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GIVE BLOOD

Bldg. 21

Tuesday

24 August

Voxair



Following the Canadian Forces

August 18, 1976

CANADIAN FORCES BASE, WINNIPEG

Volume 25, No. 14

Canadian Forces Praised For Olympics Role

Aurora Selected For LRPA

Ottawa (CFP) — For those with a penchant for technical details, the Canadian Forces' new long-range patrol aircraft forever will be known as the CP-140, "CP" representing "Canadian patrol."

But for CF members, and the public in general, it's the Aurora, as explained by Defence Minister James Richardson when announcing the contract-purchase to the parliamentary press corps in Ottawa Wednesday, July 21.

Several suggested names for the new LRPA were submitted over the past several months, but Aurora seemed to have won favor among the majority, and Defence Minister Richardson gave his approval.

Mr. Richardson explained that "in mythology, Aurora is the goddess of dawn, and is said to set out before the sun." He said that Aurora, therefore, "is an appropriate name for an aircraft that patrols before the dawn, as well as in the daylight hours."

A Message From The Minister



"The flame of the 21st Olympiad is now extinguished, but another has been lit, quietly and unceremoniously, in the minds of Canadians as they contemplate with pride the outstanding conduct and achievement of the Canadian Armed Forces in support of the Olympic Games. As Minister of National Defence I know that

much of this work was carried out effectively and with dedication outside the public view. It was not by chance that this magnificent International event was celebrated and concluded without any violent incident. The intensive training and careful preparation of the Canadian Armed Forces to deal with acts of terrorism may well have been the central reason that there was no act of violence throughout the Games.

Canadians everywhere will now want to join in expressing sincere appreciation for the competent manner in which the regular forces and the reserves successfully completed the complex and diversified tasks assigned to them.

Our Forces have once again earned the admiration of all Canadians and, in fact, the gratitude of all competing Nations, for the part they played in maintaining the security for all.

Canada's Armed Forces have reached another plateau in the concept of service. Congratulations on a job well done.

Signed James Richardson

Pride Expressed By CDS



Frequently I have had occasions to commend achievements of the Canadian Forces, but never in my tenure as your leader have I had more pride and justification than now. I refer to the performance of all ranks in their support to the 1976 Olympic Games, an event of world-wide significance that, but for the efficiency, professionalism and hard work of the thousands of men and women in Canadian Forces uniform, might not have

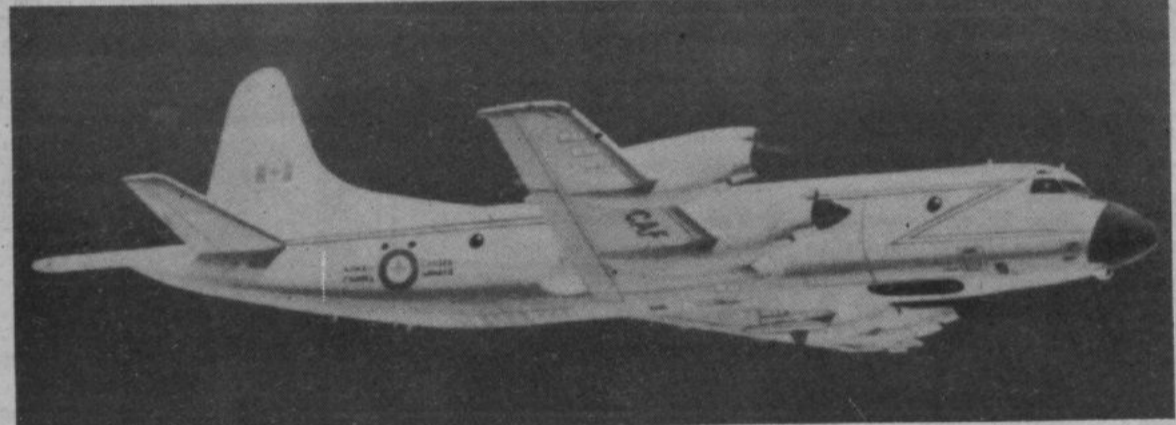
enjoyed such success. My appreciation extends not only to those of you who were in the Olympic front lines in Montreal, Kingston and elsewhere, but to all of those who labored behind the scenes over the past several months, at Headquarters, Bases and Units far removed from the direct action.

I have been informed of the value of your contribution by officials at various levels of Governments, and the International Olympic Committee. But, my assessment of your skills, proficiency and deportment is based on what I observed personally during my visits.

Canada once again has been well served by its Armed Forces in a major peacetime assignment. It is this kind of professionalism and dedication that would enable us to do our jobs well in a combat situation.

To all of you, and your families who have shared some inconvenience because of this operation, my thanks for accomplishing this mission.

Signed General J. A. Dextraze



The Defence Minister went on to explain the rationale behind the need for a distinctive name. "Because our new Canadian aircraft will have so many unique and advanced characteristics — because it will be, in fact, in a class by itself — we have given it a

name to distinguish it from other long-range patrol aircraft. We have named it the Aurora after the northern lights — a distinctive feature of the Canadian north — the Aurora Borealis."

"I like to think," he continued, "that the Aurora will reflect not

only the dawn of a new era in our long-range patrol capability, but also the dawn of a series of major capital acquisitions that will modernize the equipment of the Canadian Armed Forces."

"Good Show" Captain Bill Webster

GOOD SHOW AWARD

"Captain Bill Webster was flying a wheel equipped single Otter with two passengers and a crewman on board while conducting an exercise in northern Manitoba. After two hours of flying over desolate forested and muskeg terrain, the aircraft arrived along the coast of Hudson Bay about 170 miles southeast of Churchill. On reaching the coast, at only 1000 feet above sea level, the engine emitted a bang, which sounded somewhat like a backfire. Engine temperatures and pressures were checked and were found reading

normal; nevertheless, the fuel tanks were switched as a precautionary measure. The engine then appeared to run normally for about one minute when another loud bang was heard, accompanied by a power loss, smoke, and the odour of oil fumes in the cockpit. Captain Webster immediately turned towards the only available landing area, a curving strip of sandy beach about 3000 feet long, and executed a force landing without damage to the aircraft.

See GOOD SHOW Page 6, Col. 3

Aviation Greats Gather For Reunion In Winnipeg 9 - 12 September

GREATEST NAMES IN AVIATION TO MEET AT AIRCREW REUNION

An event unmatched in the history of world aviation will occur in Winnipeg, Canada, in September when flyers whose lives span the entire period of powered flight, from wood and wire to the moon, gather for the second Commonwealth Wartime Aircrew Reunion.

To attend are all aircrew who trained or flew with the air forces of the British Commonwealth in any war, regardless of rank, trade or nationality. Already

registrations are pouring in from all over the world.

The reunion, sponsored by the Wartime Pilots' and Observers' Association, P.O. Box 1702, Winnipeg, will take place in the Winnipeg Convention Centre, largest in North America, September 9 to 12.

An unprecedented guest list will bring together names which symbolize many of aviation's greatest achievements, civil and military, ranging from First World War "Aces" to Apollo astronauts. They include: Johnny Johnson, leading fighter

pilot of the Royal Air Force in World War II, author and aerial tactician;

Douglas Bader, legless Spitfire pilot whose courage and audacity have become legendary;

Jimmy Doolittle, great aviation pioneer, wartime leader and holder of more flying "firsts" than any living airman;

Johnny Fauquier, nerveless Pathfinder and dedicated leader of RCAF bombers in the Second World War;

See REUNION Page 16 Col. 3



Good Show Award presented to CAPT. Bill Webster by LCOL. Mark Sauder. (For story details see page 6).

BASE PHOTO

**EDITORIAL
EDITORIAL
EDITORIAL**



The XXI Olympiad in Montreal ended appropriately — 500 supposed Greek virgins and a stalker took part in the closing ceremonies. If my arm were twisted, I might believe those 500 cavorting females were Greek. It seemed at times the Olympic games might have been better called "Drapeau's Follies": what with the constant political hassles, doping scandals and massive commercial exploitation of the Games.

Did you ever see anything so dumb as that Soviet fencer wiring up his sword to record phoney hits? Further discussions with the offending Russian about that particular matter may be held by visiting him at construction camp No. 5 Outer Siberia.

Nonetheless, in my humble opinion, the Games as viewed on TV were a tremendously interesting and exciting spectacle. Gold medals should have been awarded to two organizations who helped to ensure the Games were held and seen by millions around the world.

The first Gold medal — to the Canadian Forces who undertook a massive security commitment for the Games and did an outstanding job. The logistical and planning details must have been a nightmare. Elsewhere in Voxair the Minister of National Defence and CDS forward well-deserved praise to the members of the Canadian Forces for their support role in the Olympics.

The second Gold medal — to executive producer Bob Moir of the CBC. Bob had over-all responsibility for the English language telecasting of the Games. Congratulations to Bob and the CBC organization for a real fine job.

By the way, did anyone notice where Major Drapeau was during the final ceremonies, and was that stalker wearing a moustache?

Only You Can Give The Gift Of Life

We will be holding the semi annual Blood Donor Clinic Bldg 21 (Old Drill Hall), at Westwin on 24 Aug 76. In view of the absence of the PPCLI in Cyprus, the recent Olympics, deferred leaves and postings, we will need every eligible donor to make a worthwhile clinic. Another article on this page, by a Red Cross executive, gives many reasons why all of us should donate if we can. I would like to add a few more which may appeal to each or any of us.

First, all blood transfusions needed in Canada are provided free of charge. Each and everyone may, at any time require blood because of disease, an accident or an operation. This also applies to our families and friends. This service can only be provided if as many as possible donate our blood for the benefit of all.

Because we provide free blood to anyone requiring it in this country, many other nations have signed reciprocal agreements with Canada; particularly in Europe and the Americas. If we were travelling on leave in the USA, and, because of a car accident, required large blood transfusions, it could cost a huge amount at up to \$100 per pint! We, as Canadians, do not have this financial burden, as the American Red Cross will provide the blood, since their citizens are given this service free in Canada.

Many of us are not allowed to donate; but our wives or eligible children can certainly substitute. Many persons seem to feel that the clinic is for service personnel only; nothing could be further from the truth. Anyone, serviceman, DND employee, dependents or local area residents are more than welcome. The benefits of the blood donor clinics are for the good of everyone. In fact, many potential donors in this area, who cannot go to the downtown clinic, could quite easily come to one held in their local area of residence. Should you have neighbours or friends in this category, why not let them know - Bldg 21 on 24 Aug 76 from 0900 to 1130 and 1300 to

1530. During the normal year the PPCLI hold two clinics at the South side at which there are approximately 150 donors. This summer they are in Cyprus, but many of their families are here. Would any of you care to be a canvasser and try to organize sufficient ladies and other dependents to try and fill this gap in our normal program? If so please contact CAPT. J.P. Williamson at 832-1311 local 363. If enough persons are interested, I can have a bus put on to pick up and return you to the South side Base area.

Lastly, to Save an unnecessary trip, I will list the most common reasons why some people cannot donate blood:

They are: Age - must be between 18 and 65 except 17 year old boys may donate with their parents consent.

Weight - You must be at least 110 lbs.

Infections - Those who have colds, boils or flu should wait 3 weeks.

If you have had malaria, you can donate if no attacks within one year.

You cannot donate if you have ever had Hepatitis.

Surgery - six months since minor and one year after major surgery.

Pregnancy - Not during, nor within 6 months after the pregnancy.

Aspirin does not prevent donation; but you must inform them, as some concentrates cannot be made from the blood of donors who have taken aspirin within 36 hours.

Interval - You may donate every 3 months, provided your haemoglobin levels are 85% or better and you are in good health.

It takes approximately 30 minutes to be a blood donor. This includes, registering, testing, donating, resting and refreshments. It is a small time to give for the immense value to anyone requiring your blood. Please come out if you are eligible and give the Gift of Life.

Letter To The Editor

Dear Editor:

Once again RSCCC Qu'Appelle finds itself coming to VOXAIR for assistance in publicity, this time for our annual appeal for new recruits.

For your further consideration at this time, I am enclosing a media release detailing the various activities and opportunities available through our Sea Cadet Corps onboard HMCS Chippawa. We will be resuming training, following the summer recess, on Monday, 13 September 76, and as in the past, are anxious to convey this message to as many boys and girls as possible between the ages of 13 and 18 years.

We have had more than our share of publicity through VOXAIR and again request your assistance in publicizing our appeal during the latter part of August. The appeals which have appeared in VOXAIR in the past have, quite honestly, had amazing results. We have an impressive number of servicemen's children enrolled in our Corps. Once again, my warm personal thanks for your continued cooperation and assistance in the development of good citizenship in our youth.

Yours very truly,

G. A. Moore,
Lieutenant (NR),

A Date To Remember

Mother's Day! Wedding Anniversary! Birthday! Christmas Day!

Yes, they and others, are dates we better not forget. What's more, a gift or present is almost taken for granted.

But there's another mighty important date to remember too. That's "Blood Day".

The gift? Ah, the gift — Life itself.

On 72,159 occasions last year Manitobans gave "The Gift of Life". In so doing they provided 66,203 units of whole blood, 25,200 units of Cryoprecipitate, 6,639 units of Platelet Concentrate and 3,544 units of blood products.

So far this year the demand for whole blood and blood components is even greater than last year. In a few instances elective surgery has had to be postponed due to a blood shortage, an almost unthinkable, unheard-of situation in the past.

What's the problem? In a nutshell the problem is too few donors. Existing donors are restricted to a maximum of four donations per year. For various reasons some of the donors are not able to give every three months. When donors reach the age of 65 they're no longer permitted to give blood. All of this means that new donors must be recruited. The new donors must come from the "I don't have time" group, the "Why me" bunch. If the reader, or someone dear, lives because of a blood transfusion, they'll no longer be satisfied to "Let George or Mary do it."

Thank God for the blood donors — "people who care". It cannot be emphasized too much that more of them must be found. And in a hurry.

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639

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358

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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 Message From The Base Commander



While I hope our contributions to this commitment are now complete, I know that should circumstances require further resources they will be provided with the same co-operation and care as earlier levies.

