

HAPPY BIRTHDAY AIR COMMAND



2 Sept 75-76

"Battle of Britain" Film To Be Featured Sunday 19 September



The CKND Super Sunday Cinema will debut at 7 pm on Sunday, September 19, with the box office show stopper movie "Battle of Britain".

Michael Caine, Laurence Olivier, Susannah York and an all-star cast recreate the tension and suspense of the air combat that changed the course of history.

The 2½-hour movie will be followed at 9:30 pm with a CKND news special "Heroes of the Skies", combining to give three hours of programming to commemorate "the Battle" and to salute the second Commonwealth Aircrew Reunion being held in Winnipeg.

After the overwhelming defeat at Dunkirk in May, 1940, the British waited for the expected invasion by Nazi Germany, which already dominated the rest of Europe. On August 10, the Luftwaffe, numbering 2,500 planes, started to bomb the air fields in England to destroy the

pitiful remnants of the British Air Force - only 600 planes. But an ever greater shortage was in pilots who, exhausted after fighting the relentless Luftwaffe day after day, were, in addition, giving boys from prep school and apprentice accountants crash courses—in flying.

Then the Blitzkrieg started, the savage bombing of English cities. But the lion-hearted defense by the British pilots had given the Air Force time to rebuild and time and weather eventually ran out for the Nazis who were forced to postpone and, finally, cancel plans for invasion of the "tight little Isle".

The CKND Super Sunday Cinema presentation of "Battle of Britain" is more than an accurate recreation of the political and military intrigue and the action in those crucial 16 weeks. It is an intensely human drama about the men who changed the course of history.



Vol. 25, No. 16

CANADIAN FORCES BASE, WINNIPEG

September 15, 1976



First Anniversary Air Command Marked 2 Sept. 76

The 2nd of September, 1976, marked the First Anniversary of Air Command. All of the personnel in the Command can reflect with pride on the accomplishments of the past year. Organizationally, we have forged a strong and functional entity which has become well-established as a clearly identified and effective major Command for the Canadian Forces.

Already, there is strong evidence of new cohesion in Air Policy, Standards, Planning and Execution. Despite major adjustments that were required on the part of component Air Groups to adapt to the new organization, operational activity in all areas has been of a uniformly high standard. The extremely positive atti-

tude of Air Command personnel could not have been better demonstrated than by the superb performance of our large contingent dedicated to support of the Olympic Games.

We must now not only consolidate progress achieved, but continue to evolve better to meet the needs of the future. Key programs such as the already approved LRPA, the new fighter aircraft, and the control and surveillance system will pose a challenge to all in the immediate future. Although we will benefit greatly from having a unified air family again we will require all of the competence and dedication traditional to airmen to achieve our overall objective which is better to serve our country and the Canadian Forces.

A LETTER FROM THE PRIME MINISTER

Ottawa - Following are the contents of a letter received by the Chief of the Defence Staff from the Prime Minister of Canada, concerning the Canadian Forces involvement in the Olympics:

"Now that the Olympic Games are completed, I would like to express to you, and through you to all the members of the Canadian Armed Forces who were involved, my appreciation and admiration for the way in which they discharged the very difficult responsibilities for security during this great International event.

There has been no event I think, that presented so many complications, so many risks and so high a hazard for the security of people from all countries of the world, including of course, our own Queen and the entire Royal Family. Everything that was necessary was foreseen, planned and executed with a thoroughness and precision for which the Government and all Canadians have cause to be grateful."

Signed: P. E. Trudeau

WW II Crash Victims Identified

OTTAWA—Defence minister James Richardson has confirmed that the bodies of three airmen found near the site of a crash of a Second World War aircraft in northern Sweden are those of former members of the Royal Canadian Air Force.

Mr. Richardson said the men have been identified as Flying Officer William H. Bowler, 29, Kettleby, Ont., Flight Sergeant John P. Campbell, 27, Vancouver, and Flight Sergeant James S. Jewett, 21, Montreal.

Mr. Richardson says the department of veterans affairs has confirmed that the widow of F/O Bowler has been located in England, and that they are making efforts to locate next-of-kin of the other two.

The plane hit a mountain peak in Sweden on the night of September 4-5, 1942.

They were members of a Hampden torpedo-bomber crew

Commander Air Command



LIEUTENANT GENERAL
WILLIAM K. CARR, DFC, CD

from the Royal Air Force's 144 Squadron, based at Leuchars, Scotland. Their mission was to fly from Scotland's Shetland Islands to Russia, to provide aerial cover for allied shipping convoys travelling to and from Murmansk.

