrender the Dutch city of Groningen.

He left the army in 1945, but returned to active service again in 1950 to take the 2nd Battalion, Royal 22e Regiment, to Korea. For services there he was made an Officer of the Order of the British Empire.

In 1963, as chief of staff of the United Nations forces in the Congo, in the rank of brigadier, he was made a Commander of the Most Excellent Order of the British Empire, for outstanding planning and leadership in directing rescue operations.

Before becoming chief of the defence staff in Sept., 1972, he was chief of personnel of the Armed Forces, in the rank of lieutenant-general.

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## CDS Commendation Awarded To CFB Winnipeg Serviceman



CWO D. J. "Don" FERGUSON is shown in the accompanying photograph receiving the Chief of Defence Staff Commendation from Lieutenant General W. K. Carr, the Commander Air Command. The Commendation was awarded while CWO Ferguson was serving with 1 Construction Engineering Unit on the Golan Heights in the Middle East, for his efforts during construction of winter accommodation for the United Nations Disengagement Observer Force, September 1974 to February 1975.

CWO Ferguson has served with the Canadian Armed Forces for twenty-seven years. He enrolled in the Royal Canadian Engineers in his home town of Regina, Saskatchewan and has served in Korea, and with UNEF in the Middle East in 1961 as well as various locations in Canada. He is presently serving as Production Superintendent with the Base Construction Engineering Section, CFB Winnipeg.

CWO Ferguson resides at 95 Blechner Drive in the Maples of West Kildonan.

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# cfans news corner

By T. G. BREMNER

## NAV

I CAME BACK!! The people in Trenton tried to arrange my disappearance by booking me on a non-existent Service Flight back to Winnipeg, but I was rescued by an astute worker in Borden who kindly reserved a seat on an Air Canada flight for me. The real beauty of the alternate arrangement was escaping from Borden three days early! For those readers who wish I had disappeared - better luck next time.

I would like to say "THANKS" to our spritely "ARAMIS" for filling in during my absence. I had at him for misspelling my name in the very first paragraph but he proved to me that it wasn't his fault - he does spell Terry with a "T" - guess who gets the ribbon for that one! For those that didn't appreciate the reference to certain age categories amongst our staff, be assured that I did not brief our resident teeny bopper on content. That was his own idea. Look at it this way - one of these days he will be thirty years old too. Can you imagine the torment he will enjoy throughout the next few years in apprehension of the traumatic event? Keep a stiff upper lip there, Sonny!

Our heartiest congratulations to Course 7501 on their successful completion of the Nav course! They are, as most must be aware, our first ALL-HERC trainees to go all the way to "WINGS" standard. Lieutenants Mark Aruja, Yves Grimard, Kevin Psutka and Serge Roy have done a remarkable job in the face of great adversity. They stuck with us throughout our growing pains with the new program, the extended period without aircraft and the continual change and improvement that was undertaken during their training period. The efforts of these young gentlemen and their "feedback" have made it much easier for us to isolate problem areas in the syllabus and to initiate appropriate corrective action. Kevin and Serge will be moving on to the East for their next phase of training at the CF 101 OTU, Yves is heading for Shearwater and the world of the Sea King, and Mark is bound for Greenwood and the Argus. With them go our best wishes for continued success and a rewarding career in the "telling pilots where to go" business!

Hercules 130307 came back

too. That's about all it did successfully so I won't dwell on the subject.

On Thursday, March 18th, flying awards were presented to members of the staff by LCOL Brittain. A couple were on the overdue list as a result of transfers, postal strikes, etc., but have now been put right. Captains Bob Hill and Al Watt were presented with their pins and scrolls in recognition of 1000 flight hours in the CC-130 Hercules and George Sykes and Bill McIntyre received similar (Different colours and numbers) awards for their accumulations of 2000 flight hours in the Herc. WELL DONE, GUYS!!!!

In passing, as I wrote the previous paragraph, it occurred to me that we have quite a selection of backgrounds and experience in the Nav Flight. Just for the fun of it, I skulked around and had a peek at fifteen log books to get an idea of what the level of experience is - I got quite a surprise! The number and variety of aircraft flown is as variable as the totals in each log book and covers almost everything that has ever been on CAF or RCAF inventory. Of the fifteen selected, five were Transport background, five Maritime and five Defence. Grand totals ran from a minimum of just under 1000 hours (almost all high performance) to more than 6000 hours (almost all transport). The total for the fifteen selected came out to almost 50,000 hours and averages nearly 3300 hours each. In these days of tight fuel budgets that equates to 5½ years experience on a busy Transport squadron which is a pretty respectable "backbone" of instruction.

The broomball and hockey sets are still coming back battered and scarred after their conflicts - splinted fingers, stitched-up eyelids, shiners, limps and lots of moaning and groaning. Are they winning or losing? No one ever gives the scores. The S CURL O did it AGAIN last week - they went to one rink and their opposition phoned from the other looking for them. I suppose there are some advantages to this method - both can claim a game by default 'cause the other team didn't show up. However, I'm at a loss as to how they'll swing it in the playdowns.

# ASC news news news

By CAPT. MEL WALKER

Groundhog day has come and gone and you'd think it was summer already. Now I know those funny fellows at the other end of the hall dumped 22 centimetres (8.661417323 inches according to my Hewlett Packard 35 for those of you who don't think metric met yet) of white fluffy stuff on us, but seasons are measured by body counts upstairs at the nav's nid. By the latest count, it must be summer. Nobody, but nobody is here. Well, actually, SANC 7601 are, but they were so insulted at my last column that I'm ignoring them.

ASC are on the U.S. tour under the watchful eye of eight (count 'em eight) staff members. Three glorious weeks in the sunny States visiting: Wright-Patterson Air Force Base in the land of the tornado; Patuxent River Naval Air Station in the land of Chesapeake Bay crab; Stratford Connecticut, the land of Mark Twain's Yankee and Igor's Sikorsky; Bethpage Long Island (Heathcliff haven, anytime baby) and finally weekending in fabulous Florida (golf anyone?). The following week it's Dallas, Phoenix, then Los Angeles for a week. Al Brabant wanted to spend the entire week at Disneyland as training for those who are posted to NDHQ but Glen decided that we should pay at least token visits to the aerospace industry.

As for the remaining staff, we're all going in different directions. Fraser Barnes went to U.C.L.A. to learn everything there is to know about Infra Red systems. Brian Jossel to leave to house-hunt in Trenton. Claude Naud volleyed his way to Calgary. John Jensen finally made it into

the Luftwaffe, and Doug Cantley and Yr's truly depart for the Maritimes via Herc 307.

And, as if that weren't all, by the time I get the next column writ SANC 7601 will be gone. We're also losing Sandy our librarian, but in exchange the Public Service gave Don (our old librarian) back to us. Don is now officially bilingual so you can ask for books in English or Ukrainian.

There is more to tell; however, until those little green slips formally arrive I'm not supposed to tell who else is going or where. You'll have to bear the suspense until the next thrilling episode comes off the presses. Tune back in then to see Superman caught on a flagpole on the other side of a tall building; find out if the Shadow really knows.

All this and much, much more...

Nite - M.