Will you ensure that your personnel serving at the Olympics are aware of these comments on their first class performance and at the same time make it known that the extra efforts of personnel remaining behind at Bases and Stations are recognized as vital ingredients in the CF contribution to Gamescan and its success.

SIC ITUR AD ASTRA."

In my recent visits to various sections I have spoken of the extra efforts being put forth by everyone. The extra hours put in by so many of you are known to me and to all sections being served. It is to everyone's credit that we have imposed very few restrictions on service to those we support and our flying programme is continuing in full measure which means we will graduate our students in time for their joining an Operational Training Unit. Everywhere I have been the same good spirit prevails and that spirit will carry us through this busy summer period.

"Well Done Base Winnipeg"

Colonel M.D. Gates
Base Commander

Freezing Vegetables

To blanch or not to blanch seems to be the question many homemakers are asking themselves when they consider freezing vegetables.

According to Food Advisory Services, Agriculture Canada, you should blanch most vegetables before freezing them. In their natural state, vegetables contain chemical substances called enzymes. If these are not controlled by blanching (precooking), they will cause undesirable changes in the flavor, color and texture of the vegetables when frozen.

For blanching, you will need a large kettle with a cover. Use 4 quarts (20 cups) of water to about 1 pound of vegetables; 8 quarts for leafy vegetables.

Place the vegetables in a wire basket or tie loosely in a cheesecloth bag leaving a length of string attached to facilitate handling. Lower into the vigorously boiling water, place cover on kettle and immediately start counting the blanching time. Keep heat on high so that the water will quickly return to a boil.

Follow exactly the blanching time recommended for each vegetable because underblanching or overblanching by a minute or two will make quite a difference in the quality of the vegetable. As soon as the water returns to a vigorous boil, remove cover and move basket up and down several times or, using a wooden spoon, force bag down in water to ensure uniform blanching.

Chill the vegetables immediately after blanching by placing them in cold, running water. If running water is not available, use ice to keep the water cold. As soon as the vegetables are cold, drain them thoroughly. Do not allow them to remain in the cooling water any longer than necessary.

Pack the chilled, well-drained vegetables in freezer containers. Label each package or container, indicating the kind of vegetable and date of packing. Place the filled containers in the freezer as soon as possible. Frozen vegetables will keep at -18C (0 F) for one year.

Beets: Select only young beets that are firm, smooth and free from cracks and blemishes. Leave root ends on beets. Cut off tops leaving 1-inch stems. Wash beets. Cook in boiling water until tender. Cool quickly. Peel and slice or dice. No blanching is required. Pack dry.

Carrots: Select only young, tender carrots. Remove tops wash thoroughly and scrape or peel.

Leave small carrots whole. Dice larger carrots or cut crosswise in 1/4-inch slices or lengthwise in 1/2-inch fingers. Blanch cut carrots 3 minutes and whole carrots 5 minutes. Chill quickly, drain thoroughly. Pack dry.

Spinach: Select only tender leaves. Remove all discolored or bruised leaves and heavy stems. Wash thoroughly in several waters, lifting leaves from water each time to allow sand to settle to bottom of pan. Blanch 2 minutes. Chill quickly. Avoid matting of the leaves. Drain thoroughly. Pack dry.

Beans: Select young, tender beans. Wash trim ends and string, if necessary. Leave whole, cut in 1-inch pieces or lengthwise in strips. Blanch cut beans 3 minutes and whole beans 4 minutes. Chill quickly, drain thoroughly. Pack dry.

For more information write for "Freezing Foods" from Information Division, Agriculture Canada, Ottawa, K1A 0C7.

- Courtesy Edmonton Sealair

On 15 July I received a message from our Commander that expresses so very well the attitude being displayed by all Forces people in support of the Olympics, including those personnel on Base who are shouldering a bigger than normal workload. This is what General Carr has to say:

"On a recent visit to the Olympic area I had the opportunity to observe many Aircom personnel engaged in duties in support of COJO, ORTO and FMC self-support activities. I was very pleased to be informed by MGEN. Reid, Chief of Olympics, that in his years of service he had never seen such enthusiasm or co-operation nor the calibre of initiative and self discipline as was being displayed by the officers and men of Aircom in support of the various aspect of Gamescan. These complimentary remarks fully supported my own assessment of the manner in which our personnel were carrying out their duties and the obvious care which had been taken in their selection by their parent units.



LIEUTENANT GENERAL
WILLIAM K. CARR, DFC, CD

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CFANS NEWS CORNER

NAV By T. G. BREMNER SQN

While you're reading this between classes, airborne, during coffee break or after work while you sip on a cool one I shall be some distance removed from the work-a-day worries catching up on some overdue rest and recreation. Between lying around in the sun, quaffing the odd ale and taking the occasional dip in Georgian Bay I shall think fondly of all and wish you well as you sweat out the first couple of weeks of August (I really will, too. Just make sure that lots of work gets done while I'm away or I might get the impression that I'm indispensable.)

Summer training is moving right along, thanks to the dedication of the staff, 429 Sqn and BAMEO. Numerous "red-hot" turnarounds have been necessary to get the flying program crammed in with the shortage of aircraft again but at least 7621 and 7622 got their first few missions completed prior to their departure from CFANS. 7623 has already commenced flying and by the time you read this, should be on their respective ways on leave prior to returning to RMC.

Also about ready to depart is Course 7601, programmed for graduation on 20 Aug 76. All four members of the course are itching to make tracks to their OTUs just as soon as they finish their checkrides. Hot on their heels, but with still a fair piece to go is 7602. They'd like to leave too, but we'll hang on to them for a while yet. (Don't get panicky, men, we'll get rid of you eventually.)

Naturally, with the numerous departures, we once more will have some empty classroom space; but not for too long. On August 16th, course 7603 will take up residence for the duration of most of the winter, to be followed on September 7th by the simultaneous arrival of 7604 and 7605. Most of the faces on 7603 XT will be vaguely familiar - they're deserters from the "Rat Patrol" up on the next floor who lost the battle with PCO ANAV. After yea so many years, they just can't be ROs anymore. (It's not that bad, fellows! I survived the ordeal myself.) 7604 ROTP will also contain a number of reruns - most of them were here last summer on phase training and a couple will simply step up from 7623 and stay with us until they

reach "Wings". According to the master plan, 7605 is a "real" OCTP course - something we haven't seen for quite a few years. This time I'll wait 'til I see them before I commit myself to a definite maybe as to whether or not they really are OCTPs.

Our "Minilimpics" some time back turned out to be a real "smash" as it is every year. Thanks to BK for the organization! There were a few minor schmozzles in the scheduling but nothing insurmountable due to the outstanding cunning and wit of Navigators. Team 2 (a thoroughly motley mixture) proved to be the masters at most activities requiring skill and mental adroitness. The brawn-type stuff was usually handled by some of the "plugs" from RMC. (There's one guy on '23 that ate 14 hamburgers for lunch and then asked when the main course was being served! Must be related to ole Sharpa Hazily.) Unfortunately, The Boss was on leave at the time of the event and so missed his annual baptism - whether this was deliberate or not I have not been able to ascertain - he ain't admittin' nothin'.

Friday, July 30th is "Trade-A-Boss" day at CFANS. Our leader for the last couple of years, LCOL FC Brittain, will be packing his papers and moving across the button of runway 36 into a (probably) airconditioned office in the AirCom Building. Simultaneously, LCOL Sparling (formerly of Aerospace Squadron fame) will be returning to our hallowed halls as our new Commandant. The event will be suitably marked with a Change of Command Parade and followed immediately by a reception at CFANS - wives, families and mascots will all be welcome to attend. To "The Boss" our thanks for a most pleasant and productive association, and to "The Boss" a hearty welcome back and our very best wishes for a fruitful and rewarding tour as the Chief Honcho In Charge of Canada's largest navigation school.

Mandatory television viewing for all Navs and Pilots during the month of August will be the program "What Did You Expect?" to be aired on Winnipeg's CKND Television (Channel 9 Cable 12) on August 21st at 1900 hours (7:00 p.m.)

Officers' Mess Bar-B-Q

The Officers Mess are "doing it" Texas style with a dance and steak Bar-b-Q on Saturday 28 August 76. All officers and their guest are invited to this annual event which will feature a live band from 9-1:30 and steaks grilled on an outdoor barbecue from 9-11:00. Tickets are now on sale at the mess at \$4.00 per person until 24 Aug. 76. After that date and at the door tickets will be \$6.00 per person. Make your reservations early - A good time shall be had by all !!!

and repeated on August 28th at 1300 hours (1:00 p.m.). Being interviewed will be one of our own CFANS staff members, CAPT. Barry Stannard of the school's "Cel" (Celestial) cell. Exact contents of the show have not yet been divulged, but I understand that the purpose of the series is to familiarize viewers with the type of work that various people do in their day-to-day employment.

Just received a late news flash from the flight-test crew - our last piece of the fleet has finally arrived! Hercules 305 rejoins us at last, just as 307 disappears back in the direction of Edmonton, out of time and due for another periodic inspection. That, of course, means that we're still one airframe short for a while yet.

There must be very happy poultry farmer somewhere in Manitoba! (Probably one of those guys that finally got tired of being told how many eggs he couldn't sell.) By my somewhat conservative estimate, somebody must have sold us at least half a million beat-up old cluckers because, in the last few months, those of us detailed to fly student training missions must have consumed (or attempted to) nearly a million "Road Runner Specials". Those of you that haven't been blessed really should try it sometime - every trip, another yellow-skinned, emaciated, stringy haunch appears on your food tray. Day after day after day. If variety were the spice of life, we should have succumbed

ASC news news news

By CAPT. MEL WALKER

Welcome Back

Welcome back, your dreams were your ticket out.

Welcome back, to that same old place that you laughed about. Well the names have all changed since you hung around.

But those dreams have remained and they've turned around.

Who'd have thought they'd lead ya

Back here where we need ya?

Welcome back

Welcome back

Welcome back

Didn't change a word this time.

Thought the original was too appropriate. So from all the sweat hogs on Aerospace Squadron, Welcome back Bob.

Words and Music by John Sebastian. Copyright 1976 Warner Tamerlane Publishing Corp and Chicken Flats Music. All rights reserved.

And to explain it to those who aren't familiar with the Nav School we now have a new Commandant, none other than our own previous Aerospace Squadron Commander LCOL. R. H. Sparling.

LCOL. Sparling has returned to us after a bit more than forty days and forty nights in the wilderness of Air Command to take up command of both floors. Well two and a half actually if you want to count the maps room. I won't steal the thunder of the 'ficial

reports about change of Command parades and all that stuff, but I'd just like to say that CFANS has been blessed with a real string of first class Commandants and somebody up there decided to continue the tradition. Beats the hell out of most of the decisions they've been making.

Now that the war on the eastern front otherwise known as Drapeau's debacle, Bourassa's bane, or the XXI ieme Olympiade has been brought to a successful conclusion, everybody has scampered off on leave. Particularly our own two Dudley Doowright's who made their own contribution to the silent green that helped bring the Olympics to its final successful conclusion.

You know one of these days someone should write a novel about it. It has all the right ingredients - suspense, sex, politics, religion, scandal - Get going Rod.

Other'n that, summertime has brought a dearth of gossip. Well I did get down to Boston to deliver a paper to the International Congress of Navigation Institutes, and Fraser Barnes got the annual jolly to UCLA but those are sorta normal events.

Well the lock up boy just knocked on the office door which is as good a hint as any to go back to estivating.

'Til next column
Nite All

Mel

to boredom a long while back. I know that beef and pork are expensive but one can only stretch a point so far. Personally, a nice chunk of boiled bologna would be a welcome change these days. I guess it must be time to take someone from Food Services along for the ride again - this time, every day for a week or so until they get the hint. Barring that,

perhaps a polite word or two - GET LOST WITH THE ROAD RUNNER ALREADY!!!

The first of the new staff members have found their ways to CFANS much to the relief of all. Keith Hiley and Guy Turenne are amongst us and more than welcome! The bolstering of our thinning ranks will certainly make life a little better and spread out the workload a little bit thinner. Keith joins us from the MAG realm and Guy has just returned from a tour of exchange with the French Air Force.

Keep an eye peeled elsewhere in this issue for the rogues gallery photo of another "first" flight with a cast of thousands. (And not a beauty among 'em.) Gotta go pack my water skis and wine skins for the long trek east. Y'all have a good time now!!!

Super CONSOLE-ation

On 7 Jul 76, CFANS flew the first mission using all four student positions in the new CC 130E/NT on an actual student training flight. The members of the crew were, from left to right: Captain Jim Humphrey, Aircraft Commander (429 Sqn); Captain Brian Fritsch, First Officer (429 Sqn); MCPL. Glen Morgan, Flight Engineer (429 Sqn); OCDTs Curtis Cheffins, Mike Kennedy, Martin Marshal and Neil Bronson, CFANS Nav. trainees (Course 7621); Captain Grant Shewchuk, Nav. Instructor (CFANS); and Captain Win Koch, Lead Nav. Instructor (CFANS).

BASE PHOTO



BY LAND —
BY SEA —
BY AIR —



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BISON BREW

Howdy Herd-d-bucks. Still the same guy but not for long. It must be the time for a shot at Bremner but with his ramblings he doesn't need a shot - just a boot. But, he's on his diet so we'll leave him alone. Enough about navigators.

The big news is our change over parade on 4 August with LCOL. Tettelaar taking over from COL. Allingham. And what a parade - semi-old RCAF style. There we were - MAJ. Brown swaying to the beat of the music, MAJ. Deagon swinging his arms shoulder high, MAJ. MacIntyre saluting a la semi-Luftwaffe and the rest of the rabble surging forward. Despite our RCAF tendencies, CWO. Dodd (cringing) did a good job of getting us respectable in such a short time. Maybe, we need some more practice.

A nice reception was held at the Reserve Officers' Mess afterward with wives and guests. The Pipes and Drum Band from Portage made the parade and reception quite colourful dressed in kilts.