According to the evidence at the time by two survivors, both members of the Royal Air Force, one engine on the aircraft failed. Suspecting icing problems, the pilot dropped to 5500 feet, and the plane struck the mountain. The three Canadians were killed instantly.

Current whereabouts of the two survivors is not known, but they were identified as former Pilot Officer David Evans, and former Corporal B. J. Sowerby.

The location of the crash and identification of the three Canadian flyers brings to a close a search that has been in the books for the past 34 years.

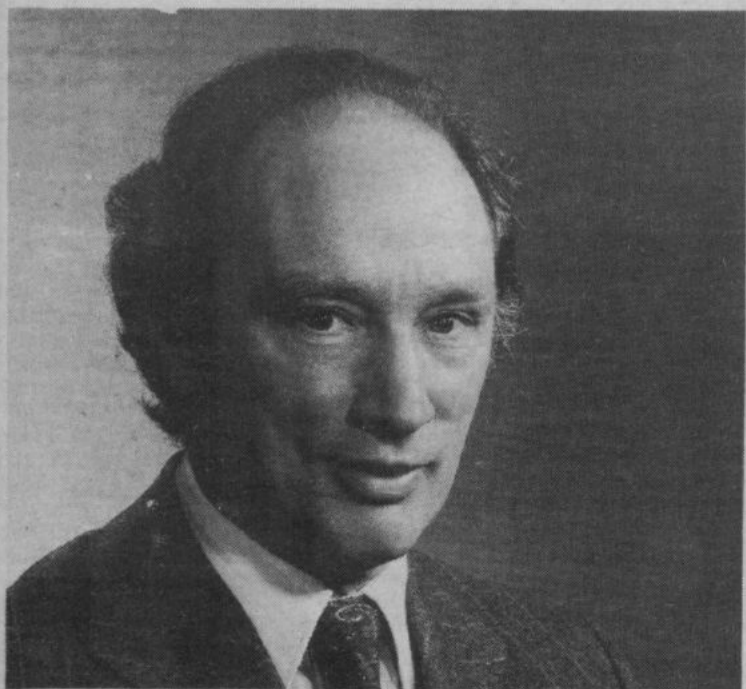
Because the Canadian airmen had no known graves, their names are commemorated on the Commonwealth aircrew memorial at Runnymede, England.

Investigation into the crash at the time indicates that the two RAF survivors of the crash were thrown clear and that it was through their evidence that the death of the others came to light.

Reports say it took Evans and Sowerby four days to walk to the nearest Swedish village of Kvikkjok, where they were given assistance.

In later discussions with British embassy staff in Stockholm, Pilot Officer Evans reported that in the darkness after the crash he and Sowerby were unable to find the bodies of the three Canadians. He also added that there was little likelihood of the Swedes finding the burned-out wreckage of the aircraft, high atop a rock-strewn mountainside.

Prime Minister



Praises Forces Role In Olympics

**EDITORIAL
EDITORIAL
EDITORIAL**



The CTV programme, W5, recently carried out what it termed an "Inquiry" into the validity of the various roles performed by Canadian Forces for the Department of National Defence. The hour long programme was originally telecast in January, 1976. Needless to say the conclusions reached by the W5 programme were somewhat less than encouraging.

Perhaps it's being naive, but it is presumed the theoretical functions of any inquiry is to present an objective analysis of a particular topic, with suitable emphasis on the relevant political, economic, social and even psychological factors that are influential in the decision making processes leading to the final goal. Thus if an observer disagreed with the resultant outcome, hopefully there would be at least some understanding of the contributory factors involved in the processes. That's the theory, but in the case of the W5 "Inquiry", not the practice. Rather, the programme was divided up into neat filmed segments pertaining to various defence topics eg: Canada's role in NATO, CF5s DEW LINE etc., and flat categorical statements made about each — none complimentary. No whys, wherefores or howcomes. Just Bang! Bang! that its Jack and ever onward. And of course there was the obligatory appearance by several retired senior officers who propounded their particular viewpoints, which not co-incidentally buttressed the negative editorial slant of the W5 programme. At the conclusion, one realized with dismay that once again a thorough-going hatchet job had been performed on the Canadian military by a media particularly noted for its instant quick-frozen solutions to every existing complex problem under the sun. No in-depth well-researched presentations for those TV lads. No Sir! In fact, despite the W5 programme's attempt to appear as the ultimate authority in an investigative analysis of Canadian military responsibilities, much of what the programme's narrator sonorously intoned as "The Truth" seemed merely a rehash of the defence problems C. S. Gray outlined in his book "Canadian Defence Priorities: A Question of Relevance" published in 1972.