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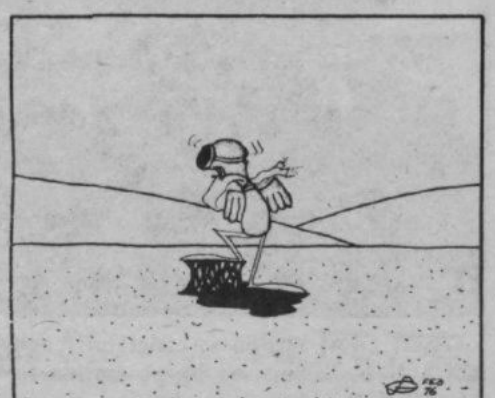
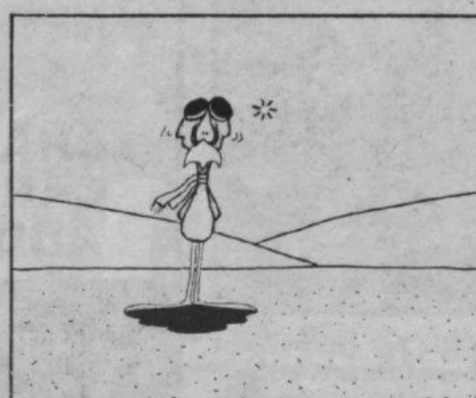
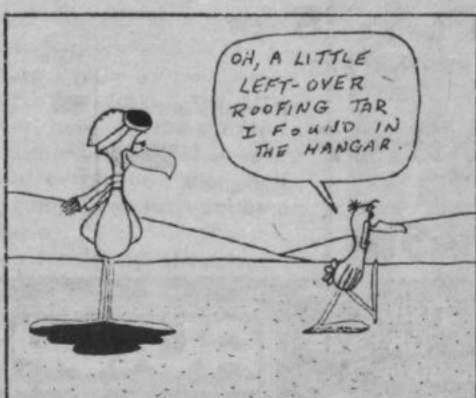
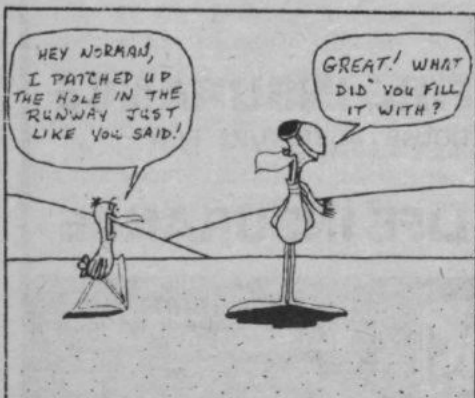
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## CUDGEL STEW by ROCK ST. GERMAIN



# 429 SON BISON BREW



Howdy herd! If you've been looking for a domestic Boeing trip in March, or if you've been BDO recently and felt that you were getting short-changed by not having to prepare coffee twice on Wednesdays in the VIP lounge, you can thank Exercise Atlas Express. The idea of the Exercise was to fly Canada's Ace Mobile Force, both land and air, to Northern Norway in response to a simulated armed attack on Europe's Northern flank. There the Canadians would join with Italian, American, German, Norwegian, British, and other NATO troops - the old "fight me, you fight my gang" concept - and test anti-invasion warfare and carry out live artillery and air firing under winter conditions. And, when it's all over, (as of 23 March) lessons will have been learned on how to deploy troops and equipment, streamline logistic support, and cooperate with Allied Forces more effectively.

429 Squadron was fortunate enough to send four pilots and two flight engineers on Atlas Express (some flew more than others) and, when the flow started breaking down due to unserviceable aircraft, two Hercules from Winnipeg were put on the Exercise as well until the end of the deployment phase. It's surprising what can be accomplished in severe conditions

when there's a job to be done - it's not every day you get to see MAJ. Kelly racing after the crew bus in Thule when it's 36 below. The flying and the camaraderie (another word for Mary Anne) were so great, that it's enough to make you want to go back and do it again next week... how about settling for an operational nav detail?

At the risk of being chastised by our new Unit Conversation Officer, Jim 'George' Humphrey, for not preserving our paper resources:

Gary Carter, ex-SADMO, and future Maritime Surface Officer, was mugged out last Friday and is on his way to a very short tour at Baldy Hughes, B.C..

Rene Babineau was on pins and needles as to what his next posting would be after his replacement, MCPL. Pockett, from CFS ALSASK, called him. But now that he knows he's going down home to CFH Oromocto - I've heard of the spill but not the hospital - he's given up drinking milk and no longer anticipates an ulcer;

Shirley Page is making plans for another holiday - this time to Memphis - to see Elvis???

Ben Corbeil is in the hospital, and three other engineers are out with the flu which leaves Leo and the boys very little time to work on Bob McCreadie's Cessna. Of



"... we turn right at the next Esso Station..."

## CWL NEWS (SOUTH)

Hello again from the South Site. Parish and Community news are still going very strong.

First of all I would like to mention the Guatemala Relief Fund. Its been a mission worth while. We collected money from door to door in our South Site P.M.Q.'s. On behalf of all our people in our area we were able to present the Canadian Red Cross with a Bank Money Order for \$290.00. I am sure that we will be all rewarded in some special way, for the gift of sharing is something

very special in the eyes of the world. Again I thank each and everyone of you for supporting this beautiful project.

Our St. Patrick's Fun Day was a great success. The attendance was good, fun was had by all and we were able to give free hot dogs at the end of the evening. We thank all those wonderful people who worked and donated goodies, to help make this such a beautiful day. A special word of thanks to the staff at Lipsett Hall, SGTS.

course, in the future, to ease Roy Wood's scheduling problems, sickness, diseases, and incapacitation in the engineer section will be by appointment only; and, John Lumley liked passenger travel so much in early March, that he's back at it again - this time to The Pas, to see his Air Cadets.

Ray Moore and Warren Everett were scheduled to demonstrate the C130 Flight Director - Autopilot system to the current ICP course before they head down to the States for their course visit. Meanwhile Willy Williamson and Don MacDonald are flying marginal Dak trips on purpose to make marking that much more challenging for the new ICP - that's Instrument Check Pilot, not Inventory Control Point for you supply types - candidates.

Over at the day/night/day-night/day scheduling place, the walking yellow pages in the short skirt of the Nav School tells me that George, after seeing himself on the front page of the Voxair for the last two issues, finds it difficult to contain himself and is becoming impossible to live with.

Seen About: Glen Morgan going into the taxi dispatching business in Edmonton. Overheard: People swearing at the computer in 307. So Long.

Brown and Barton, they are always ready with a helping hand. Our next monthly meeting will take place on Sunday April 4th at 8 p.m. in the Church Choir loft. At this time Elections of Officers will take place. All ladies of the Parish from age 16 and up can become a member of the Catholic Women's League.

April 25th The Feast of Our Lady of Good Council

Our Lady is the Patronage of the C.W.L. We will receive Communion as a group at the 11 o'clock Mass. Installation of officers will take place within this hour also. On the same afternoon at 2 p.m. a special Devotion will take place at the Chapel to honour our Blessed Lady. Special guests will be Sister Leon Valois and her team, who will be Co-ordinating our Theme Day for the Convention. Also our guest speaker will be Sister Mary Elle, from the Charity Order of the Immaculate Conception. A social will follow at the Lipsett Hall Lounge. All Ladies of the Parish are invited to join us for the beautiful afternoon.

Bye for now  
God bless  
Phil Rogers, Pres.

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## PROMOTIONS FOR B MAINT LD



WO. P. G. Quinn is congratulated by LCOL. J. E. McNeil and CWO. H. B. Kilburn on his promotion to Master Warrant Officer effective 1 Mar 76. MWO Quinn is employed as the supervisor of the Base Maintenance Land Servicing Section in Bldg 87 (N). (BASE PHOTO)

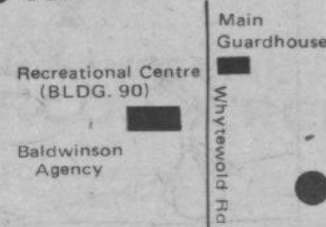


SGT. G. A. Walton is congratulated by LCOL. J. E. McNeil and CWO. H. B. Kilburn on his promotion to Warrant Officer effective 1 Mar 76. WO Walton is employed as the supervisor of Base Maintenance Land Servicing Section in Bldg. C1 (S). (BASE PHOTO)

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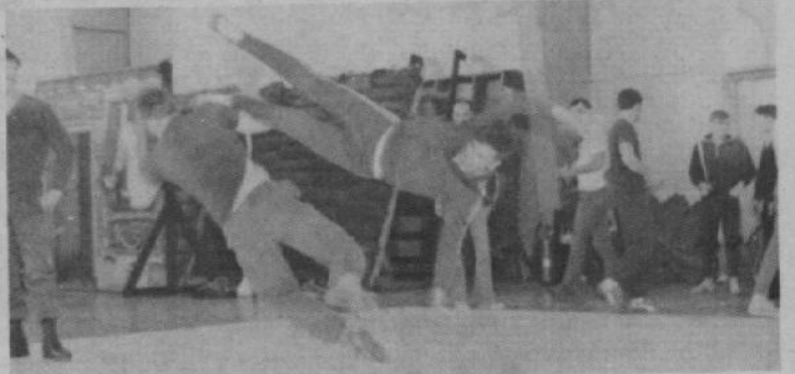
# PATRICIA REPORT



Soldiers rehearsing a scene depicting the PPCLI fighting floods in Winnipeg during 1950.