A mug party was held for Frank Livesey and COL. Allingham after our practice parade to say so long. Frank is moving to Trenton with ATG Ops to straighten them up. COL. Allingham is travelling across to Air Command to solve their problems. We wouldn't be surprised if he came up with an annotated flying slot somehow. Some of us said good-bye to Wayne Hess going to Trenton - seems he got lost in the shuffle.

TRIP OF THE MONTH

For late July it goes to Vic

Charlebois' crew with their stopover in Edmonton to get in trouble at Klondike Days for a few days.

SEEN ABOUT:

1. Fred Pratt at work again after busting through dust clouds on the track - all in one piece.
2. Ernie Canivet smiling with his Trenton posting to 436 Sqn effective 1 November.
3. Not smiling as much, maybe not even smiling at all is Brian Fritsch with his Edmonton posting to 435 Sqn also effective 1 November. And his golf game isn't anything spectacular either.
4. Everyone suddenly busy when Ray Moore's cement arrives.
5. Some fuzzy-lipped fellow on a stretcher in Officers' Mess with his bodyguards.
6. Wally Prokuda flying.
7. Dave Cuninghame planning his retirement after turning down a Herc FE course since the powers won't post him back to WG.

RUMOURS HEARD

1. COL. Allingham having fun attempting to fix the Base Commander's clock-not successful.
2. A FE's quick calculation for money spent on a Nav's training in the Herc.
Cost per Herc flying hour \$1750
Average Trip - 5.5 hr
Total money per trip \$9625
Since 4 students per trip, per student \$2406
Since Navs fly approximately 28 trips
Total spent \$67,368
3. Bill Stenberg signing 39-49 = 88 on his scorecard.

property may also be involved. The problem is therefore every occupant's concern, and the serious consequences of a fire in your quarters must always be considered. Everyone must be extra vigilant to ensure safe conditions exist, and help to educate the unknowledgeable for their sake and your safety. Follow these basic rules:

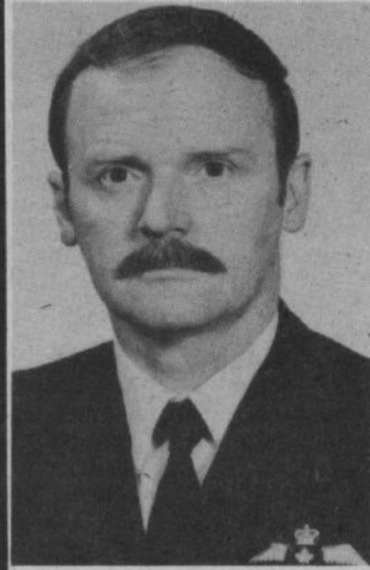
- Maintain good housekeeping practices by disposing of refuse in the proper container. Remove refuse from building (especially at weekends when janitorial staff are not present);
- Dispose of ashtray contents in butt cans, not in garbage containers (request these butt cans from Barrack Warden, if not provided or missing);
- Do not smoke while sitting or reclining on a bed and encourage your guests and friends to do likewise;
- Do not overload electrical circuits or carry out unauthorized repairs or alterations. Disconnect appliances when not in use.
- In laundry rooms, empty the dryer lint trap after use, and ensure electric iron is unplugged;
- Be extra suspicious and observant of personnel under the influence of alcohol; and,
- Report any suspicious or unauthorized personnel in barracks to MP section, and report also any suspected fire hazard to CE/FP, Bldg 100 (Local 501).

PILOTS TAKE NOTE:

WATCH YOUR FAVOURITE NAV IN ACTION. CKND TV will feature an article on navigators on the "What Did You Expect" to be aired 7 p.m. Saturday 21 August at 1 p.m. Saturday 28 Aug 76. The programme co-interview with a CFANS navigator, CAPT. Barry Stannard at scenes of the Navigation School and C130 NT aircraft.

Promotions/Appointments

Ottawa - Lieutenant Colonel J. R. Allingham, 45, of Campbellton, N.B., was promoted to the rank of Colonel, 2 August



and appointed Deputy Staff, Personnel Section, Command Headquarters, Winnipeg.

Colonel Allingham is Commanding Officer, Composite Squadron prior to his recent posting to COL. Allingham enlisted in the Royal Canadian Air Force and trained as a pilot.

His first operational assignments were with Fighter Squadron, Group 1, France, and 434 Squadron, Zweibrücken, Germany, flying F-86 Sabres and CF-100 Canucks.

COL. Allingham has also served as a recruiting officer, instructor and a member of the directing staff of Canadian Staff School, Toronto.

TRICIA'S CANADIAN



TRICIA'S CANADIAN



I think the mailman's coming



as commander, 1st Canadian Air Group, Lahr, Germany.

These photos depict the high cost of careless smoking in Barrack Blocks. Fortunately, no lives were lost in this fire.



The fire started in this end room.



Within seconds, flames travelled the entire length of the second floor hallway.

FIRE PREVENTION IS OUR BUSINESS



Barrack Block Occupants

Information published in the statistical fire loss report for 1975 revealed that one of the DND's most serious problems in that period were fires involving barracks. The leading cause of fire in those dwellings was smokers' carelessness and incineration. Today, advanced technology and fire codes minimize the likelihood of large fires, and the environment is being engineered to stop fire more quickly once a fire has started. It remains a challenge to train personnel to be more careful so that fire will not begin at all. It is not only the "Culprit" who suffers injury, perhaps death or personal loss. Other personnel in the Barrack Block and adjacent

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CFANS



ns Squadron On Parade

NAV By T. G. BREMNER

While you're reading this between classes, airborne, during coffee break or after work while you sip on a cool one I shall be some distance removed from the work-a-day worries catching up on some overdue rest and recreation. Between lying around in the sun, quaffing the odd ale and taking the occasional dip in Georgian Bay I shall think fondly of all and wish you well as you sweat out the first couple of weeks of August (I really will, too. Just make sure that lots of work gets done while I'm away or I might get the impression that I'm indispensable.)

Summer training is moving right along, thanks to the dedication of the staff, 429 Sqn and BAMEO. Numerous "red-hot" turnarounds have been necessary to get the flying program crammed in with the shortage of aircraft again but at least 7621 and 7622 got their first few missions completed prior to their departure from CFANS. 7623 has already commenced flying and by the time you read this, should be on their respective ways on leave prior to returning to RMC.

Also about ready to depart is Course 7601, programmed for graduation on 20 Aug 76. All four members of the course are itching to make tracks to their OTUs just as soon as they finish their checkrides. Hot on their heels, but with still a fair piece to go, is 7602. They'd like to

reach "Wings". master plan, 76 OCTP course haven't seen for. This time I'll w before I com definite maybe not they really

Our "Min back turne "smash" a Thanks organizati minor schedu insurmount outstandi Navigator motley m masters skill an brawn-handle from '23 lunch mai Mu

ations And Awards



All Photos By Base Photo

Commanding Officer 733 Communications Squadron Captain R. E. Robinson - presents Clasps to the Canadian Forces Decoration to Warrant Officer B. R. Crooks in the photo on the left and to Master Corporal J. L. Torrie at the right.

RETIRING SOON?

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



Good Show

Continued From Page 1

Initial inspection of the engine revealed a large crack in one of the cylinder walls. A replacement was flown to the beach, the aircraft repaired on site and was then flown off the beach, serviceable, within 24 hours of the incident. Strip analysis of the cylinder revealed that the cause of damage was a broken exhaust valve, which in turn caused extensive damage to the top of the piston and cylinder.

Captain Webster's quick reaction in correctly assessing the situation, immediately selecting a suitable force landing area and then executing a successful force landing obviously saved a valuable aircraft. But, more importantly, his professionalism and pilot ability turned a potentially dangerous situation, which could have resulted in injury or loss of life to his passengers and crew in a very remote area of Canada, into a successful operation."

Actually, there were two single Otters involved. The second Otter, flown by Major Willett, happened to be orbiting at 1000 feet observing a number of polar bears in their natural habitat when the engine failure occurred. What had started as an enjoyable day suddenly soured; but once CAPT. Webster had firmly established himself on the beach, MAJ. Willett also landed in order to discuss the problem.

The problem was obvious: we needed a new cylinder and someone to install it, which meant a flight to Gillam, Manitoba, the

nearest telephone about an hour and a half by Otter. By this time, it was rather late in the day, about 6 p.m. The decision was made to leave the crew and passengers camping on the beach while MAJ. Willett returned to Gillam to institute recovery procedures.

Major Willett, via the serviceable Otter arrived at Gillam about 8 p.m. and by 9 p.m. had the EMEO 3 RSU, CAPT. Dewiele, on the telephone and the problem outlined. CAPT. Charlebois, the acting Base Flight Safety Officer was also contacted and through a three way discussion the decision was made to launch a Dakota the next morning with the required parts and repair crew for a small ESKER landing strip near where the Otter was stranded. MAJ. Willett was then to rendezvous with the Dakota at the landing strip and ferry the repair crew by Otter to the beach.

Through much ingenuity, the parts and repair crew were lined up and the Dakota departed Winnipeg early the next morning. CAPT. Willy Williams, 429 Sqn, managed to land the Dakota on the rather austere landing strip (totally unrecognizable as such) about lunch time and the repair crew, MCPL. Hiebert and CPL. Bartlett were delivered to the beach by 1 p.m.

Strong cross winds on the beach made the landing and repair work difficult. Nevertheless, the offending cylinder was changed and the aircraft declared



Master Corporal J.M. BRETON receives his Canadian Forces Decoration from Captain R.E. Robinson CO, Comm. Sqn. and is also presented with a certificate and cheque for a suggestion award submission.



VILLAGE INN

ONE HOUR MARTINIZING

491 WESTWOOD DRIVE



as a Flower in Just 1 HOUR



and remember

491 Westwood Dr., 837-8293

serviceable by 5 pm, exactly 24 hours after the incident occurred.

There were other aspects which made the incident interesting. The aircraft on the beach, actually a narrow spit of land, was about 5 ft above sea level, with water on both sides. The question of tides arose and the possibility that the Otter might become a menace to sea navigation on Hudsons Bay by the next morning was not discounted. Fortunately, that didn't happen, but it did spur the rapid recovery. Also, within a mile or two of the downed aircraft at least four polar bears had been sighted. Needless to say, the camp fires were well stoked that night.

As stated in the citation, the entire operation was a success. This was due largely to the efforts of 3 RSU techs, Base Flight Safety Officer, 429 Sqn and CAPT. Williams. These people also deserve a "Good Show".

Give Blood Bldg. 21 - Tuesday 24 August 76



PATRICIA REPORT



A PICTORIAL REPORT FROM THE WINNIPEG BASED 2ND BATTALION, PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY ON UN PEACEKEEPING DUTIES IN CYPRUS



B.C. was never like scenic Cyprus eh! Gerry...

Now on my last leave...

Is the barbed wire on my inventory too?

What! Order strawberries... Sir?

I think the mailman's coming now.....

Only shady spot on the Island...

What... No water in the pool?

Say Hi to the kids...

But it's too hot out there... Sarg!

Duck season open yet.

Never mind; my Swedish isn't to good either.....

Cyprus for your leave?

What!... cut it to short again?

Where's supper?

Only 42 days 8 hours and 35 minutes to go...

Roughing it!

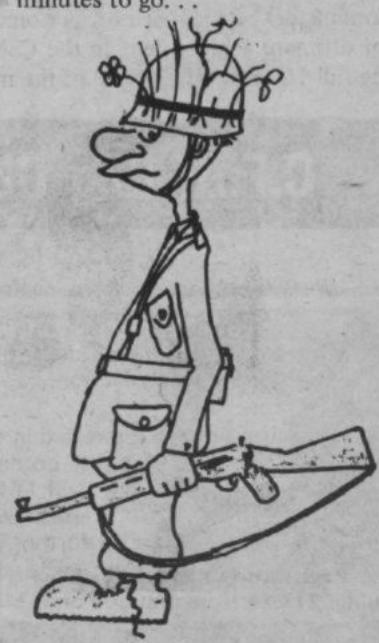
Damn maps never do fold back the same....

Over boiled again eh? Mel!

Well Padre, the good Lord willing...

Hey... this is a map of Manitoba!

Please keep off the grass...



"Time really flies, when you're having fun"

voxair sports

By Sports Editor - MWO. Les White

South Side Summer Rec. Program

A record 130 children, ages 5 to 17 participated in the first session of the summer recreation program held at Lipsett Hall.

Through the co-operation of the South Site Community Council and Sir John Franklin Community Centre staff the program got underway on the 5th of July and ran smoothly for three weeks, winding up on the 22nd of July with presentations, hot dogs and pop and alot of fun.

In the absence of LT. COL. Grant, Mayor of the South Site Community Council, Major Ligget, CAPT. McGee and Mrs. Harold Falk made presentations to winners of the bowling, bicycle decorating and ceramics competitions. Following the presentations Major Ligget thanked the PERI Staff, the members of the 2PPCLJ and parent volunteers for their time and effort - without it the program could not be the success that it was.

How do you measure success of a program such as this? Just look at the smiling, mustard covered faces and the cheers as the names of the helpers are mentioned.

The second session is well underway at the time of this writing and from what we've seen so far it is even bigger and better.

Watch for the write-up and pictures in the next Voxair.

Sixman Football

Registration-

All boys 14 years of age and under wishing to play Six-man football this fall should contact the centre at 489-9537 or Mr. Ken Nieman at 489-9538. Teams fill up fast and practices start soon so phone today.



Anyone can write for Voxair

Captain Robinson Receives Marathon Ski Award



Captain R. E. Robinson, Commanding Officer of 733 Comm. Sqn. is shown being presented with the Canadian Ski Marathon (CSM) Jack Rabbit Johannsen Coureur de Bois Award by LGEN. W. K. Carr, Commander Air Command. Looking on is MGEN. L. H. Wylie, Commander, Canadian Forces Communication Command. This award, for ultimate achievement in the CSM is presented to the skier who skis the full 160 Km (100 miles) of the marathon trail. BASE PHOTO

C.F.B. Dog Obedience Club

We will be starting classes again in September.