However what the W5 programme clearly and inadvertently demonstrated is that there is no unified well-informed body of opinion within Canada that can capably and knowledgeably discuss the full range of Canadian defence matters, present defence options to government and who, last but not least, are sufficiently prestigious and influential enough to ensure their proposals are given serious consideration by government. In other words, perhaps what is required is a Canadian think tank for defence problems similar to the RAND Institute in the States. To be sure there are many good individual Canadian defence critics and commentators. Names like Professor James Eayrs, John Gellner, Douglas Fisher and Bob Cameron (AVM ret'd) come to mind. There are others who do a fine job. Nonetheless individualistic critiques on the complexities of Canadian defence matters is not enough. Too often excellent articles on various defence aspects appear only in certain scholarly publications or magazines with limited public appeal such as "Canadian Defence Quarterly" and "Legion." Meaningful dialogue and reasonable resolution of Canadian defence problems cannot be achieved by such a fragmented and ultimately ineffectual approach.

Foreign language: "What is new around your house?" said the lady to the small boy.

"I don't know," he replied sadly. "They spell everything."

All too often a clear conscience is merely the result of a bad memory.

**Next
Voxair
Deadline
Tues 4 p.m.
21 Sept**

**Letter To
The Editor**

DEAR EDITOR:

It is with deep regret that I find as of March 1, 1977 my children will not be able to make use of the service pool - why - because I can't afford it. What cost me \$10 for this year will cost me \$100 then. The same amount of swimming at a civilian pool would cost \$62.40. We knew that the price of swimming would increase but not by this amount.

Yours truly
Mrs. R. Mackay 537 Whytefold Rd.

**WPG. - Toronto
Meat Price
Differences
Questioned**

The lack of effective price competition in Winnipeg meat retailing is the chief reason why Winnipeg meat prices have been "substantially higher" than meat prices generally charged in Toronto, according to a research report issued by the Manitoba Livestock and Meat Commission.

The commission notes that Toronto food chains have developed a sales technique known as "discounting" which is geared to reducing prices, increasing sales and improving efficiency, with meat, particularly beef, priced to attract customers. "In contrast, in Winnipeg," states the commission, "food retailing is dominated by one chain which has not adopted discounting."

In view of the lower prices received by Manitoba livestock producers, states the report, "one See Page 16 Col. 3



**1 CONSTRUCTION
ENGINEERING
UNIT**

1 CEU Changes Command

Lieutenant-Colonel A. T. Downs assumed command of 1 CEU, Winnipeg from Lieutenant-Colonel W. D. Johnston on 13 August, 1976. LCOL. Downs came to Winnipeg from Maritime Command Headquarters in Halifax where he served as Senior Staff Officer Works. LCOL. Downs enrolled in the RCAF in 1957 and attended

Royal Roads and the Royal Military College. Upon graduation he then served with 1 CEU from 1962 - 1966, was posted to the now disbanded 5 Regional Construction Engineering Office in Vancouver until 1970 and spent from 1970 to 1973 as Base Construction Engineering Officer at CFB Cold Lake. Welcome to Winnipeg LCOL. Downs.



Lieutenant-Colonel A. T. Downs signs the Change of Command certificate and assumes command of 1 Construction Engineering Unit (1 CEU) Winnipeg effective 13 August, 1976. Outgoing Commanding Officer Lieutenant-Colonel W. D. Johnston (Left) and Senior Staff Officer Works of Air Command Headquarters, Lieutenant-Colonel D.M. Gray (Right) a former CO, CEU represents the Senior Military Engineer. (BASE PHOTO)

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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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SGT. D.J. Gurela is presented with the clasp to his CD by Commanding Officer 733 Communication Squadron CAPT. R.E. Robinson. (BASE PHOTO)

CFRC



Major A.H. Crawford, Commanding Officer Canadian Forces Recruiting Centre Winnipeg, congratulates SGT. Perpar L.M. on his recent promotion to that rank. SGT. Perpar is a Mobile Recruiter employed in the Manitoba and Northwestern Ontario areas.