## "Kapyong '76 Tattoo"

A Battalion whose immense pride rises from the grass roots through the short years of its history, is paralleled by its driving hunger for the success of Kapyong 76 Tattoo" the 25th anniversary of the Battle of Kapyong, Korea April 25, 1971. The tattoo has a rather classic touch with the conflicting common pageantry of an exciting circus. The flash of colour, the pulsating rhythm, the brassy blare of syncopated pipes and bands, the waving of flags and the snappy march steps serve as a herald to educate the audience. Not forgetting the side of humour occasionally. The emotional impact is very definite in an expression of order, symmetry, and beauty. With the battalion preparing for overseas service and the prided trooping of the colours. The success of the tattoo and continuing projects is in no small part due to the tremendous amount of time and dedication that is required from each and every member of the Second Battalion, Princess Patricia's Canadian Light Infantry.



A flying kick performed during the unarmed combat display.



MCPL. F. Bottle Somersaulting through a loop of fire, an act contained in the tattoo gymnastics display.

life. We pursue happiness down many roads but too often fail to find it. One man thinks he has to have lots of money to be happy. He yields his life to the acquisitive impulse. He gets and hoards material things, then finds he is miserable in the midst of his wealth.

Another thinks that happiness rides only on the crest of popularity, so he seeks praise. But popularity is fickle. Today he may be a hero, tomorrow a goat.

Some try to find happiness through what Carlyle called the "pig-philosophy" of life — eat, drink and be merry, but a Raphael putting the finishing touches to a Madonna, or a Dooley ministering to the sick in Laos, are much happier than the pig in the trough.

Yes, we go down many roads to the land of happiness, but most of us get lost on the detours and never reach the destination. If you're missing the way, maybe one of these suggestions will help you.

First, clean out the cubby-holes and the dark corners of your life. Get rid of the fears, worries and anxieties that upset you and keep your life in a turmoil. Join the "don't worry club." Do what you can do and don't worry about the impossible. If you'll take that attitude, you may soon find yourself doing the impossible.

"Back in the twenties," Earl Haney told Dale Carnegie, "I was so worried that ulcers began eating the lining of my stomach. One night, I had a terrible hemorrhage. I was rushed to a hospital... my weight dropped from 175 pounds to 90 pounds. I was so ill I was warned not even to lift my hand. Three doctors, including a celebrated ulcer specialist, said my case was "incurable." I lived on alkaline powders and a tablespoonful of half milk and half cream every hour. A nurse put a rubber tube down my stomach every night and morning and pumped out the contents.

"This went on for months... finally, I said to myself: "Look here, Earl Haney, if you have nothing to look forward to except a lingering death, you might as well make the most of the little time you have left. You have always wanted to travel around the world before you die; so if you are going to do it, you'll have to do it now."

"When I told my physicians I was going to travel around the world and pump my own stomach twice a day, they were shocked.

See CHAPLAIN Page 9, Col. 1

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## From The Chaplain (R.C.)

Alice Freeman Palmer, one of the nation's best known educators at the turn of the century, had promised to give a talk to a group of poor children at a social settlement in Boston. As she stood before the ragged children that hot day, her heart sank. Their lives seemed so hopeless. What would she say to them?

"What would you like to have me talk about?" she finally asked.

After a pause, one little girl murmured, "Tell us how to be happy."

\*\*\*

The desire for happiness is one of humanity's greatest hungers. Everyone is trying to squeeze some kind of satisfaction out of

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\$1.89

MENNEN Baby Magic Shampoo

350 ML.

BX REG. PRICE \$1.99

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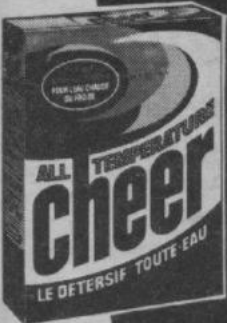
Cheer Soap

5 LBS.

BX REG. SELL \$2.71

RED SEAL SPECIAL

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Gillette Blades

BX REG. PRICE \$1.79

SPECIAL

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TRAC II BLADES BY GILLETTE

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protein 21

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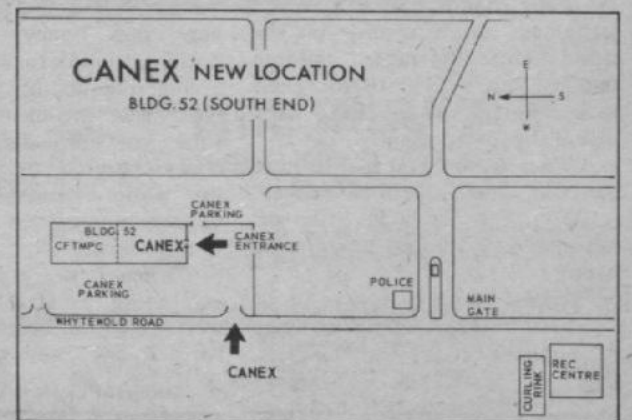
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# BCOMD Officially Opens Canex



Doing the honors at the official opening of the new Base Exchange 25 Mar 76 is the Base Commander COL. M. D. Gates. Cheering him on is the Canex officer, CAPT. J. Konopetski and the Canex staff. (BASE PHOTO)



WINNIPEG — Mr. Fred Way of the Royal Canadian Air Force Association (RCAFA) presents a portrait of a Spitfire aircraft to the commander of Air Command, LT-GEN. William K. Carr Mar 12. The presentation was made during a meeting of the national executive of the RCAFA at CFB Winnipeg.

## FIRE PREVENTION IS OUR BUSINESS



### Kitchen Safety

The national taste for "chips with everything" is proving to be something of a fire hazard. Certainly the number of fires started by the ignition of cooking fat or oil is on the increase, especially in the home. While the preparation of chips - or other fried foods - should not normally present a hazard, it seems that all too often the fat or oil in the pan is allowed to over-heat beyond the maximum recommended cooking temperature of 2205°C (400°F), as soon as the temperature gets up

to 310°C (590°F), there is immediate danger of fire.

#### Properties of Cooking Fats and Oils

There is little difference in the fire properties of cooking fats. The flash-points of the more common ones lie within the range 225-300°C (437-572°F). The spontaneous ignition temperatures and fire points lie within the range 310-360°C (590-680°F); these are not much altered by use. A recent report has stated that if they are never heated above 230°C (446°F), cooking oils and fats never discolour and will have an indefinite life.

It has been reported that a faint haze will rise from cooking oil or fat when a temperature of 205°C (400°F) is reached. But a recent report states that in tests conducted on samples of cooking oil and fat, the first clearly-discernible haze was not produced until the oil or fat was at least 25°C (77°F) above the maximum recommended cooking temperature.

#### How the Fires Start

There are two main ways in

which these fires start.

1. **Overheating**  
In commercial or industrial kitchens, fires arising from overheating and spontaneous ignition of cooking oils and fats usually occur because the thermostat fails after a fryer has been left unattended. In the home, ignition often occurs when the person leaves the kitchen after placing the cooking utensil on the stove to heat.