Our classes are for all dogs; training for the show ring or for your personal satisfaction.

However, anyone interested in our fall session may contact:



Lorna True
at 774-8196
between 5 & 7



for further information.

Registration night will be September 13th. Monday at 7:30 p.m. Bldg. 21. No Dogs required on this night.

"We train you to train your dog"

Recreation Facilities Yours For The Asking

CFB Winnipeg's recreational facilities are available for service personnel and their dependents anytime an organized activity has not been scheduled.

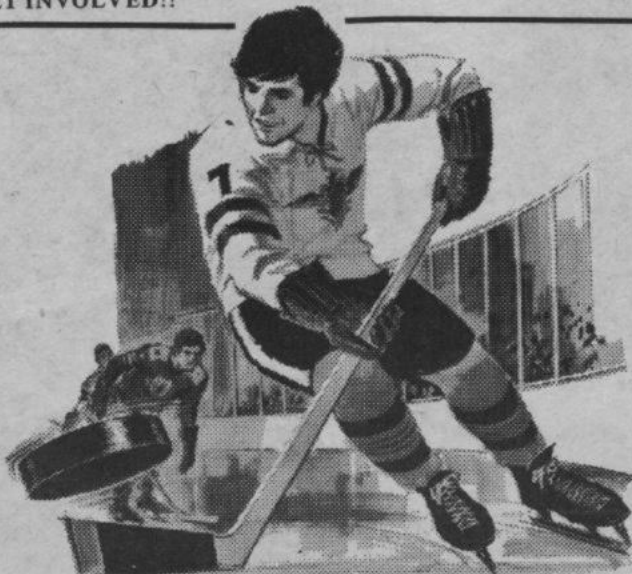
... AND WE'LL HELP TOO

The PERI staff are more than willing to assist you in the planning, organizing or conducting of any activity or program in which you wish to participate.

CONTACT...

Personnel wishing to use the facilities and/or require assistance may contact either the gym supervisor at Westwin local 511, or Lipsett Hall 888-5021.

GET INVOLVED!!



Westwin Minor Hockey

The summer weather has been and still is great for camping, swimming, and just about any activity except hockey. However, the hockey season and activities to prepare for it are fast approaching.

St. James Minor Hockey Association has designated all ice time for the month of September for coaches and referees clinics, and conditioning and skills programs for Minor Hockey players.

As always, coaches and referees are required for the coming season. Anyone who is interested in assisting in either capacity or would like more information, please contact CAPT. Nelson at 832-1311 Loc 474 or 888-4529. If wishing to attend either clinic, names are required immediately, so act now.

Watch the next issue of Voxair for information regarding Minor Hockey registration.

WATCH THE NEXT ISSUE OF VOXAIR FOR DETAILS ON THESE RECREATION ACTIVITIES:

- Badminton
 - Basketball
 - Bingo
 - Bowling
 - Broomball
 - Ceramics
 - Cosom - Hockey
 - Cubs, Scouts, Beavers
 - Curling
 - Diving - Scuba
 - Dog Obedience
 - Family Fun
 - Garden Plots
 - Golf
 - Guides and Brownies
 - Hockey - Inter-Section, Base Team, Minor
 - Jogging
 - Ladies Keep Fit
 - Photo Club
 - Rifle Club
 - Skating - Figure
 - Skiing - Alpine
 - Skiing - Cross Country
 - Soccer
 - Studio 22 (Drama)
 - Swimming - Synchronized
 - Swimming
 - Tennis
 - Theatre
 - Trampoline
 - Volleyball
 - Weight Training
 - Wood Hobby Shop
- Note: Activity Club Organizers ensure we have up-to-date information and logos please.



44th Guide Company

LIPSETT HALL - SOUTH SITE

Registration for both the 44th Guide Company and 44th Brownie Pack will take place at 7:00 p.m., 13 September, 1976 in Lipsett Hall Lounge.

A meeting of Parents and Guiders will be held prior to registration to allow the Guiders to speak on the aims of the movement and inform the parents of the participation required by them. Girls wishing to register in Guides or Brownies must be accompanied by a parent.

The fee for the 1976/77 season will be \$8.00.

Due to circumstances, the number of Brownies to be registered will be held to 25. The same cut-off number will be applied to the Guide Company.

Meeting times will be as follows:

BROWNIES - Monday, 6-7:30 p.m. - Lipsett Hall Lounge - Start 20 Sep.

GUIDES - Wednesdays 7-9:00 p.m. - Lipsett Hall Lounge - Start 15 Sep.

There is a need for experienced Guiders in this area. If you can be of any help please call either:

BROWN OWL - Mrs. Pat Walsh 489-9667

GUIDES - Mrs. Irene Wolfe 489-2873



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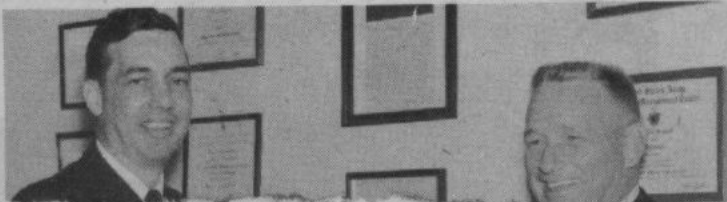


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BTSO Promotions



Are you a certified Scuba Diver newly transferred to Winnipeg? If you are we'd like to hear from you. Have you ever thought about taking up Scuba Diving as a sport to open up a whole new world of experience? Do you get a thrill out of watching the Jacques Cousteau Specials on television? Do you remember watching Mike Nelson on "Sea Hunt" many years ago? Are you a good swimmer? If you are interested in learning to Scuba Dive we'd like to hear from you!

The CFB Winnipeg Goldeyes Scuba Diving Club is beginning a new training season this fall. The Goldeyes are open to all members of the Canadian Armed Forces and their dependents, provided they will be 16 years of age by the time they are registered as certified divers. Also eligible are serving members of the Canadian Forces (Reserve), serving members of the RCMP, retired members of the CF (Regular) and their dependents provided they are 16 years of age when they are registered as certified divers. Full time Department of National Defence employees and selected employees of the Ministry of Transport or those closely associated with it are also eligible to join the Goldeyes for Scuba Training. The Associate Membership (civilian) is filled at present and no further civilians may join this year.

Membership in the club entitles you to rent tanks and regulators at very low prices (\$1.00 per week for a tank, \$1.00 per week for a regulator). Air fills up to 2000 psi are available at \$1.00 per fill. You are automatically a member of the Manitoba Underwater Council (MUC) which entitles you to receive the monthly newsletter "Man Underwater" and to participate in MUC club dives at very low registration fees (about \$2.00 per dive). There are approximately 10 club hosted dives every year, the Ice Dive, Night Dive, Navigation Dive, Spear Fishing Contest, Treasure Dive, Monster Dive, etc.

For the Novice, the Goldeyes will be having Skin and Scuba Diving classes commencing 16 Sep 76 at 8:00 p.m. at the Westwin Pool. On that date all persons who are interested in taking the course will be "subjected" to a pool test, so bring your towel and bathing suit.

Before a member may become

Westwin Ladies' Bowling League

Any ladies wishing to join the league please call Bev Brown 489-2262 or leave your name and phone number at 376 Kenaston Blvd. (South Side).

It's a fun league and all new bowlers are welcome.

After this past season ended five of our bowlers entered the Village Inn Spring League and won 1st place in our division. E. Rathbun, S. Augustine, B. Brown, M. Ferwerda, V. Bowman. E. Rathbun also came up with the high single the last night of bowling 318.

a Novice Trainee he/she shall:

a. be certified as unconditionally fit by a physician (Novices will be given medical forms for their doctors to fill out after the pool test.);

b. be a Royal Lifesaving Society Bronze Medallion holder, not more than two years out of date; or

c. demonstrate the following swimming abilities

(1) swim continuously 440 yards (18 lengths) using any style but including at least one length each of crawl, breast side and back strokes (backstroke with legs only),

(2) swim 15 yards underwater,

(3) tread water for 3 minutes,

(4) tread water using arms only for one minute,

(5) tread water using legs only for 30 seconds,

(6) drownproof for 3 minutes; and

(7) recover 10 lbs from the bottom of the deep end of the pool.

Upon successful completion of the pool test the Novices will be given Membership Forms and Medical Forms to fill out and return for classes commencing on Thursday, 23 Sep 76 at 8:00 p.m. at Westwin pool.

The fees for membership are as follows:

Regular Member - \$20.00
Ordinary Member - 30.00
Family (non-divers) - 5.00

Fees for classes are \$5.00 for the Skin Diver program (pre-requisite for the Scuba Diver program) and \$20.00 for the Scuba Diver program. The Skin Diver program will run to mid-November followed by the Scuba Diver program which runs to the checkout dives in mid-May 1977. The total course is approximately 30 weeks in length.

For experienced divers, the MUC offers Advanced Diver and Instructor courses which all run over the winter months. The Goldeyes offer recreational swimming and refresher training on Tuesday and Thursday nights throughout the winter.

So, if you are interested in the Goldeyes Scuba Diving Club, come on out on Thursday, 16 Sep 76 at 8:00 p.m. at the Westwin pool. Enter via the Southwest side of the Recreation Centre by the patio. For further details contact CAPT. Win Koch at 832-1311, local 454 during duty hours.

Yell to us for help

WATER SAFETY

PRAIRIE REGION
TENNIS CHAMPIONSHIPS
TO BE HOSTED BY CFB WINNIPEG
SEPT 14-15
PERSONNEL WISHING TO COMPETE SHOULD CONTACT THE REC STAFF—LOCAL 511

Report From The Diamonds

—A. WARD

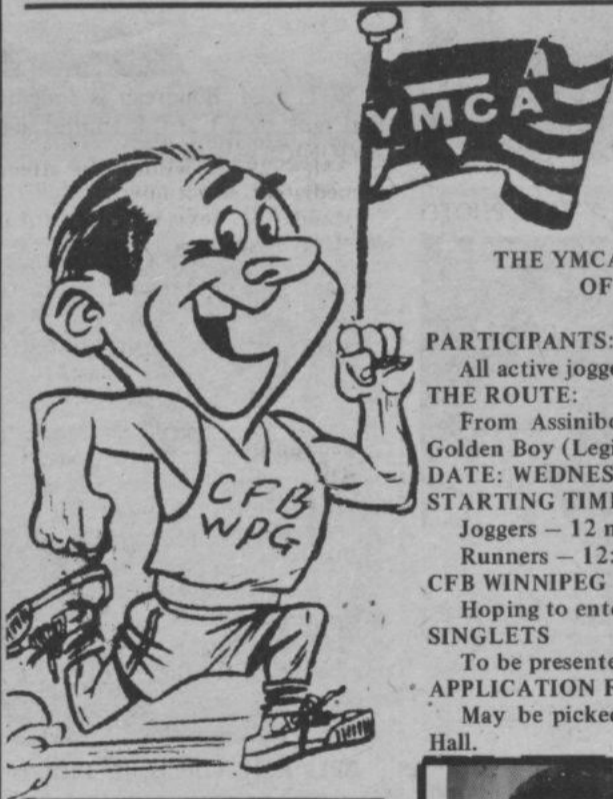
It seems only a few weeks ago that the inter-section fastball schedule was getting underway - and I was giving you a run-down on the teams competing. Now I am back to bring you up-to-date on team standings before we head into the semi-play-offs. For those of you who have not been out to catch 'the boys' in action, you still have a couple games left in which to do so. Granted we may not be the Expos, but personally, with the record of the Expos to date I prefer the effort put forth by our own - why not come out one night and see for yourself.

Up to August 3rd, the team standings are as follows: leading off is ANS with 24 points; followed by CCE and Air Command each with 14 points; the Sgts' Mess right behind them with 12 points and finally 733 Com Gp. Unfortunately Base Ops withdrew from the schedule so that will put the top four teams in the play-offs.

Before we can settle who plays who and where - we still have two more nights of scheduled games. On 16 Aug (7 p.m.) on Diamond No. 2 the Sgts Mess takes on 733 Com Gp; and on Diamond No. 3 it will be ANS and Air Command (that should be a real battle). The last of the schedule will be on 18 Aug - Diamond No. 1 will see 733 Com Gp and ANS while over on Diamond No. 3 it will be CCE and Air Command.

The play-offs (best of 3) will get underway 23 Aug on Diamonds 1 and 2 and will carry on through the 24th and 25th (if necessary). The finals - well we shall have to be patient and wait and see who the top two teams will be. The dates for the finals are 26 Aug, 30 and 31st (if necessary).

So there you have all the facts and figures how about making it a point to come out and add your vocal support to the team of your choice.



THE YMCA 1,000. A 5 MILE MASS DEMONSTRATION OF PHYSICAL FITNESS - JOG OR RUN

PARTICIPANTS:

All active joggers or runners in good physical condition.

THE ROUTE:

From Assiniboine Park footbridge along Portage Ave. Finish at the Golden Boy (Legislative Bldg).

DATE: WEDNESDAY 22 SEP

STARTING TIMES:

Joggers - 12 noon
Runners - 12:15 noon

CFB WINNIPEG CONTRIBUTION:

Hoping to enter 100 joggers/runners

SINGLETTS

To be presented to all Base participants.

APPLICATION FORMS:

May be picked up at your orderly room on the Rec Centre/Lipsett Hall.

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Pat Stadnyk Res: 889-4178 Off: 889-3316

Mrs. Pat Stadnyk

Have You Your Swim Badge?

The new swim badges are required for recreation swimming in the Westwin and Lipsett Hall swimming pools. These badges are now on sale at both Recreation Centres.

Individual \$5.00 per badge
3 or more dependents 14.00 maximum.

Hunter's Note

REGULATIONS CHANGED FOR HUNTING LICENCES

FIRST-TIME APPLICANTS MUST SHOW CERTIFICATE

The Manitoba Department of Renewable Resources and Transportation Services says two changes have been made in the regulations covering hunting licences.