BASE TRANSPORT



Captain S.F. Crooks, Base Transportation Officer, congratulates SGT. Barry, D.E. on his recent promotion to that rank. SGT. Barry is a Mobile Equipment Operator employed in the Cargo Section. (Base Photo)

BAMEO



Corporal R.W. Quinn, RS Tech, Base Aircraft Maintenance, is congratulated on his recent accelerated promotion to that rank by LCOL. J.E. McNeil, BTSO. Congratulations Bob on a well deserved promotion. (BASE PHOTO)

B MAINT LD



Sargeant S.A. Smith is congratulated by the Base Maintenance Land Officer CAPT. J.D. Dunsmore on his recent promotion to that rank. MWO. P.G. Quinn, Supervisor of BML (North) looks on with approval. Also promoted to SGT. on 1 of July was MCPL. R.R. MacDonald who was unavailable for photo due to Olympic duty. (Base Photo)

The Colonel's eclipse

An eclipse of the sun was coming and the colonel was giving the order about how the unit should observe that day:

Said the colonel to the major: "At one o'clock tomorrow, there will be an eclipse of the sun, something which does not occur every day. Get the men to fall out in the company street in their fatigues so that they'll see this rare phenomena, and I will explain it to them. In case of rain, we'll not be able to see anything, so take the men to the gym."

Said the major to the captain in communicating the order: "By order of the colonel tomorrow at one o'clock there will be an eclipse of the sun. If it rains, you will not be able to see it from the company street, so then in fatigues, the eclipse of

the sun will take place in the gym; something that does not occur every day."

Said the captain to the lieutenant: "By order of the colonel in fatigues tomorrow at one o'clock, the inauguration of the eclipse of the sun will take place in the gym. The colonel will give the order if it should rain, something which occurs every day". **Said the lieutenant to the sergeant:** "Tomorrow at one, the colonel in fatigues will eclipse the sun in the gym, as it occurs every day if it is a nice day; if it rains, then in the company street".

And finally, comments among the privates: "Tomorrow, if it rains, it looks as if the sun will eclipse the colonel in the gym. It is a shame this does not occur every day".



Major George H. Lowes, 47, of Vancouver, an editor with the Directorate of Information Services at National Defence Headquarters, Ottawa is retiring after 25 years' military service. (CANADIAN FORCES PHOTO)

OTTAWA—Wrapping up a service career of 25 years, 14 of them as a public information officer, MAJ. George H. Lowes, 47, of Vancouver, retires from the Directorate of Information Services at NDHQ in September.

He enlisted in Sept., 1951, and his early career in the RCAF saw him serve as an administrative officer with 421 Fighter Squadron, Grostenquin, France, and at various Air Defence Command bases and stations in Canada.

His positions often entailed secondary duties as unit information officer, and eventually led, in 1962, to a full-time career in the public information field.

Following a tour of duty overseas with 1 Air Division, Metz, France; Toronto's Ontario Region office; and Air Defence Command Headquarters in North Bay, Ont., he was named Print News Editor at NDHQ in 1974.

Heading up an editorial staff, and photo coordination, indexing and distribution sections, MAJ. Lowes was responsible for military news and photo releases to Canada's newspapers, Magazines, and Canadian Forces' newspapers.

He has been succeeded by MAJ. K. A. T. Harper of Ottawa.

Major Lowes, with his wife, Joyce, daughters Colleen and Tracey, will remain in Ottawa.

AUTUMN HEATING HAZARDS

Cottages and tents should be well ventilated if you use propane or charcoal heaters these cool autumn evenings, advises Consumers' Association of Canada. Colourless, odourless carbon monoxide thrown off by combustion process can be lethal if insufficient fresh air circulates. Some symptoms of carbon monoxide poisoning are persistent headaches, tightness across the forehead and temples, weariness, dizziness, vomiting, loss of muscular control and watering or stinging eyes. If you develop any of these symptoms, turn off the heater or burner, and cross ventilate the area by opening doors and windows. Get out in the fresh air as soon as possible. Remember — always leave a window or tent flap slightly open.

ANNUAL FIRE PREVENTION INSPECTIONS PMQ'S

A fire prevention team will be visiting the PMQs in the 'South Side' area during the period 28 Sept to 14 Oct.

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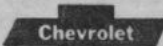
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cfans news corner

NAV By T. G. BREMNER SQN

There is a lull in the action of CFANS these days! It may be hard to believe but there really is a definite decrease in activity since the summer training courses departed the fix for a little R and R before returning to college. Course 7601 has graduated and pulled up stakes leaving only 7602 and the newly-arrived 7603 presently in residence.