2. **Spillage on to a Hot Surface**

When damp chips are put into cooking fat at or near the maximum recommended cooking temperature (205°C) 400°F, the moisture quickly turns to steam, expanding greatly in the process and causing immediate and violent frothing. When this happens in the home and fat spills over and is ignited, the flames are unlikely to cause ignition of the pan contents, providing the fat in the pan is at ordinary cooking temperature. Consequently, as long as no combustible material is nearby, the fire should burn itself out without causing much, if any, damage. To avoid this risk, however, it is advisable to drain off excess water from chips and dry them before putting them

into a pan. To be orderly, concentrate on one thing at a time.

Learn to finish a task and be done with it. Forget the blunders of yesterday. Don't let them overshadow the work of today. Budget your time and your energies: know where you're going and what to do next.

Be specific, systematic, and decisive. Happiness results from the feeling that you are going somewhere, some definite

**"YOUTH CRAFT" A PROJECT TO CRAFTS:** — crocheted, knitted items — stuffed animals, puppets — beadwork, leather work,

**SPONSORED BY:** OUR LADY OF THE ROSARY, but open to anyone with talent

**PURPOSE:** As a special effort during the "Year of the Reputable Charitable Insurance Plan of Canada" in aid of the world.

**TIME OF SALE:** EASTER SUNDAY W/10:00 AM  
**PLACE:** RC CHAPEL

**CAPT. Bill Burling receives the Canadian Forces Aerobic Excellence Award for outstanding achievement in physical fitness. (BASE PHOTO)**

### CHAPLAINS Cont'd From Page 5

...possible! They had never heard of a thing. They warned me that I started around the world, of such a thing. "No, I that is I replied.

"I arranged for a casket, put it on board ship, and then made arrangements with the steamship company — in the event of my death — to put my corpse in a freezing compartment and keep it there until the liner returned home...

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National Life is forming a Military Service Unit. You are invited to call us, with no obligation, to receive information about a career in the Life Insurance business.

# VOXAIR SPORTS

By Sports Editor - MWO. Les White



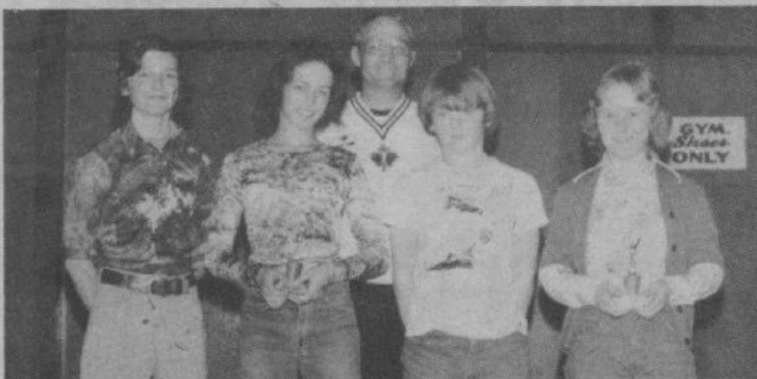
Two Servicewomen from CFB Winnipeg stood out at the Championships. Pat MacKinnon, Winner of the Badminton Singles, was superb in winning all eighteen of her games and all of them by scores of 2-0.

They were defeated in the doubles by Mattie Boudreau and Sue MacKaskill from Ontario 15-10, 15-2.

A hearty well done! CFB Winnipeg should be proud of these two young ladies.

J. McKay  
Master Warrant Officer  
Base Public Information Officer CFB Greenwood

## Speed Sit-up Champs Lipsett Hall



Front - Left to Right - Dave McMullen, Kerrie Macpherson, Patrick Thompson, Jill McLeod, Sgt. Bob Pattison - in back.

Four youngsters displayed tremendous speed, strength and stamina during the sit-up competition which was conducted by Base Winnipeg PERIS at Polo Park during Canadian Forces Week 1 - 6 March 76.

Of the 100 or so boys and girls who competed for the trophies, 20 or more completed at least 50 sit-ups, 7 did more than one every second.

Those of you who tried the fitness test during Fitness Week will appreciate what this entails.

Although this is only one of many tests of physical conditioning the abdominal muscles are considered one of the most important muscle groups in the body. I dare say these kids are in good shape. All were quite slim and wiry. All showed a determination seen only in champions - Olympic material.

Congratulations to all winners on your record setting performances.

Here are the records:

**Boys 13 and over:**

70 sit-ups by Dave McMullen of 81 Battershill. Dave attends Kildonan East High School.

**Girls 13 and over:**

67 sit-ups by Kerrie Macpherson of 520 Laidlaw. Kerrie attends Laidlaw School.

**Girls 12 and under:**

65 sit-ups by Jill McLeod of 835 Garfield. Jill attends Sargent Park School.

**Boys 12 and under:**

64 sit-ups by Patrick Thompson of 731 Dale Blvd. Patrick attends Westdale High.

### Swim Registration

Registration for Red Cross Classes will be held at Lipsett Hall Saturday 3 April 1976 from 9 a.m. to 1 p.m.

Registration Fees are \$6.00 per candidate plus 25c examination fees.

Classes will be conducted Tuesday and Thursday from 5 p.m. - 7 p.m.

For further information contact Lipsett Hall staff at 888-5021.

### TEEN CLUB

"Am I my brother's keeper?" Many years ago this question was asked. Since being asked, this same question has been answered in many ways by many different people.

The Teen Club on Friday, March 5, answered this question by giving from their coffers \$100 to the community centre housed in the old St. Andrews United Church on Sherbrook and Ross. This centre was started Jan. 1976 by Sister Geraldine McNamara. The chief purpose of the centre is to meet the social needs of young people in the down-town area of Winnipeg. These are young people who are in difficult straits at the present. In due time, these same young men and women will be making a worthwhile contribution to society. Presently, there are approximately 30-40 people from the ages of 12 to 18 making use of the facilities at the community centre, and like any centre of this kind, there are certain necessities needed.

Hence, it goes without saying that the contribution of the Teen Club was most welcome and will be put to good use. By the same token, the members of the Teen Club were more than happy to share with their "brothers".

The presentation was made by Nola Campbell, chairman of the Teen Club, and Lorraine Saulnier, secretary/treasurer of the Club. Receiving the presentation was LCOL. E. J. Grant, Mayor of the South Site Community Council. He, in turn, presented the donation to Mrs. Phil Rogers, president of the St. George's CWL and CAPT. H. Nowakowski CHRC. Also, present, was SGT. Doug Brown, the coordinator of the Teen Club.

On Saturday, March 6, Mrs. ...

### Physical Fitness Test

The next semi-annual physical fitness evaluation to be conducted by the BPERO will be from 15 Mar to 30 Apr 76 as follows:

<b>1.5 MILE RUN</b>			
Westwin Recreation Centre	Mon - Wed	0800-0930	15 Mar- 28 Apr
Drill Hall Bldg 21	Mon - Wed	0830-1000 hrs	31 Mar-28 Apr
South Site Recreation	Mon - Wed	1030-1200 hrs	29 Mar-28 Apr
<b>SWIM</b>			
Westwin Pool	Tue	0800-0930 hrs	16 Mar-27 Apr
South Site Pool	Tue	0800-0930 hrs	30 Mar-27 Apr
<b>TWO MILE WALK</b>			
Bldg 21 N/Site	Thu	0830-1000	1 Apr-29 Apr
South Site Recreation Centre	Thu	1030-1200	1 Apr-29 Apr

Are you part of the human race or just a spectator?



### Notice figure skating

Figure Skating lessons will wind-up with a FAMILY FUN SKATE on March 26, 1976, from 5:15 to 6:00 p.m. A welcome is extended to every member of the family to join this final evening of the skating session.

The convenors express thanks to all the coaches, children and parents for the co-operation received this season.

Results of the St. James Assiniboia Figure Skating Club Competition will be published at a later date.

## C F B WINNIPEG HOCKEY TEAM



FRONT ROW - LEFT TO RIGHT Guy Thibault, Mike Thompson.

BACK ROW - LEFT TO RIGHT - Larry Adair, Bugs M John Swanson, Duncan Watt, Don Purdy, Red Hill Henwood, Reg Landry.

During the week 15 - 20 Feb CFB Winnipeg competed in the Prairie Region Large Base hockey championship hosted by CFB Edmonton.