Licence vendors will be required to see a Manitoba hunter and firearm safety training certificate, and to record its number, if a person is applying for a hunting licence for the first time or is under 19 years of age. Certificates are given to persons who successfully complete the province's firearm safety training program.

Previously only a declaration that the course had been completed was required to obtain a licence.

Hunters who lose a big game licence will be required to sign a declaration to that effect when they are applying for a replacement wildlife certificate and licence. The declaration will include the name of the vendor of the lost licence. Hunters will be required to pay \$2.25 for the replacement certificate and \$2 for the replacement big-game licence. Lost black bear or game bird licences must be replaced at their original cost.

A Canadian Red Cross Summer Safety Tip: Respect the limitations of your boat and understand the limits of your own skills. A careful skipper at the helm means a safe passage for all.

BTSO Branch Announcements

Facilities Yours Asking

Facilities are available for service if some organized activity has not

HELP TOO
Please try to assist you in the planning,



CPL. J. D. Gallant, AF Tech, is shown receiving congratulations on his recent accelerated promotion to that rank from LCOL. McNeil, Base Technical Services Officer. Congratulations Dave on a well deserved promotion.

BASE PHOTO



CPL. G. F. Boutin, AE Tech, is shown receiving congratulations on his recent accelerated promotion to that rank from LCOL. J. E. McNeil, Base Technical Services Officer. Congratulations Guy on a well deserved promotion.

BASE PHOTO



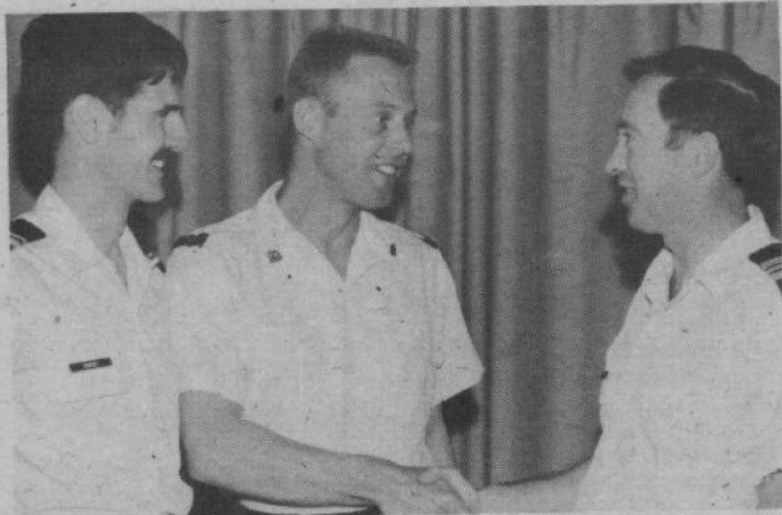
MWO. W. J. Preston, Avn Tech, is shown receiving congratulations on his recent promotion to that rank from CAPT. V. DeWeile, Aircraft Servicing Officer. MWO. Preston is employed as a Crew Chief in the C130 Snag Recovery organization. Well done, Jim!

BASE PHOTO



SGT. J. M. Boudreau is congratulated on his recent promotion to that rank by LT. J.L.J. Rinfret and CWO. A. A. Bartley of the BAME AVIONICS section.

BASE PHOTO



Major I. J. Wilkinson congratulates MCPL. K. A. Aucoin on his recent promotion to that rank. LT. J.L.J. Rinfret, AVSO adds his best wishes for the future.

BASE PHOTO



CPL. R. M. Collins, IE Tech, is shown receiving congratulations on his recent promotion to that rank from CWO. A. A. Bartley, Acting Avionics Support Officer.



Captain S. F. Crooks, Base Transportation Officer, congratulates Master Corporal Daigle, J.O. on his recent promotion to that rank. MCPL. Daigle is a Mobile Equipment Operator presently employed in the capacity of Vehicle Dispatcher at B-17 (South site).

BASE PHOTO

CFB Winnipeg Fastball Tournament

Canadian Forces Base
WINNIPEG
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Tournament
Date: 28 & 29 Aug.
AT:



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C.L.U.

J. Mac Wilson, General Manager for the Manitoba Operation of the Paul Revere Life Insurance Company, is pleased to announce the appointment of Isaac (Ike) Chamish, C.L.U. as Executive Sales Consultant.

Mr. Chamish has had a successful and outstanding career in the industry including personal sales and management and his appointment is in line with the Company's future expansion program in and for the City of Winnipeg.

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BTSO Promotions Continued From Page 10



Base Maintenance Land (BML) struck it rich with three deserving promotions effective 1 June 76. The BMLO, CAPT. J. D. Dunsmore, is shown congratulating two of the recipients. On the left is MWO. R. W. Steele and on the right SGT. B. D. Vandepol. Missing from the section, on duty in CFS Alert, is SGT. J. R. Lambert. The two new sergeants will fill existing vacancies here in Winnipeg but, unfortunately for BML, MWO. Steele is posted to bigger challenges at 202 Workshop Depot, Montreal, in August.

BASE PHOTOS



Comptroller's Branch Strikes-It-Rich



SGT. G. A. Boutet is congratulated by LT. C. M. Bodner on his promotion to Warrant Officer effective 16 July 76. WO. Boutet was recently posted from CFB Comox to CFB Winnipeg and is presently employed in the Non Public Funds section on the Base.



CPL. J. A. Thibodeau is congratulated by LT. C. M. Bodner on his appointment to Master Corporal effective 16 July 76. MCPL. Thibodeau is employed in the Non Public Funds section on the Base.

What To Do When The Freezer Stops Working

If your freezer stops operating due to a power interruption or service problems, keep the freezer door or lid closed. A fully loaded freezer will keep food frozen for approximately 48 hours. A half-full freezer will keep food frozen for approximately 24 hours if the door or lid is left closed (to keep hot air out and cold air in).

PRESERVING THE FOOD

If the freezer is off for an extended period of time, dry ice may be added to keep the food frozen. Wear gloves when handling dry ice and do not let it touch the controls. In an upright model, place the dry ice on the top shelf. In a chest model, cover food packages with cardboard and set the dry ice on this. If practical, food may also be transferred to a frozen food locker. If neither dry ice nor food locker is available, the freezer may be wrapped in insulating material, such as sleeping bags.

RE-FREEZING PRECAUTIONS

When power is restored, check the condition of the food. To determine which foods can safely be re-frozen, check the free chart which is available from our Home Service Department. Remove all foods that must be discarded and dispose of them. Foods that must be cooked immediately and eaten should be transferred to the refrigerator. Foods that can be safely re-frozen should be handled with care. If there is a large quantity of food in the freezer, it could take as long as two to three days before all the food is completely frozen and food could deteriorate further during this time. To make sure that the foods that deteriorate the fastest are re-frozen as quickly as possible, remove everything except the meat, poultry and fish from the freezer and store in the refrigerator. As soon as the meat appears to be getting solid, add the remaining food. Foods that should be cooked before re-freezing should be handled in a similar manner (i.e. meat first).

CLEANING THE INTERIOR

Be sure also, to check the freezer for odors. If there is an "off" odor, wash the freezer with a solution of 2 Tbsp. baking soda to 1 quart warm water. Rinse thoroughly and dry. If odor persists, use of charcoal pellets, a special chemical, or an ozium spray is recommended. If this fails, some major appliance service centers may suggest treatment with an ozone lamp or re-insulation of the freezer.

Reprinted from *Hydro Lines*

Base Supply Not Left Out



Base Supply Officer CAPT. George Waddell presents SGT. A. Rivey with his new rank badges on his recent promotion to that rank. CPL. J. C. Lessard (not shown) was promoted to the rank of MCPL. MCPL. Lessard is presently serving on tour of duty of Egypt.

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- 1120 Grant Avenue 463-7637
(Grant Park Plaza)
- TRANSCONA: 107 Regent Avenue West 222-4283
(next to Snowdon's Hardware)
- SELKIRK: 218A Manitoba Avenue 482-6211
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FAREWELLS



BCOMD says farewell to LCOL. and Mrs. Whitten — The BCOMD, COL. M. D. Gates, took the occasion of their posting to Colorado Springs to say farewell to LCOL. and Mrs. G. J. Whitten. Mrs. Whitten was presented with a Certificate of Outstanding Achievement for her many contributions to the CFB Winnipeg military community over the last three years and in particular for time spent as a volunteer instructor for the Base Defensive Driving Course. LCOL. Whitten was presented with a framed photograph of the Air Command Inaugural Parade held last September. Also shown in the above group are WO. J. L. Tessier, representing Base Transportation, and MAJ. H. F. Leggett, representing the South Site Community Council. **BASE PHOTO**



Master Warrant Officer L. P. (Leo) Fontaine accepts his scroll on his retirement from the Canadian Forces after 33 years of service. Major General L. H. Wylie also presented Leo with his second clasp to the Canadian Forces Decoration. MWO. Fontaine has spent the past 7 years with Communication Command at 73 Communication Group Headquarters as Chief Clerk and as Administration Officer. A social evening was held on his behalf by the members of the Group, telegrams were read and gifts presented by the units under Group's jurisdiction. All members and units of 73 Communication Group wish Leo a happy and prosperous retirement in British Columbia. **BASE PHOTO**

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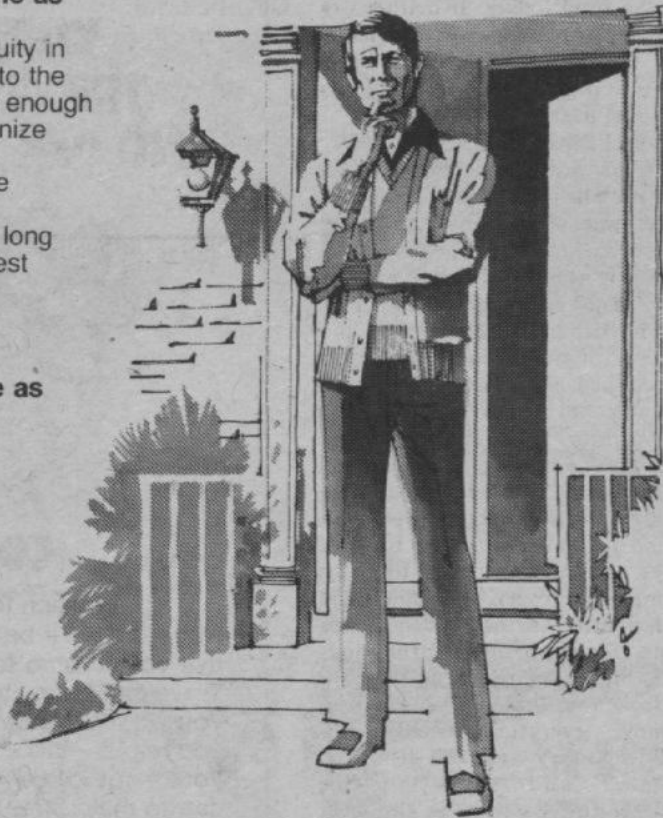
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Portage & Westwood Branch 3330 Portage Avenue	Blair Caithness, Mgr. 888-6770



SGT. Porter of Base Photo presents CFB Winnipeg plaque to MCPL. Ben Martin who is posted to CFB Ottawa. Ben has been with CFB Winnipeg Base Photo for the past six years. **BASE PHOTO**

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CFS Churchill Changes Command

On 2 Jul 76, command of CFS Churchill was handed over from LCOL. R. T. MacEachern to MAJ. D. F. Parker. COL. M. D. Gates the Base Commander, CFB Winnipeg inspected the parade which was held in the main lounge of the Combined Mess because of the black fly menace.

LCOL. MacEachern, who was promoted the day of the parade, is posted as Senior Staff Officer Region Operation at Maritime Command Headquarters in Halifax.

MAJ. Parker, the incoming Commanding Officer, arrived in Churchill after a tour with Francophone Training at Quebec City.

A reception and luncheon was held in the Combined Mess following the parade to round out the day's activities. The AIRCOM Band combo, provided a musical interlude, as well as playing at a dance the previous evening.

All ranks of CFS Churchill wish LCOL. MacEachern and wife June and their family the best of luck in the future and a warm welcome to MAJ. Parker, wife Lise and family.



COL. M. D. Gates flanked by the incoming and outgoing COs addresses the parade.



COL. M.D. Gates accompanied by LCOL. MacEachern and MAJ. Parker inspects the parade.

BASE PHOTO



LCOL. MacEachern (right) signs the Change of Command certificate under the watchful eye of MAJ. Parker (left) and COL. Gates (centre).



MWO. Colbourne, the Station Warrant Officer, presents the Commanding Officer's pennant to LCOL. MacEachern, the outgoing CO.

Would You Walk In Front Of A Truck?

Most persons know that stepping in front of a moving transport truck will probably result in death. So, not many people engage in the activity.

Most persons know that cigarette smoking will probably result in death. (There's a 60% - 90% chance of at least developing a disabling disease which leads to an early death!) Why is more than 30% of our population still smoking!

The most alarming fact is that more young people are taking up the smoking habit. This is probably one factor that is leading to the increasing incidence of premature heart disease.

How does cigarette smoking affect the heart? -

In many ways.

Its affects can be grouped into two categories 1. its independent effect on the body. 2. its compounding effect with the other risk factors of heart disease.

Just one cigarette makes more work for the heart. The presence of nicotine increases the heart rate and constricts the blood vessels. This constriction sends the blood pressure up and there is also a resulting decrease in skin temperature.

There is less available oxygen to all the body's cells due to the presence of carbon monoxide. At the same time, the heart muscle requires more oxygen because of its increased activity, so the effects it feels are doubled, it requires more oxygen but receives less than normal.

The presence of nicotine also increase the accumulation of cholesterol (a type of fat) on the artery walls. This accelerates the development of arteriosclerosis which is responsible for over 90% of the deaths due to heart attack.

Want to know more about the heart and smoking? Write to Manitoba Heart Foundation, 301 - 352 Donald Street, Winnipeg, Manitoba, R3B 2H8. Ask for the following free publications: Smoking and Heart Disease, What To Tell Your Parents About Smoking, Cigarette Quiz, Emphysema, or Your Heart - What Smoking May Do:



ORDURE OF THE DAY

It's true as we've heard wise men say,
That every dog must have his day.
In "PMQs" though, each day we rue,
How many dogs have had their do.

The lawns are spattered all through town,
With beagle beige and boxer brown.
Though litter we're taught not to strew,
Still every dog is allowed his do.

The tree lined yards give off a scent
Of, mainly, canine excrement
Which clings to him who wears a shoe
That steps where Rover has had his do.

In backyards where the toddlers crawl,
And ball fields where boys bat the ball,
Too often what will spoil the view
Are spots where Spot has stopped to do.

Our quarters will soon go to seed
With droppings from the pedigreed,
From cocker, collie, Kerry blue,
And other curs who can and do.

It's not man's best friend who's at fault,
No, it's his master who we must halt;
Our neighbors who expect us to
Love him and his doggie-do.

The PMQs are for the birds unless
We clear its grounds of hounds that mess,
And curb, instead, pet owners who
Care little where their doggies make do.

Let's have them, like good parents, toil
At cleaning up their puppy's soil,
Removing every tell-tale clue,
Or we'll all go to the dogs with do.

This little poem is my lament
Against all this canine excrement,
So fellow residents I plead to you
Let's get rid of that "doggie-do"!



Nanook says if you're Canadian, how come you don't speak the language?

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1976 Western Canada Cadet Rifle Course



Cadets Bob Carter of Campbell River, B.C., and Nancy Frank of Medicine Hat, Alta., present Miss Manitoba with the course crest and a token of appreciation on her visit.

Winnipeg - Canadian Forces Base Winnipeg hosted the Western Canada Cadet Rifle Course during July/August 1976 for the fifth year. The Western Canada course, one of four similar courses across Canada, had 56 cadets (including five girls), representing Cadet Corps from the four western provinces, the Northwest Territories and the Yukon. The objective of the course was to train the cadets in rifle marksmanship which in turn prepared them for national competition and rifle coaches at their home cadet corps.

participated in the Manitoba Provincial Rifle Association (MPRA) annual matches. This event was graced by the presence of Gayle Cooper, Miss Manitoba for 1976.

After the MPRA matches, twenty cadets were selected for the official course team to the Dominion of Canada Rifle Association (DCRA) national matches in Ottawa. At the national matches, the cadets from western Canada will compete with cadets from the three other courses for the selection to the next year's Bisley Cadet Rifle team. Last year the Western Provinces placed eleven shooters out of eighteen places on the 1975 Bisley Team and it is expected they will make a good showing again this year.

The twenty five staff members who conducted the training were drawn from Cadet Instructors and Militia in Western Canada. This year LCOL. Ronald Abbott of Vancouver was the Commanding Officer. The course was housed in Bldg. 11, Kapyong Barracks.

The course was conducted at the St. Charles Rifle Range which is one of the best outdoor range facilities in Canada.

On 31 Jul the Cadets

On 4 Aug 76, COL. Paul-Duddy, AIRCOM HQ was the inspecting officer for the graduation parade held on the parade square at Kapyong Barracks.



LT. Earl Hayes (L) of Winnipeg congratulates Cadet Bruce MacDonald for winning the Hayes trophy, awarded to the best shooter in the Cadet Grand Aggregate.



CAPT. Ed Dunlop (L) of Winnipeg presents the Dunlop Trophy to Cadet Bob Carter for best shooter in the Second Grand Aggregate.



The BSM Dodd Trophy awarded to the Cadet best combining leadership and shooting ability is accepted by Cadet Martin Moritz (R) from CWO Fred Dodd, BSM, CFB Winnipeg.



Cadet Bob Carter of Campbell River B.C., accepts the Cramer Trophy for best shooter in No. 2 Section from CAPT. Jack Cramer of Victoria, B.C.



Cadet Ian Whitehead of Victoria, the Parade Commander, marches past Colonel Paul-Duddy, AIRCOM HQ, during the graduation ceremonies at Kapyong Barracks. Cadet Ken Booth (C) of Winnipeg, Colour Party Commander and Cadet Lorne Lorenzon (R) of Yellowknife, N.W.T.



Cadet Lynn Foerissen of Regina accepts the Provost Trophy from CAPT. Ben Provost of Red Deere, Alta. Lynn placed third in the Grand Aggregate.



CAPT. Robert Best, Vancouver presents the Chief Instructors Trophy to LT. Vicki Boa of St. Catherines, Ont. The trophy is awarded to the best section of the course.



Unfazed by Miss Manitoba, Gayle Cooper looking over their shoulders, Cadets Owen Sinclair (R) of Pincher Creek, Alta. and Martin Moritz of Medicine Hat, Alta. peer intently down range at the target.



LT. Sharon Ashley (L) of Winnipeg presents the Miss Congenialty award to Cadet Alison Squires of Wadena, Sask.

All Photos By Base Photo

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CANADA SAFETY COUNCIL

Voxair Variety

BY JOHN LAUDER

RAINBOW STAGE is off and running with its second musical of the summer, giving nightly (except Monday) performances of **Brigadoon**. This is the show dear to the hearts of all Scots, but also beloved by others.

It is also a repeat of the first musical ever offered at Kildonan Park, as it was produced there in 1955 to establish the tradition of summer theatre in Winnipeg.

Leading roles are handled by Edd Wright, Jim Mazon and Christine Anton, with plenty of local talent in supporting parts. Included is veteran character actor Cliff Gardner, and ballerina Sheila McKinnon, and whole chorus of native singers and dancers.

Tickets range from \$1.50 to \$5.00, and can be obtained at all the usual outlets, or at the stage door if available.

In addition to the nightly stage show, Rainbow Stage is offering two afternoon shows on August 21st and 22nd. These combine a chamber music and opera concert at 4:00 p.m., admission free, with a workshops program from 2:00 p.m. to 4:00 p.m. covering such skills as wood carving, pottery, enamel buring and pastry. On Monday night, August 23rd for \$1.00, there will be a Ukrainian Concert featuring folk singing and dancing. Then on the 29th and 30th, two more free shows, this time contemporary music, with the Owen Clark Neophonic Ensemble and a number of other local musical groups. These are at 2:00 p.m. on the Sunday, and 8:30 p.m. on the Monday.

The WINNIPEG SYMPHONY, like other orchestras in the world, has many financial problems to-day. However, this is not holding them back from planning a four fold entertainment package for the coming season. These will include the normal programs, to go by the fancy name of the Masterworks Weekend Series, the more contemporary "Pops" series, with such guest artists as Doc Severinsen, the Senior Citizens Sunday-afternoon Series, and a Magic Music for Children Series. The last one to offer such stars as Bob McGrath of Sesame Street, and Mr. Dressup of TV fame.

Although costs are limiting the number of big name performers with the main symphony series, the orchestra hopes to use more of its own talent in the guest star roles. The local musicians to be featured are oboist Douglas Bairstow, clarinetist Ted Oien and french horn principal Kenneth Strahl.

In addition, in February, the National Arts Centre Orchestra from Ottawa will visit. All around it looks to be a fine season.

Something new for both professional and non-professional actors has been started in Winnipeg by Actor's Showcase. This is a casting service known as Talent Listing, which hopes to get a record of some one thousand people willing to perform in local productions. To become listed it is necessary to have some experience and/or training, and then audition before making the list. Further details can be obtained from Tony Pydee, at 322 Smith Street, or by calling him at 943-2689.

MOVIE REVIEW

BY KEN BERNARD

"The Devil As RIP-OFF"

"It shudda last'd only a week", is an apt over-coffee comment on THE OMEN, now playing its "8th terrific week" at the Capital Theatre in downtown Winnipeg.

Pre-occupation with diabolical evil is not new in film making, particularly in horror movies; one only has to think about the regular popularity of "Dracula" films. However, there has been a resurgence in the popularity of the Devil him/her/it self. "Rosemary's Baby", with its occult environment and nefarious innuendo, could be taken as the first major film predicting the new trend. "The Exorcist" was the film that really made the breakthrough, by presenting diabolical possession and demonic confrontation in its literal form. In doing this, "The Exorcist" scooped the film world by coming up with a fine chiller-thriller.

The rush has been on every since, of course, with multiple productions of devil films. THE OMEN is the latest pretender to the crown of the diabolical horror film. It is billed by the movie house as "The Nation's Number 1 Hit". It tries to outdo all the other devil films by going beyond diabolical possession. It reaches into the Christian-Biblical bag and comes up with the ultimate devil presence: the incarnation of the devil as "Anti-Christ". It doesn't work. It flops.

THE OMEN is well made, well acted production, in which the film maker clearly demonstrates his skills in the art; the photography is more than just good, the musical background more than just adequate, the sound effects more than just effective, the film editing more than just skillful. In fact, the quality of the film is almost too good for a chiller-thriller kind of movie. It even succeeds in its chiller role up to about the halfway point . . . but then it begins to degenerate.

It is difficult to put your finger on just what the deterioration factor is. One answer lies in the feeling you have after the film of being ripped-off. Is it that the movie-maker really doesn't respect his

Ranks Club

Entertainment Calendar

Friday August 20

TGIF from 1630 to 1800 hrs. Food at 1730 hrs. Music services by John Nelson from 9 - 1.

Saturday August 21

Music services provided by Rick Enns from 9 - 1. Members & Guests \$2.00 per couple.

Thursday August 26

Bingo held at the lounge of Jr. Ranks' Mess from 7 - 9. Cash Prizes. Admission: \$1.00 per player.

Friday August 27

Music services and "Super Show" by Pro Sound from 9 - 1. Price: Guests \$2.00 per couple.

Saturday August 28

Music services and "Super Show" by Pro Sound from 9 - 1. Price: Members \$2.00 per couple. Guests \$4.00 per couple.

Don't forget to purchase your tickets for a chance to win two tickets to the "Blue Bomber" home games. Price: 25c each or 5 tickets for \$1.00. Get your tickets at the Bar.

COMING EVENTS

Golf Tournament for month of August. Anyone wishing to participate contact Al Stephens.

Amendment to Dress Regulations

Main Lounge: Monday to 2000 hours Friday casual dress and dress of the day. From 2000 hours Friday to 0800 hours Monday work dress prohibited.

audience? He seems to be saying: "See, I can make excellent films but you, audience, only want junk well let me show you what junk is really like!" That becomes a put-down of the audience and results in a prostitution of the movie as art form.

The recent public fascination with the devil as reflected in such films as THE OMEN, is an interesting social phenomenon that will certainly deserve more lengthy commentary someplace. At a time when the major Christian Churches have tried to cast off the old, and take on a new image, the general public seems to have developed a taste for the old religious trappings. At a time when science and technology claim to have controlled nearly everything in our life, people show fascination with the magical, the uncontrollable, the unpredictable.

Another interesting side to this devil-thing as demonstrated by THE OMEN, is the fact that the devil is not clearly a "him" often in these films the devil is presented as "she", or as working through women, or as being incarnated through a woman. However, this doesn't seem to be yet another triumph for Women's Lib! Rather it seems to be the unfortunate recurrence of a very old tradition in our culture, which makes women the source of all evil.

If there is evil in these kinds of films, it lies not in the stories about devils and diabolical possession and anti-christ. It lies in the rip-off on the part of the movie maker; and also a rip-off on the part of the movie theatre chains which keep a film around for months, while other films, and often better ones, get only a week in town. Now it would be great to have an exorcist to cast out that devil.

WO & SO's Mess

Entertainment Calendar

August, 20, 27

Tgif - Games Prizes - Food

Friday September 3, 10, 17, 24

TGIF - Games Prizes - Food

Sunday September 5

Family dining commences once again! Bring mom and the kids out for a final fling before school starts. Sunday dinners will then carry on from 1630 - 1730 each Sunday until further notice. Adults and kids over seven \$2.00, children under seven \$1.00. Wine list available. Register prior to 13:30 hours each previous Thursday and pick up your tickets.

Saturday September 11

Bingo & Dance

First Bingo of the season. Dance follows to live band. Jackpot \$250.00 in 52 numbers or less. (50.00 progressive). Food available. First game called at 8:30 p.m. sharp! Don't forget the garbage can bingo (a can a card). Added bonus's again this season include the clothesline and share the wealth Bingo's. Cost \$2.00 per person covers the cost of your entrance card, food and entertainment.

Saturday September 25

Harvest Dance (casual)

Tonight we are bidding a fond farewell to the summer season and we plan on celebrating with a fowl supper complete with pumpkin pie and all the trimmings including wine, cocktails at 7:30 p.m. with dinner at 8:00 p.m. sharp. Advance ticket sales for tonight

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go on sale at the Mess Office from 13 Sept. incl. Reg Bouvetter and his band will entertain you following the meal. Cost to you will be \$10.00 per couple - dress casual. Dancing 9 - 1 a.m.

Future Events

October Fest, October 23

Ernie Fink and his Bavarian Band (Watch future Voxairs' for details)

Sunday Dart Club

Renovations to the Games Room continue with the provision of five dart boards to accommodate league competition with other service and veteran clubs. More details to follow.

My Father Is A Serviceman

*My Father is a serviceman
And now I've learned to see
How this life gives as well as
takes,
And what it means to me.*

*Forever moving, never still
From place to different place,
Our homes have numbered
many
Each address a town or base.*

*I still recall my father's way
Those times when he'd come
back
To kiss my Mom, then boldly
state,
"We're transferred; start to
pack."*

*Sometimes this was a hateful
blow!
And times my heart would cry
My friends I'd have to let them
know,
My dearest friends. Goodbye.*

*I used to leave a hidden thing
A pin; a strand of hair;
For though we were forever
gone,
A bit of me stayed there.*

*I knew my dad prepared for
war,
When most kids' dads did not,
I also knew, with sad resign,
Duty kept him gone a lot.*

*When I was small I never knew,
Or cared, just what he did;
Or why he'd sometimes hold
me tight
And say, "You're worth it,
Kid."*

(Lancaster Guardian).