Our rep team met CFBs Shilo, Cold Lake, Moose Jaw and Edmonton in a round robin series.

CFB Edmonton's club emerged winners of the tournament and will proceed to the CF National

Hockey championship hosted by CFB Borden 27 Mar - 3 Apr.

We congratulate CFB Edmonton on a strong, well co-ordinated team and wish them, our representatives from the Prairie Region, all the best at the nationals.

CFB Winnipeg's stalwarts, although they got a later start this season, did have the opportunity

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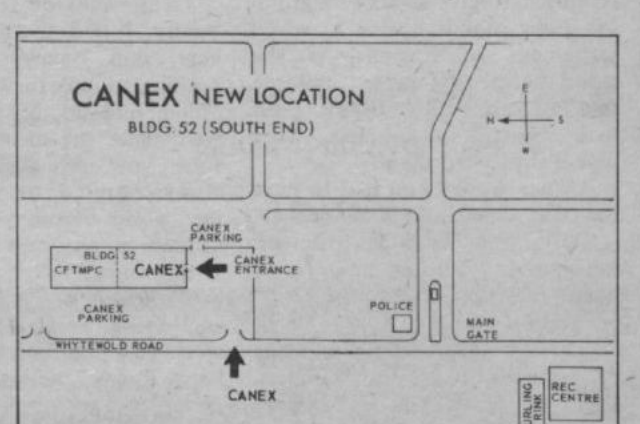
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## BCOMD Inspects University Contingent

On Saturday 21 Feb 76, the University Contingent paraded for their Commanding Officer - Colonel M. D. Gates. The parade, the final one for this academic year was marked by presentations to three officers.

CAPT. (W) Cora Fisher was presented with the CD, CAPT. Ray Swan received a Suggestion Award worth fifty dollars, and CAPT. Bill Burling was presented an aerobic excellence award.



COL. M. D. Gates presents CAPT. Cora Fisher with the CD, awarded for twelve years of meritorious service. (BASE PHOTO)



COL. M. D. Gates talks with O Cdt (W) Barbara Leveque during his inspection of the University Contingent. (BASE PHOTO)



CAPT. Ray Swan is presented his first Suggestion Award for fifty dollars. This award was earned by CAPT. Swan for improvements devised to radar equipment. (BASE PHOTO)



CAPT. Bill Burling receives the Canadian Forces Aerobic Excellence Award for outstanding achievement in physical fitness. (BASE PHOTO)

### CHAPLAINS Cont'd From Page 5

Impossible! They had never heard of such a thing. They warned me that if I started around the world, I would be buried at sea. "No, I won't," I replied.

"I arranged for a casket, put it on board ship, and then made arrangements with the steamship company - in the event of my death - to put my corpse in a freezing compartment and keep it there until the liner returned home..."

"The moment I boarded the S.S. President Adams in Los Angeles and headed for the Orient, I felt better. I gradually gave up my alkaline powders and my stomach pump. I was soon eating all kinds of foods..."

"I played games aboard the ship, sang songs, made new friends, stayed up half the night. When I reached China and India, I realized that the business cares that I faced back home were paradise compared to the poverty and hunger in the Orient. I stopped all my senseless worrying and felt fine. When I got back to America, I had gained 90 pounds and I had almost forgotten I had ever had a stomach ulcer... I went back to business and haven't been ill a day since."

Learning to set worry aside, as Earl Haney did, is vital to a healthy happiness.

The second suggestion for achieving happiness: live an orderly, purposeful, disciplined life. Much of our unhappiness results from our cluttered-up manner of living. We let things pile up on us: we leave too many loose ends, too many unfinished tasks. We don't know what we should turn to next, and the confusion and uncertainty are an unnecessary strain.

Many people are fussbudgets, troubled about all of the things which clamor for attention now! To be orderly, concentrate on one thing at a time.

Learn to finish a task and be done with it. Forget the blunders of yesterday. Don't let them overshadow the work of today. Budget your time and your energies: know where you're going and what to do next.

Be specific, systematic, and decisive. Happiness results from the feeling that you are going somewhere, some definite

somewhere, wholeheartedly, without reservation or regret.

A third suggestion for happiness is of the very essence of the Christian ethic: lose yourself in service. Life becomes ingrown and ugly until we escape self-absorption. If you want to save your life, give it.

The late Charles R. Brown, an insurance company clerk who later was to become a Congregational Minister and Dean of the Yale Divinity School, once told of a visit to the Hospice of the Great St. Bernard in the Alps. The monks of the Hospice live very simply and they give their lives in service to their fellowmen. The poorer peasants of north Italy cross the Alps in early spring looking for work in southern France. In autumn they return to their homes in Italy. Often they lose their way in the frightful storms that sweep across the Alps. If it weren't for the monks who patrol the pass with their big St. Bernard dogs, many would die. When the monks find a traveller lost in the storm, they carry him to the Hospice, nurse him back to health, and send him on his way when the weather permits.

These monks live summer and winter on a snow-covered, storm-swept mountain. They haven't many of the cultural and physical conveniences for which the average American clamors. But Dr. Brown remembered them as the happiest group of men he had ever met. They have found happiness in service.

Are you unhappy? Do you feel that life is tying you in knots? Don't stay on the dark side. Learn to set your worries aside. Establish order in your daily affairs. Find a cause to which you can give yourself. Finally, have faith and leave the results with God.

### "YOUTH CRAFT" A PROJECT TO HELP CELEBRATE EASTER

- CRAFTS: - crocheted, knitted items  
- stuffed animals, puppets and other sewn creations  
- beadwork, leather work, macrame

SPONSORED BY: OUR LADY OF THE AIRWAYS Youth Choir but open to anyone interested in contributing their talent

PURPOSE: As a special effort during Lent to raise funds for a reputable charitable institution, "The Foster Parents Plan of Canada" in aid of less fortunate children all over the world.

TIME OF SALE: EASTER SUNDAY WEEKEND.

PLACE: RC CHAPEL

## NOTICE

Mrs. Doreen Wharton of 201 Lakeridge Rd. was the winner of a quilt in a raffle sponsored by the CWL. More details to follow in next Voxair.

### Moving to Trenton?



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# TL5 MET TECHS GRADUATE



TL5 Course 7601  
L/R Back Row - Russell, Germain, Fournier, Moore, Meigs, Steed, Neville, Marcoux  
L/R Centre Row - Sears, Laforest, Grady, Miller, Rainville, Pierre  
L/R Front Row - Masiuk, Fleming, Ross, Bryden, Maczka



We weren't too shook up when the "powers that be" loaded TL3 Course 7601 with 21 bodies rather than the optimum of 16. After all, if past history could be used as a gauge, we would be losing a half dozen or so thru normal attrition in the first few weeks anyway. But, lo and behold, with graduation only a couple of weeks away, we still have our original 21 smiling faces hanging in there.

Met Tech TL5 Course 7601 is ending this week in a rather sporadic fashion. Some students have graduated, some are now graduating and some will graduate before the week is out. Originally scheduled to graduate en masse on Friday, some fast changes became necessary when some of the students were slated (by that heartless big computer in the headshed) to commence a Sea environment course in Halifax on the following Monday, and others to start a Navigators' Yeoman course on the same day in that same fair city by the sea. That didn't leave much time for a chap to get home, wash his socks, kiss the kids, and kick the dog. Not to mention any extra-curricular activities him and the missus might be interested in after a few months separation. To add to our problems, the peoples' airline has been lacking a little consistency lately and getting from point A to point B is fast becoming our favourite game of chance nowadays.

The mention of the Navigators' Yeoman's course in the previous paragraph probably sent many CFANS navigators' pulses beating at an accelerated pace. No chaps, it's not a return to the "bat boy" system, and the new Herc package doesn't come complete with your own yeoman. As a matter of fact air navigators just don't rate assistants, those fellows are heading for sea duty and will be doing their navigating on the "briny".

Our Chief Instructor, Mr. Patt Dillistone has started his "other language" training in beautiful downtown Winnipeg. That is one of the rewards of winning bilingual Public Service position.