REUNION Continued From Page 1

mod housewife
by Rosmarie Kohlberg

Barbecue time has come early this year, and whether you have been cooking on a regular barbecue, a hibachi or a camp stove, you have probably adopted a few favorite recipes you use over and over. Nothing is wrong with that, especially if you are entertaining guests on your patio or balcony and want to show off your skill with the grill. If you can do one particular thing well - stick to it. This is not the time for experiments. Leave those for the long weekends when you have nothing better to do and are bored with the same old sauce or marinade, or even the same old steak or wieners.

Try a flank steak for a change, or chicken pieces, or a shish kabob with different kinds of meat, vegetables or fish. Or a burger kabob in which medium sized meatballs are alternated on skewers with pineapple chunks, cherry tomatoes, and pork sausages.

If you like to marinate your meat before cooking - and the less tender cuts always benefit from this treatment - leave the meat in the marinade for at least one hour at room temperature (two or three hours is better) or all day in the refrigerator.

Sauces for basting can be made from practically any basic sauce, such as chili, ketchup, sweet and sour, soy, whatever. Just mix with your favorite spices, herbs, wine, juice, honey, soup etc.

Here are some marinades and sauces you might like to try:

Barbecue Sauce: ketchup, mustard, honey, orange juice, wine, orange bits, and lemon rind. Mix all ingredients.

Beer Marinade: Blend 3 tablespoons sugar with 1 teaspoon paprika. Then add enough beer to make a paste. Then add and blend thoroughly 1/2 cup peanut oil, 1 cup beer, 1 finely minced onion, a pinch of salt. Shake in a mason or screw-top jar. Makes 1 1/2 cups. For lamb, pork, beef and veal.

French Marinade: Mix together 1/2 cup olive oil, 1/2 cup red wine or wine vinegar, 1/4 teaspoon salt, one-eighth teaspoon freshly ground black pepper, 1 tablespoon finely chopped fresh chives, 1 clove garlic, crushed (optional). Shake together in screw-top jar. Makes 1 cup. For beef, lamb, seafood and veal.

Arch Whitehouse, First World War gunner and pilot of the Royal Flying Corps and author of more than 40 books about aviation; Adolph Galland, Luftwaffe fighter general at 30 who lost his command for disagreeing with Hitler and Goering; Robert Dixon, American volunteer in the RCAF in 1941 who now commands the United States Air Force Tactical Air Command; Gabby Gabreski, top American fighter pilot in two wars who flew his first operations with a Polish squadron of the RAF; Sir Andrew Humphrey, Second World War veteran recently designated to be Chief of the British Defence Staff; Sir John Baker, Winnipeg-born aerial veteran of two World Wars who earned a DFC on the Northwest Frontier of India in 1925;

convivial environment, comrades who may not have seen one another for periods of up to sixty years. At the same time, provision will be made for famous guests and visitors to mingle informally.

Registration will take place all day Thursday, Sept. 9. The day will be free of scheduled events permitting all to spend their time looking up old friends, making new ones and meeting special guests. Besides general convention areas, Command lounges will be designated for each of the principal wartime commands Bomber, Fighter, Coastal, Transport/Ferry and Training - to assist old buddies to find one another.

The informal tone will be carried on Friday and in addition there will be two functions, a "stag" luncheon with informal addresses from the special guests and, in the evening, a banquet



Sir Dennis Smallwood, much-decorated fighter pilot of World War II and Commander-in-Chief, RAF Strike Command; Deke Slayton, veteran Second World War pilot who shook hands with the Russians in space on the 1975 Apollo-Soyuz mission; Ron Evans, U.S. naval jet flyer who was command module pilot on Apollo 17, the last manned lunar-landing mission.

The reunion is designed to be purely a social event with the maximum opportunity offered for old comrades to meet in a

including the ladies. Saturday will be "nostalgia" day with a bus trip to Canadian Forces Base Portage la Prairie, an aircrew training station of the British Commonwealth Air Training Plan during the Second World War. Outwardly, its buildings look much as they did during the war years. It is typical of the training stations throughout Canada at which aircrew from all over the Commonwealth won their wings. Features of the day will be a stand-up luncheon, an air show and ground displays of modern Air Command equipment. This, too, will be a stag event.

One of the main highlights of the reunion will take place in the

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HANDY TO CFB WINNIPEG NORTH SITE

Convention Centre Saturday evening when everyone gathers for a grand ball featuring "Music of the Forties" by the dance orchestra of the Air Command Band of the Canadian Armed Forces - a truly nostalgic trip into the past, evocative of the joys and heartaches of youth and the war years.

Sunday morning the aircrew will parade from the Convention Centre to the Winnipeg Cenotaph where a commemorative service will be held in memory of fallen comrades taken from the company by wars and the years. After the parade a hospitality room will be open in the Holiday Inn where departing veterans and guests can say their farewells.

Throughout the event, a special program is being staged for the ladies whenever their men are involved in stag affairs.

For further information contact:
Public Relations Chairman
Aircrew Reunion
P.O. Box 1702
Winnipeg, Canada
R3C 2Z6

To err is human. To blame it on the other guy is even more human.

A person seldom gets a second chance to make a good first impression.

Don't Quit!

When things go wrong, and they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit-
It's when things seem their worst that you must not quit!

-Author Unknown
Captured from The Argus

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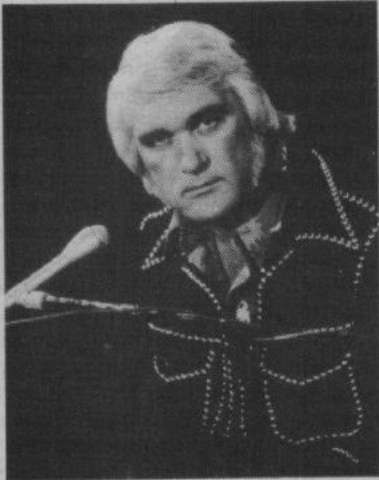
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(opposite Holiday Chev.)

Harry Sweeney

music reviews and syndicated columnist

MUSICALLY SPEAKING SPOTLIGHTS



Charlie Rich

When you think back to the days of the rocking fifties, artists like Elvis Presley, Jerry Lee Lewis, Carl Perkins, Johnny Cash and Roy Orbison immediately spring to mind. One thing all these names had in common, was the fact that they were all on the same record label - Sun. Possibly not as well known in those days, is an entertainer that didn't really hit the super star category until the seventies, but Charlie Rich was also a product of Sun.

LONELY WEEKENDS

Charlie did manage a giant hit, "Lonely Weekends" and cut at least three albums on the Sun label, but, unlike Presley, Lewis, Cash et al Rich was not able to sustain a lengthy list of hit product until some years later.

The music he was writing, became hits for other artists, he wrote "Sittin and Thinkin'" for Ray Price and Jerry Lee Lewis recorded hit product. Today, when you hear the touching ballads of Rich, you might have trouble remembering that it was Charlie that played that rockin' outa sight piano in Lewis' biggie, "Break-Up".

LABEL CHANGE

While Charlie will be remembered mainly for his

"Lonely Weekends" with the Sun label, with each label he recorded for, he will also be remembered for other 'golden oldies'. When he left Sun, he moved to the Groove label and then on to RCA, Smash, Hi and on to Epic. In his pre-Epic days, he managed hits, like "Mohair Sam" and "Big Boss Man".

With his first half-dozen or so releases on the Epic label, Rich was able to just barely crack the top forty barrier on the country side, with songs like: "Set Me Free", "Raggedy Ann", "Life's Little Ups and Downs", "July 12, 1939", "Nice 'n' Easy", "A Woman Left Lonely" and "A Part Of Your Life". Not exactly what you'd call a list of 'heavy hits'.

BEHIND CLOSED DOORS

When Charlie recorded the Kenny O'Dell opus, "Behind Closed Doors", everything clicked. The single and album, both went beyond the platitude of platinum sales. It was a country song that became an immediate 'cross-over' giant, the song picked up sales in ALL categories, pop, MOR and country, and Charlie Rich finally got a solid grip on the success that had eluded him over the years.

He followed "Closed Doors" with a bevy of chart topping material and has recently taken ten of those tunes and released them under the banner of "Charlie Rich Greatest Hits" (Epic PE 34240).

The album is a collage of Charlie's beautiful ballads, songs like: "Behind Closed Doors", "The Most Beautiful Girl", "A Very Special Love Song", "My Elusive Dreams", "Everytime You Touch Me" and his most recent single "America, The Beautiful (1976)".

Charlie Rich records for Epic records and other albums available by him, include: "Behind Closed Doors", "Silver Linings", "The Silver Fox", "Very Special Love Songs" and "Everytime You Touch Me".

LAUGHING AT OURSELVES



by John Semeniuk

TIT-FOR-TAT (?) - A scientist (from a TV horror movie, no doubt) dreamed up a serum that would bring inanimate objects to life. He experimented with the serum on a statue of a Civil War General which had decorated the civic square for many generations. Presto, the statue gave a quiver and a moment later the General, creaking a bit in the joints, climbed down from his pedestal. Naturally, the man of science was elated. "Now that I've given you life", said the scientist, "What is the first thing that you are going to do?" "That's easy", rasped the General, as he unholstered his gun, "After I flush off some of this pigeon waste, I'm going to shoot about a million damn pigeons!"

RE-VERSE (?) - My lady, be wary of cupid

And list to the lines of this verse,

To let a fool kiss you is stupid
To let a kiss fool you is worse

THREE MUST GET THEIRS

Three men from Brooklyn, New York, spent their summer holidays at a ranch in Texas. After a morning stroll, they came back with the rattles from ((what must have been) a huge rattlesnake. When one of the ranch hands saw the enormous rattles, he paled and exclaimed, "Good gravy! Where in the world did you get those?" Unable to understand the ranch hand's obvious surprise, one of the Brooklynites replied, "We took these off the biggest woim we ever seen!"

MIND OVER MATTRESS

The couple were seated in a dimly lighted cocktail lounge. "Honey", he said, "What about forgetting your inhibitions and spending a quiet week end in Toronto with

me?" "Listen here", she replied, "After an exhaustive perusal of the corpus of documented evidence garnered by research on heterosexuality as applied to contemporary sociological morales, and in view of the innate predisposition to the more exotic manifestations of concupiscence evident in your demeanor, a caterogrical negative is my answer." "But, Baby," he said, "I just don't get it!" Giving him an icy smile, she responded, "That's exactly what I mean!"

ALL IN THE FAMILY

A Jewish Rabbi, A Catholic Priest, and a Protestant Minister were discussing the merits of each of their religions. Both the Catholic Priest and the Protestant Minister described the virtues of their religions, but the Rabbi was unmoved and very skeptical. Finally, in utter frustration, they asked, "Rabbi, what would you have us do to convince you? Produce the Good Lord himself from among our ranks?" "Vy Not," replied the Rabbi, "One of our boys made it!"

A TISSUE ISSUE (?)

A middle-aged bachelor with a notorious reputation for girl chasing and party life was told by his doctor to start leading saner life or face an early grave. The first week he cut out cigarettes, the next week he cut out liquor, and the third week he cut out women. The fourth week he started to cut out paper dolls!

ENJOYING THE SIGNERY

1. Ad for a fleet of Canadian Forces Trucks - "FOR SALE, ONE OWNER"
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Forces Active In Search And Rescue

Ottawa - Two youngsters are plucked from a raft drifting in the open sea; a sick baby and mother are airlifted to hospital in the nick of time; and a panic-stricken hunter is found after a week-long search.

These aren't script ideas for a TV series, but a small part of a typical week's work for the Canadian Armed Forces at home and abroad.

During the busy summer months Canada's sailors, soldiers and airmen are called on more than ever to help search for lost or strayed travellers.

Particularly busy are the four Transport and Rescue (T&R) Squadrons, located in key search and rescue areas and the North. They fly thousands of miles each year in search of missing boats, planes and people.

But their most aggravating moments are caused by careless pilots who fail to check after landing safely that their aircraft Emergency Locator Transmitters (ELTs) have not accidentally switched on. ELTs activate automatically in a crash and emit radio signals to aid searching aircraft.

Each year the forces spend hundreds of thousand of dollars tracking down homing signals of accidentally activated ELTs, which can be turned on by a slight knock or bumpy landing. Sometimes they just activate themselves.

Failure of pilots to detect and deactivate working ELTs before leaving their aircraft normally results in an expensive aerial search, and ranks along-side the sin of forgetting to close flight plans as a major cause of teethgnashing among searchers.

T&R Squadrons, a mix of helicopters and fixed-wing aircraft, assist civil authorities in all kinds of emergencies, including medical evacuations and mercy missions.

They are 442 Squadron, Comox, B.C.; 440, Edmonton and a detachment at Yellowknife, N.W.T.; 424, Trenton, Ont., and 413, Summerside, PEI. Other squadrons are occasionally called in to help in emergencies.

Life is never dull for the T&R squadrons. In fact, during one week this month the forces were involved in 250 search and rescue "incidents," and utilized their resources 36 times.

See SEARCH AND RESCUE
Page 18, Col. 1

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SAR Continued From Page 17

The Pacific region's 442 Squadron flew a number of medical evacuations from the mountainous interior of British Columbia to Vancouver, including a day-old baby with respiratory problems, a young woman with pregnancy complications, and a seven-year old boy injured in an automobile crash.

Two 442 aircraft also teamed up with HMC ships *Porte de-la-Reine* and *Porte Quebec* to save the crew of a sinking fishing boat in the stormy water off Vancouver Island's northern tip.

Up North, a Twin-Otter from 440's northern detachment located the wreckage of a helicopter that was overdue on a survey flight out of Yellowknife. All three crewmen were dead.

In Quebec 75 soldiers from CFB Petawawa's 2 Combat Group scoured dense bush for a week in search of a missing hunter. He was found.

In central Canada, aircraft of 424 and 400 squadrons teamed up to search for a light aircraft, overdue on a flight from Toronto to northern Ontario. Plane and pilot were found safe and sound at their destination; he'd forgotten to close his flight plan.