CWO Moe Blais departed for a short "swan" course with Environment Canada in Tronta. I hope that the non-maritimers and non-Torontorians know where that is.

Recently back from courses are MCPLs Pat Walton and Dennis Dupuis. Pat survived the JLC (Jungle Leaders) in fine shape and may even have taught them a thing or two. Dennis was busy taking in the SIT I course.

### CFSIT RECIPE FOR INSTANT INSTRUCTOR

Mix one part lecturing with seven parts listening, stir well for three weeks, bake at sweat-producing temperatures for one 15 - min, and three 35 - min intervals, ice with flowery CF-377 and forward to an instructor's position for gainful employment.

**NOTE:** Best to use all talents as fast as possible as staleness can set in rather quickly.

Some changes are about to appear in the Met Tech trade structure. Since the Second World War the weather services to the military have generally consisted of technicians doing the weather observing and reporting, while Civilian Meteorologists (seconded from Environment Canada) provided the forecasting and weather briefing services. It now appears that the technicians will be assuming most of the briefing services. This trend started several years ago with SGTs and WO's briefing at TACUs and on Search and Rescue mission and briefings and short-range forecasting on DDHs at sea. Since 1973 Met Techs have provided all the aircrew briefings at Lahr. A limited number of meteorologists will remain as part of the Canadian Forces Weather Services as BMetOs, Instructors, professional advisors, and in a forecasting capacity at several regional centers. What the technician may lack in theoretical meteorology should be balanced by his knowledge of military operations and his background of years of weather observing.

Staff sports and social activities are continuing at a rapid pace through the winter. Curling and bowling being the most followed closely by cross-country and downhill skiing. Talking about social activities, of

get together will be to say "so long" to our favourite Orderly Room CPL and party bartender, Lou DeJaeger. Lou has only been posted to the BAMEO's shop so we may still be able to count on him for his secondary job of bartending. Lou never was quite sure who he worked for here in Building 84, so he gave equally good service to CFSMET and CFANS.

Mr. Harold Austin, an Environment Canada meteorologist, joined our staff last week from CFB Cold Lake. Harold doesn't know just yet whether his tenure here is permanent or temporary. Also back with us is Mr. Nick Turko of the BMetO's staff. Nick has been recovering from a rather serious eye problem for several months. Nice to see you up and active again Nick.

The week of Mar 1 - 6 was a memorable one for the Canadian Forces in Winnipeg. The display of military activities presented in the mall of the Polo Park Shopping Centre was well received and drew much favourable comment from both the media and the public at large. While manning the Met Tech display we were amazed at the degree of interest shown both in our trade and in the Canadian Forces as a whole. Our booth proved to be very popular with the younger fry, especially the weather balloons, weatherfax and teletype machines. Many thanks to the staff of Base Met and the staff and students of CFSMET for contributing their time and energy to this cause. Special thanks to CJOB's weatherman, Bud Mahaffy (the Airbognes oldest rapeller - rapellee?) for his many "plugs" over the airwaves.

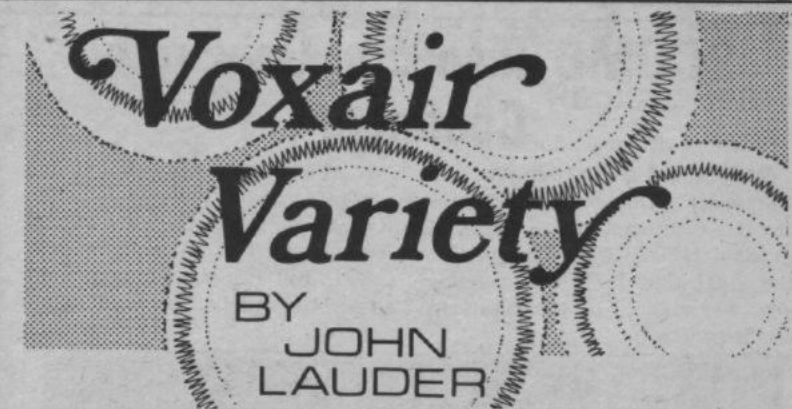
Official word has just been received that spring has sprung, but it appears as if we may be in for another white Easter this year. Way to go in the Brier, Newfies, we showed 'em.

Cumulus

## "FOOD WISE" "DIETING AGAIN!"

"I am an avid dieter. I have tried every diet in the book but nothing seems to work. I lose a few pounds, but as soon as I manage to lose some, I gain it all back again!"

Your problem is a very common one. Being overweight is a major concern in our society today. It's no wonder with the wide array of high-calorie, low-nutritious foods available.



Children's theatre in Winnipeg is growing up. Sorry about that if it is a mixed metaphor, but during the past few years there have been more productions for the kids and they have been getting more and more professional.

At the end of this month there is to be a new show for the youngsters from ACTORS SHOWCASE, who have been one of the pioneers in the field of youth entertainment. To be shown at the Art Gallery from March 30 to April 4 is the production *A Flumpet - A Trumpet*, with curtain times at 1 p.m. and 3 p.m.

This is a fantasy play about a friendly good fairy and her search for a magical instrument, and her conflicts with the bad guy evil magician, who has stolen the flumpet. The audience has to get into the act, so there is fun for all. After each performance the children will have a chance to meet the performers off stage. Tickets are available at all the usual outlets and also at the Winnipeg Art Gallery.

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Opening this week, but as usual too late for our VOXAIR deadline to allow a review, is the MANITOBA THEATRE CENTRE main stage production of John Steinbeck's *Of Mice and Men*. This oldie but goodie from the dirty thirties tells of the hopes and dreams of two vagrant workers as they travel from job to job in search of a better life. John Steinbeck is, of course, one of the giants of American literature, having won both the Pulitzer Prize and the Nobel Prize, and his books and plays always portray real people. The play will be directed by Len Cariou, the Artistic Director of MTC. *Mice and Men* opened on the 19th of this month, and runs through April 10th.

\*\*\*

The next week will see some fine offerings at the Centennial Concert Hall. On the 24th and 25th the World Adventure Tours film "Norway" will be shown, with two evening performances on each day. On the 26th Count Basie and his Orchestra will give an 8:30 p.m. concert; while on the 27th, Saturday night, the Barber Shop Quartets will perform. On the 30th, and again on April 1st and 3rd, the Manitoba Opera Association will present Puccini's *Manon Lescaut*. The dress rehearsal show is at 7:00 p.m. on the 30th, with the regular performances at 8:00 p.m.

Losing those extra pounds is not an easy task for anyone. It's a long road that requires a tremendous amount of self-motivation and discipline. This is why we constantly search for crash or fad diets which will serve the purpose and make the road easier. The fact is that medical science hasn't found any.

Sure, there are lots of diets around that seem to work, but as you may have realized, in the long run they don't work. We've heard of the low-carbohydrate diet, drinking man's diet, and starvation diet, just to mention a few. It's too bad the dieter has to go through all the torment the diets generate before realizing how useless and potentially harmful they can be. Why? Let's just discuss a few aspects.

Part of the rationale of the

low-carbohydrate diet is that carbohydrate is converted to adipose tissue (fat stores), while dietary fat and protein are burned, not stored. This is not true. The immediate quick weight loss is due to water loss rather than fat. This phenomenon is attributed to the carbohydrate portion of the diet and is as yet unexplained. Eventually the body will restore the lost water. Thus, it has been only a temporary weight loss. The fat is still there.

We've heard people complain about not losing weight for period of time although they have been strictly adhering to a low-calorie diet, balanced in nutrients. This is simply due to the body retaining water. Eventually it will balance itself and the fat loss will show.

Although you know carbohydrate is desired in the diet for variety and taste, do you realize it is also an essential nutrient, along with protein and all the vitamins and minerals we

hear of? It is estimated that the brain requires 500 kilocalories a day in the form of carbohydrate. Can the body use protein and fat stores for this "brain food"? It can, but to our detriment. It can break down protein stored in the muscles and vital body organs. It can break down fat stores too. The problem here is that by-products are formed called ketones (acid compounds) that are formed in the blood. This is an abnormal state, putting an undesirable workload on the body to excrete them.

Let's get back to what we call a balanced low-calorie diet. There is no rigid pattern to follow, no long list of foods to cut out and no shortage of essential nutrients. The best part is that it can be followed for a lifetime. The final result is long-term reductions in body weight.

How do you get a hold of this diet? You know it already, it's common sense. Cut portion size; cut out rich desserts. If you snack on carrot sticks instead of candy; or fruit instead of pie; a piece of cheese instead of a whole sandwich.

The more closely you adhere to the basic rules of good nutrition (Canada's Food Guide), the faster you will achieve your goal. But remember, it is a never-ending process. Your aim is to re-train your total eating habits. You have to become one of those slimmer people that can say "no, thank you" once in a while.

**NOTE:** "The Dietetic Association of Manitoba welcomes reader mail."

**WRITE TO:**  
Dietetic Association of Manitoba  
P.O. Box 564,  
Winnipeg 1, Manitoba



# in vino veritas

by R. KOHLBERG

By the look on his face I could see that the man across the dinner table didn't care for this wine, even before judgement was passed: "A Médoc it isn't!" Quite true, a Médoc it wasn't. It was a Spanish wine, *Montelorca*, vintage 1969.

Myself, I had, on first tasting it, thought it tasted a little like a French wine (not necessarily the Great Médoc), but when I offered this opinion to somebody at the office, I was firmly told that it was not a compliment to a Spanish wine to be compared to a French one.

Nevertheless, we arrive at opinions and judgements by comparison, reached through experiment and experience. The kid in the liquor store, proudly armed with his first legal purchase, probably thinks of himself as a man of the world as he walks out with a bottle each of Gimli Goose and Baby Duck. He would not appreciate a vintage Médoc. To which I say: "Chacun a son goût."

As for the *Montelorca*, which, by the way, comes in a litre bottle (35 fluid ounces) and costs \$2.45: it is a robust wine, not delicate at all. I found its vinosity precariously balanced: a little more, and it would be sour; a little less, and it would be blah. Appropriate with hamburger and pasta dishes, even a minor steak. But I wouldn't offer it to special guests or keep it around for special occasions.

For the latter, a good Médoc is recommended. One such is a 1972 *La Cour Pavillon* (\$3.70), self-described as a "Grand vin de Bordeaux." It has a slightly smoky, even spicy, bouquet, and the word 'noble' comes to mind when trying to describe it. For Bordeaux lovers, this is a fine wine to enjoy.

Less in price (\$2.20), but also a French import, is *Cuvée des Saints Pères*. I find this wine quite agreeable for its flavour and, after having tasted it on several, widely separated, occasions, reliable and consistent in quality, which is an important attribute for repeat purchases. You want to be able to buy a wine you like again and be reasonably sure you can serve it to dinner guests with assurance. *Cuvée des Saints Pères* is such a wine - in the good, if not great, category - what I wouldn't hesitate to give to dinner guests with a roast or a good steak.

Lately, you may have noticed a new wine, *Réserve de Lili*, on the wine shelves. Did you think this an odd name for a French wine? The label represents one of those antique-looking scroll-type things, curled up in some places and slightly torn or ragged in others. After it reveals volume (0.75 litres) in English, the alcoholic content (11.5%) in French, and the distributor, etc. (also in French), we find out (in English) that this wine is "specially selected and bottled for the Liquor Control Commission - Province of Manitoba." Does a bell ring? Lili? Province of Manitoba? Of course, Lili Schreyer, wife of the Premier! And that's how *Réserve de Lili* got its name (according to my contacts at the local wine shop).

I am as patriotic as the next Manitoban, but I wish this wine had more character, spunk, flavour, zest, beauty, whatever - to recommend it. Alas, it hasn't. On the other hand, the price is all right (\$2), so that may make worth trying for you.

Speaking of patriotism - this time on the federal level - every so often I give *Chateau Gai Seibel* another go. I keep thinking, what can you lose at \$1.75? Sometimes I try to convince myself that here, at last, we have a good Canadian wine that could make it. It has a pleasant enough bouquet, an agreeable aftertaste, but (and I admit this reluctantly) its acidity still sets my teeth on edge. Maybe it'll be better when I try it next month.

P.S. The South African Boycott is going well: you can still get any of the *Paarl* red, white and pink wines, the sherries and the Muscatel. You won't find them displayed on the shelves, but if you ask for them, they (the liquor store clerks) will get them for you. The supply is estimated to last until about June. Cheers.



Greetings once again. Quite a bit of activity to report upon since our last column and judging from the larger turnouts we have been getting lately, this information will be directed mainly towards those of you who have been missing out on the fun. The mixed TGIF held on Saturday 6 March went over pretty good, and judging from the smiles of appreciation offered when the prizes were presented, the more than one hundred participants who tried their skills

was evidence of another successful evening. Even those members who attended the evening for dining and dancing purposes only, were impressed with the evenings activities. The "sound" provided by the Whirlwinds band lived up to expectations during the dance that followed the games and this is attested to by a certain warrant officer who was seen dancing in his seat on the rare occasion that his good wife begged off to take a rest break. All in all, a good evening.

How about that Candlelight dinner on the 13th? A vote of thanks to WO Bill Arsenault and his staff for a delightful meal. I guess we should have hung a sign on the new decanters explaining that they contained wine. At least one of the newer sergeants complimented the mess on the provision of "such fancy vinegar bottles". Thanks sarge, the leftover wine found on your table didn't go to waste! Now a word about "that" band! With a mixture of personalities that comprises our membership ranging from the "mod squad" to the "geritol gentry", it's nearly impossible to please everyone at the same time. The few complaints that were received regarding the amplifiers etc. was far outweighed by the contributed enthusiasm coming from the dance floor... (all evening)! Sorry George, the group assured us they knew how to play Amazing Grace. Anyhow, we seemed to please the majority, and I guess in the end, that's what we're here for.

The crowds are growing each Bingo night! Maybe this is because of the progressive JACKPOT which at this writing was \$300. If it didn't go on the 20th of March, we'll add fifty bucks and try to give it away again on the 10th of April. Don't forget to bring something for the garbagecan bingo, (a can a card). The clothesline bingo (a string of bills), is an added bonus which will go to any player who manages a bingo in any game that results in a complete line (using the free one) in four numbers. Speaking of bingo, we are planning to hold a BBQ night coupled with the May bingo, during which prizes will be awarded in lieu of cash, except for the big jackpot and string of bills of course. More on this in a future calendar.

I'd like to offer a big vote of thanks (in advance) to our associates who have scheduled their third annual auction for the afternoon of Sunday April 4th. It's probably the only opportunity you'll ever have to put your money where your mouth is, have a good time doing it, and still come away with a guaranteed profit. Look forward to a worthwhile day of fun and profit. Jim Duff is your MC again this year. Any monies realized from the afternoon's activities goes right back into mess entertainment and this is just one of the ways the associates like to show their appreciation. Don't

## LAUGHING AT OURSELVES



by John Semeniuk

### DIFFER-NITIONS

Menu: "Vittle Statistics"  
Female Ape: "Monkey Wench"  
Riot: "Crowd Burst"  
Nursery School: "The Infantry"  
Dull Dinner Party: "Snorgasbord"  
Misspelled Word: "Corrector's Item"

you will have to sleep in my twin bed." The guest, a bachelor who was somewhat on the fussy side, asked, "Is it soft? Is the mattress comfortable to sleep on?" "Why... er... I suppose so," was the uncertain reply.

\*\*\*  
**SMORGASBORD(?)** - Mother mosquito (to her brood): "If you children are very, very good, I'll take you to a nudist camp tonight."