ELT wild goose chases are too numerous to mention.

Down east, aircraft of 413 Squadron combed the bleak interior plains of Labrador for an over due light plane, which turned up later at its remote destination.

They also saved two boys drifting on a small raft off P.E.I.

Search and rescue work performed by military personnel from units across the country may not be as visible as the Olympic force, but when you're down and out in the wet, or just plain lost, it's nice to know they're around ... and on duty 24 hours a day.

Search and rescue, however, is not confined to Canada; it is part of the job wherever the Canadian Forces service.

In Europe, for example, a forces' helicopter pilot was killed and two crewmen badly injured in a crash May 16 while flying a mercy mission over the earthquake-battered towns of northeastern Italy.

For his sacrifice, Captain Robert McBride, 42, of Toronto and Lahr, West Germany, was posthumously awarded Italy's highest civil decoration for valor. He was part of Canada's combat-ready NATIO force of 5,000 stationed in southern Germany.

Canada's thin green line of United Nations' peacekeepers in Cyprus and the Middle East also lend a hand when requires.

And at home - thousands of militia, reservists and cadets on summer training, stand ready to assist in everything from ground searches for lost children and hunters, to firefighting and sandbagging flood swollen rivers.

Protestant Chapel News

Two Chaplains Posted

This month marks the posting and departure of two of the Protestant Chaplains at CFB Winnipeg. Two replacement Chaplains have been named to come here.

Padre J. I. Mills, recently promoted to the rank of Major, leaves to become Base Chaplain (P) at CFB Borden, Ont. He departs after spending four years on this base, the first nine months of which were in Cyprus with the 2 PPCLI. Upon the return of the battalion, he continued to minister to them and took on the additional responsibilities of the Chapel of St. Andrew (south site). He has not confined his ministry to the south site, and has served both chapels equally well. Padre Mills will be missed by all his friends.

On Padre Mills' departure, he also takes another person who has contributed immeasurably to our appreciation of music. We will especially miss Mrs. Julia Mills. She was organist at both chapels for three years, and the north site chapel for the fourth year. We offer God's blessing to Julia and Jim as they depart for their new posting.

Padre JJA Tyrrell arrived CFB Winnipeg in October 1974, a recruit Chaplain to the service from the Anglican Church of Canada. Captain Tyrrell took to the military life readily and after his course at Canadian Officers Recruit School in Chilliwack took over the responsibility of the North site Chapel. He did not confine himself to the one chapel and ministered to both congregations in the provision of denominational services and Marriage Courses. He has been posted to CFS Gypsumville and will also be responsible for CFS Beausejour. We wish John and his wife Marilyn the very best on their new bases.

Captain D. Hilton has been posted from CFB Montreal to take up his duties at Winnipeg. He will conduct the services at the North Site Chapel on 22 Aug at 1100 hrs.

Captain G. W. Shields has been posted from CFB Gagetown to take up his duties at Winnipeg and will conduct the Services the South Site Chapel on the 29 Aug at 1030 hrs.

CFB Winnipeg Chapels (P) Help Vehicle Fund- Ismailia

The idea of presenting a suitable vehicle to the Coptic Evangelical Church at Ismailia, Egypt originated among four chaplains at the annual retreat Kingston 5th June 1975.

The gift proposal of a good used VW Bug was discussed by letter with MAJ. Don Hatfield. Don having discussed the matter with church elders and pastor of Ismailia felt that a larger vehicle would be more suitable for transporting lay leaders and Sunday School Children. As the cost of a larger vehicle was beyond the means of the initial sponsoring group, our Chaplain General BGEN. Ray Cunningham endorsed a program of voluntary contributions from all our chapels in Canada and overseas.

The response from some 24 chapels was overwhelming, so that in five months \$5,000.00 had been raised and a VW Passat Variant Station Wagon was purchased by the Christian Men's Club at Lahr, Germany.

LCOL. Ormond Hopkins acted as sponsoring agent on behalf of all our chapels so that custom tariffs would be avoided.

MAJ. Kels Minchin co-ordinated his United Nations leave in order to transport the vehicle via road and ferry from

Venice, Italy to Alexandria, Egypt. After a ship strike in Venice and Moslem religious holidays in Alexandria, Kels (having developed a kidney stone on board ship) and the vehicle arrived in Alexandria on 10 March 1976.

The Coptic Evangelical Church Ismailia is totally comprised of Egyptian Christians and most of its membership is very poor. Egyptian Christians along with the total population along the Suez Canal have suffered from the ravages of war.

The church at Ismailia does its work amidst swollen population of some 300,000 inhabitants and ministers to the needs of some nine Christian Communities outside of the city. The church recently served as a distributing centre of "used clothing" sent from Canadian Forces Bases. It is felt that the gift of a station wagon will provide the tool with which the church can minister more effectively to those in need. The Church of Ismailia salutes the Canadian servicemen and servicewoman.

The Protestant Chapel, CFB Montreal acted as sponsoring body for this project and extends hearty thanks to all our chapels for their enthusiasm and generous support.

A small financial balance remains at Montreal to be sent in the near future for cost of repair and operation. Again, God's blessing on all of you.



Formal presentation of the VW Passat was made recently by Major Kels Minchin, Chaplain (P) Canadian Contingent to church elder, Sheik Lewis Massoud Saleeb of the Coptic Evangelical Church Ismailia.

Persons in the photograph from left to right are, MAJ. K. A. Minchin Chaplain (P) CCUNEFME; Sheik Lewis Massoud Saleeb; The Rev. Sobhi Zakian Ouida, pastor of the Coptic Church Ismailia; COL. D. MacNaughton, Deputy Commander CCUNEFME; and one other member of the Coptic Congregation (acting as driver).

Air Command Kit Stores

An AIRCOM mail order kit stores has been established.

The policy of this merchandising outlet is to provide members of AIRCOM and the AIR OPS Classification in particular and throughout the Canadian Forces with the opportunity of securing appropriately identified haberdashery and other items. Some of the following range of items are available now and can be ordered:

ITEMS	PRICE
a. Air Force Tartan Cummerbund - male & female (waist size required)	\$14.50
b. Air Force Tartan Ascot/Dickie	8.00
c. Air Command Badge mounted on wood	18.75
d. Air Command Tie	not yet available
e. RCAF Scarf - maroon-dark blue and sky blue stripes British made - double thickness 10½ inches wide by 56 inches long	11.00
f. RCAF Ascot - maroon-dark blue and sky blue stripes British made - 5½ inches wide by 50½ inches long	7.95
g. RCAF Ascot - dark blue, light blue maple leaf with golden eagle superimposed, British made - 5½ inches wide by 50½ inches long	7.95
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m. MILE cufflinks	6.75
n. Sterling silver spoon with Air Command crest	7.25
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q. Sterling silver charm - crown and eagle pierced	4.75
r. Sterling silver pendant - crown and eagle pierced	7.50
s. 10K gold charm - crown and eagle on blue enamel	28.75
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Base Chaplain (P)
Tel: 832-1311 Loc. 417

CAPT. G. W. Shields
Chaplain (P)
Tel: 889-9173

CAPT. D. Hilton
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)

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

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

SUNDAY SCHOOL
Sunday from 9:30 a.m. to 10:30 a.m. at CFANS Bldg. 86

MAJ. (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.)

Council Meeting - 8th September at 1330 hrs.

Weekend of 11th, 12th September a questionnaire will be filled up during services;

CWL will hold a meeting 13 September at 8:00 p.m. starting with a Mass;

Sunday, 19th September at 9:30 registration for Sunday School will be held at the Chapel;

All students from grades 7 to 12 will meet at the Chapel on 26 September at 3:00 p.m. for a get together and discuss future projects;

A census will be taken of all the PMQ's etc - so that we can check the religion of all dependents of school age - more about this later.

From The Chaplain (R.C.)

Summer is here and enjoyed after the shovelling of snow and fighting the chilly winds. Most of the activities are now dormant as many are away and not much can be done but all the parish activities will be in full swing come September and October.

We learned quite a lot from last Fall till now, many parishioners were activated to help around the parish. We had new lectors and distributors of Holy Communion. Parishioners are getting very much involved in the celebration of the Sacraments.

We noticed that some of our parishioners have already moved to other bases and few also are coming in.

Here is a forecast of activities to resume in the Fall:

Chapel Committee/Parish

White collar job: An Air Force chaplain attending a party in Ottawa, was encircled by admirers enjoying his wit and charm. One young woman asked, "Are you single?" With no clerical collar to indicate his profession, he explained, "I am not only single, my dear, I am what you could call an unwed father."

401 CFTSD Presentation



SGT. Jack Hentig receives his "First Clasp" to the Canadian Forces Decoration from Major F. G. Storey, Detachment Commander of 401 CFTSD. SGT. Hentig is an ISTECH and provides assurance of quality on electrical/electronic contracts in the Winnipeg area.

BASE PHOTO

Safety Poem

If everyone who drives a car
Could lie a month in bed,
With broken bones and
stitched-up wounds
Or fractures of the head.
And there endure the agonies
That many people do,
They'd never need preach
safety
Again to me or you.

If everyone could stand beside
The bed of some close friend
And hear the Doctor say "No
hope"
Before the fatal end,
And see him there
unconscious,
Not knowing what took place
The laws and rules of traffic
I'm sure we'd soon embrace.

If everyone who takes the
wheel
Would say a little prayer
And keep in mind those in the
car
Depending on his care,
And make a vow and pledge
himself
To never take a chance,
The great crusade for Safety
Would suddenly advance.
ANONYMUS
(Courtesy SEALANDAIR)

NATO Fall Exercises

Ottawa — Canadian soldiers and airmen will participate in a series of NATO exercises in Europe this fall nicknamed "Autumn Forge," to sharpen the fighting skills and flexibility of NATO forces assigned or committed to the defence of western Europe.

Basically, Autumn Forge is designed to improve the overall capability of NATO forces to react quickly, to improve standardization and inter-operation of forces assigned to Allied Command Europe (ACE), and to find ways to increase flexibility in employment of European command forces.

The exercise ends in late October with an ACE-wide command post exercise, designed to train headquarters operational staff.

Canada maintains a combat-ready NATO force of more than 5,000, located in the Black Forest region of south-western Germany.

Last year CF-104 fighter aircraft of 1 Canadian Air Group, based at Lahr, and units of the 4th Canadian Mechanized Brigade Group stationed at Lahr and Baden-Soellingen, took part.

Boys/Girls
Join
Sea
Cadets



13 - 18
Years Of
Age
Join Now

Attention!

The Royal Canadian Sea Cadet Corps QU'APPELLE offers both boys and girls from 13 to 18 years, the opportunity to enter the community as leaders, whatever their chosen field of endeavour. An extensive training program is conducted onboard HMCS Chippawa, 51 Smith Street in downtown Winnipeg, every Monday evening at 7:00 p.m. September through May, as well as an exciting series of courses and training schemes at HMCS Quadra, Vancouver Island, B.C., and other Canadian Forces' bases throughout Canada, during the summer months. Senior cadets are eligible for cruises on Canadian Forces warships throughout the year as well as exchange trips to foreign countries. They may also apply for On-the-job-training and earn a salary with the Canadian Forces in the summer.

The emphasis is on developing good citizens and past experience has shown the Sea Cadet program to excel in this field. Good citizenship is a "spin-off" of all the fun and excitement of participating in the following: Sailing and Ship handling — Small Boat Handling — Leadership — Fire Fighting and Rescue — Navigation and Pilotage — Survival Techniques (Outward Bound) — Communications — Adventure Training — First-aid — Administration — Physical Education — Scuba Diving — Swimming — Cooking — Marine Engineering Small Arms and Weapons Safety — Instructional Technique — Seamanship — many other optional subjects . . . and above all else . . . An appreciation and understanding of the sea! We are also proud of our award winning Band, and summer music courses are available on both coasts.

A Qu'appelle specialty is survival training. To supplement classroom instruction, extensive weekend exercises are conducted from September through May in a special wilderness area provided for our use within close proximity of Winnipeg. Here cadets learn to cope with summer and winter survival situations, developing a keen respect for the environment, personal limitations and their ability to co-exist under difficult circumstances with their fellow cadets.

Once again we extend a warm invitation to come down and look us over. Decide for yourself whether our program is for you. An exciting and rewarding educational challenge awaits you and RCSCC Qu'appelle is well equipped to meet that challenge. Qu'appelle meets every Monday evening at 7:00 p.m. commencing 13 September 76, onboard HMCS Chippawa, 51 Smith Street, downtown Winnipeg. For further information please feel free to call LT. G. A. Moore at 889-1592.

There is absolutely no cost involved in joining RCSCC Qu'appelle and all uniforms are provided at no charge.

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PTE. Daisy Steiger of CFB Winnipeg is currently serving a six month tour of duty at 116 ATU Ismailia. Daisy is modelling her Ismailia Leisure outfit for her many friends in Winnipeg.

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Notice

Canex Travel Tours

As advertised in the Canex Back-to-School flyer which was
distributed in mid-August, your Base Canex offers Fall Vacation Travel
Packages which are available to military personnel, DND civilian
employees, pensioners, and any Canex authorized patron.

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15, 1976 at special rates are available to:

Hawaii, Spain, Puerto Rico, Mexico, and Jamaica.

Deadline for tour deposits is September 15, 1976. For further
information contact your Base Canex - Phone 832-0787 or 837-9390
or Loc 580.

Canex Sells A Winner



Captain Bill Lashley, center, of the NDHQ unit fund committee
collects a \$10,000 cheque for the fund, their share for selling a
\$1,000,000 winning Olympic lottery ticket at an NDHQ canteen outlet.
Left is COL. P. F. Maxwell, Director of CANEX, and right is the
manager of the outlet Don Lusignan. Winners were a 10-member
syndicate made up of NDHQ cleaning staff. CANEX sells about 16,000
Olympic Lottery tickets out of 7.5 million sale for each draw.
(CANADIAN FORCES PHOTO)