\*\*\*  
**A HIT OR MISS MARRIAGE(?)** - A hillbilly brought a younger man who was suffering from a serious leg wound into a doctor's office. "Better look after my son-in-law here, Doc," instructed the hillbilly. "My goodness!" exclaimed the doctor as he examined the wound, "How did this happen?" "Ah done shot him, Doc," replied the hillbilly. "You shot your own son-in-law?" queried the doctor in disbelief. "Wall, you see, he warn't my son-in-law when I shot him," explained the man from the hills.

\*\*\*  
**AS I LIVE AND BREED** - Lord Ramsbottom was overjoyed to hear that his wife had given birth to triplets and in his enthusiasm attempted to barge into the delivery room and see her. He was stopped by a nurse who rebuffed him with, "You can't go in there, you're not sterile!" Drawing himself up to his full height, Lord Ramsbottom retorted crisply, "That, madame, is obvious!"

### RIDICULOUS RIDDLES

Q. Why did the lumberjack give his wife a broom, a mop, a bucket, and a mirror for a wedding present?  
A. He told her that she either cleaned their home or watched herself starve to death!

\*\*\*  
**THE MARRY GO ROUND** - A friend was visiting a pair of newlyweds who had been married for about a month. He missed the last train back to the city, which necessitated his staying over night. "We're a little short on sleeping accommodation," apologized the young husband, "I'm afraid that

\*\*\*  
**CAT CALLS**  
1. "She's going to Miami for a man-soon season!"  
2. "Be careful what you tell her, she's an echo-maniac!"  
3. "She's the kind of girl who ripens best under glass, especially if it's full of champagne!"

you think the rest of us can do likewise by coming out to support them?

As promised in earlier advertising, we are scheduling our biggest event of the season (we think), on 24 April commencing

at 8:30 p.m. It's our "MAKE A DEAL NIGHT" at the mess in the upper lounge. The evening will be based on that familiar television program with a similar format.

See WO & SGTS MESS Page 12, Col. 4

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**ENTERTAINMENT SCHEDULE FOR APRIL**  
Fri 2 - 9 - (15\*) - 23 - 30 TGIF - FOOD - GAMES - PRIZES  
Note: the 15th is a Thursday in lieu of Good Friday.  
Sat. 3 Apr Hard times dance. Wear your old clothes. Come as you are. Be entertained by Reg Bouvette, one of Canada's foremost fiddlers. Star of stage, radio, television, recording artist. Dancing from 9 to 1. Food, prizes, cost to you - \$2 per couple.  
Sun. 4 Apr Associates 3rd annual auction - see column above.  
Sat. 10 Apr Monthly BINGO - dance - food provided. \$2 per person  
Sat. 17 Apr No function (EASTER WEEKEND)  
Sat 24 Apr MAKE A DEAL NIGHT - see writeup in this column.  
If you had a good time, tell the world. If you didn't, tell us. Support your committee. See you at the mess.

**Dusty Lee Rivers**  
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**Cadenza**

By Sergeant L. Crawford

Where have we been you ask? Name it . . . and if we didn't get there it wasn't for want of trying! Yes, the musical end of Air Command has been busy since last you saw word of us on these pages. And so that all and sundry might catch up with our recent endeavors, aspirations, moments of Glory and genral wanderings about I shall attempt to bring y'all up to date with your ambassadors in sky green.

We have shuffled off to Shilo a few times and on up to Yorkton at the request of CFS Yorkton. Our most recent trip was to CFS Churchill and we have done much in the way of entertaining, playing for functions of state, parades, school concerts, base defense, ban-the-bomb demonstrations, et al. However, several of these outings of ours need be covered in a little more detail so let's do just that.

Yorkton's High School, one of the most modern in North America, not only impressed us materially but I believe our biggest and most pleasant surprise was Yorkton High School's terrific student Stage Band. We listened to their recently released record and were very pleased to see such progress in the smaller communities. (Come on, Winnipeg, what's your excuse in this department . . .?). Some old friends cropped up especially CAPT. Terry Totzke who was well known in forces musical circles when he was a drummer with the "Naden" Band in CFB Esquimalt. The Captain certainly hasn't lost his touch on the skins either as we were to witness when he sat in during a reception at the base while the "Commandairs" were playing a little music to bend elbows by.

Our next biggie took us far north to CFB Churchill where we did a total of 6 engagements for just about everyone up there to have at least one or two chances to come out and see us. Our stay at the base was absolutely first class, the rooms, meals and hospitality second to none. Our special thanks to all those that took part in making our stay up there so enjoyable and in particular to commanding officer, MAJ. McEachern, PMC MWO Colbourne, WO Doig, SGT's Courtenay, Construp and Wolmsley (along with his excellent kitchen staff) and last but far from least those ever-helpful corporals by the names of Menchenton, Paradis, Penses and Power . . . to you all, many thanks from a not-so-oft-well-looked-after AirComBand.

In addition to the unstinting assistance by base personnel, the AirComBand received a large, wood-mounted plaque bearing the base shield and each member of the "Commandairs" received one as well for their contributions towards dance music and entertaining at the hospital. It's funny but it seems we have to go far afield to be appreciated . . . hmmm, next somebody'll get the idea we should be stationed in Yellowknife . . . I'd better keep my trap shut . . .!

During the past winter months (and obviously prior to that) SGT. Bob Sypulski, our percussion section leader in the band has coached an equal obviously well talented crew of bowlers to such a

degree that they captured the CF title in Cold Lake some weeks back. This now entitles Bob's Bowlers to a crack at the World's Championships to be held in Regina during Easter weekend. Great Show so far, Bob, and we wish you all the luck and success in Regina. (They'll have to promote you if you win that, surely!!)

One of our long time members from way back in RCAF blue days, WO Fred Greenwood, will be leaving us for a new posting in Ottawa with the Central Band there. Fred has enriched our musical productiveness a great deal over the past few years he has been composing and arranging. As a result he has made quite a name for himself not only with us but nationwide. Prior to this, Fred was a most competent clarinetist and saxophonist. He has written marches, concert band works of great length, small and large dance band arrangements and amongst all of these achievements, he has even managed to write a bit of poetry on the side. A man like this is hard to get let alone keep and so Fred is moving on to bigger and better things. We in the AirComBand wish you every happiness and success Fred and Margaret, in your new posting and look forward to meeting again when we are in Ottawa for the month of July.

The Anniversary of the PPCLI is being celebrated by the Regiment putting on a very splendid Tattoo to be held in the Winnipeg Convention Centre the evening of March 26th. A great deal of time and effort has gone into this production which will portray a history of the Regiment from its conception to the present day. A grand total of 6 bands will be involved including the PPCLI Band from Calgary under the direction of CAPT. Camplain. Our own AirComBand will be there as well, under the direction of CAPT. Terry Barnes. Our function will be primarily as pit band on this occasion. So, if you want to catch an evening of pomp and pageantry coupled with the skirl o' th' pipes and two full military brass and reed bands, you'd better come out to the Convention Centre on the 26th of March. I don't know where you're going to find a better show. Check this paper for further details. See you there, right?

**WO & SGTS' MESS  
Cont'd from Page 11**

Costumes are encouraged but are optional. However, prizes will be awarded to the zaniest couple. We're providing over \$1,000. (that's right, one thousand) cash and prizes. Try not to be ZONKED. We well offer some 30 contestants a chance at the curtains, with a final BIG DEAL to be competed for by three finalists. What's the BIG DEAL you ask? Well, it might be a colour television, a stove, a trip to Sweden, a waterbed, washer and dryer etc. But then again, that's going to our secret until the final curtain. Everyone paying at the door will also qualify for the big door prize which will be a separate draw. Cost to you will be \$3 per couple (only), food and dancing follows the BIG DEAL. Come early won't you and guarantee yourself a good table. (Only so many will be able to be

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seated)!  
Hope you get this copy of the VOXAIR in time to remind you of the Dusty Lee Rivers show to be held on 27 March commencing at 9 p.m. Dusty and his group will be giving two shows that night and you won't want to miss their special performances. Dancing will also take place. Sorry due to the content of the show, we won't be providing food. Cost for this special show and dance will be \$2 per couple.

**Remember You  
Read It First  
In Voxair**