With all the inactivity (while we recover our breath and regather our wits) there is finally a little time available to get in some staff training. Yours truly was fortunate enough to latch onto a nice little trip to Alaska for a few days and escape the hot, humid weather that was plaguing Manitoba at the time. In addition to the change of routine the flight also served to complete a route check for a 429 pilot and gave a couple of Navs the chance to sit in the seat for a few hours rather than peer over someone else's shoulder. The off-duty hours were also a relaxing change of pace but the school TD budget took a real kicking.

Two more new staff members have set up shop since our last report — Earl Mohns has joined us from Maritime Group and Lorne Sayell has given up his place at 413 Sqn in Summerside to indulge in the ecstasy of elucidation. Needless to say, the remainder of the staff is highly pleased, as usual, to have new friends to share a beer (and a BDO tour) with. To the wives and families, our heartiest "WELCOME" and best wishes for an enjoyable tour in the windy city. There are still a few more to come before snow flies — they should be reporting shortly after completion of the current 426 Sqn Hercules course.

BK thought that he had a real jump on the program by getting us all out to the range to do our pistol qualification early this year but suffered a reversal when it was decided that we also had to qualify with the long shooters. No real problem, though. He already has the business in hand and has actually managed to ensure that picnic lunches will be provided for all the "troops". (It takes longer for the rifle qualification 'cause you have to clean the darn thing when you're finished with it. If you don't, the armament tech won't take it back - then there is a monstrous admin deduction from your next pay cheque.) Also on the agenda for mid-September is the semi-annual heart attack inducer - you guessed it: one and a half miles of your best wheezing, gasping and rasping followed by twenty minutes of moaning, groaning and up-chucking. Shake out the sweat units and beat your socks and sneakers into submission and make ready to do it one more time. (Gad!! At times like this I dearly wish I could grow older faster and less gracefully!)

The newest CFANS award, donated by a recently graduated course, has been officially

presented for the first time. Lt. Gilles Parent of Course 7601 was the first winner of the "Wrong Way Corrigan Award" in honour of his outstanding ability in setting his compasses 180 degrees in error on completion of a grid/gyro flight. At the presentation ceremony, Gilles very modestly accepted and allowed as how he owed everything to his Course Director and Nav Instructor for their outstanding contributions to his enlightenment. At the same gathering, Captains Felts and Bremner were also singled out for special mention as the co-runners-up for the first "Corrigan". Their claim to fame — "the perpetuation of the turkey population . . . by judicious selection and edification of summer training courses 7621 and 7622". The successful nominees expressed their sincere thanks to the sponsor, Captain Wayne Reaume. His rewards shall come to the fore in good time.

Thinking of rewards — it is getting to be that time of year again. Numerous heads have been together in attempts to forecast the possible (?) additional remuneration that is traditionally announced in the early fall season. A certain federal law enforcement agency was advised in the spring that their raises were forthcoming so it is probably safe to assume that the military will receive similar increases, well within the anti-inflation guidelines. Just sit back and wait for it.

Upcoming on the CFANS social calendar is the "WELCOME" barbeque to be held at the Officers' Mess on September 18th. This will probably be the last big "do" before it gets too cold to step outside to charbroil a steak, so all are most cordially invited to participate — if the steaks are as good as usual, it's one party that you won't want to miss!

In case you hadn't noticed, our building is getting a little work done on it. The badly mangled sidewalk on the west side has finally been replaced (It's a couple of feet narrower but the holes are all filled in.) and at this moment the roof is being torn up and replaced — the whole joint reeks of fresh tar. That's why you've been having trouble finding someplace to park. In addition to the repairs to Building 84, I see that the curbs along the base roadways are getting another go. This could become as habitual as the ever continuing rebuilding of the aircraft parking ramp in Trenton. It's become such a standard feature there that the contractor never removes his equipment — just stores it in a corner for the winter so it'll be handy in the spring. (Maybe we can arrange an exchange program. Our ramp looks like it can stand a resurfacing and Trenton doesn't have many curbs to speak of.)

My car and trailer got dead bugs all over 'em, my lawn and

Change Of Command At CFANS



At the Air Navigation School Change of Command Parade on 30 July 1976, LCOL. R. H. Sparling the new Commandant CFANS, accompanied by MAJ. L. E. Neilson, inspects the RAF exchange member of his command. The former Commandant LCOL. F. C. Brittain follows the inspection party. (BASE PHOTO)

ASC news news news

By CAPT. MEL WALKER

I wasn't too far wrong last column. ASC 29 learned to be sweat hogs right off the bat. Aural band jamming provided under contract by Aetna roofing gave them the first taste of this year's main project. The tradeoffs considered were: go deaf; or roast. We all roasted. Any bets that the new roof won't stop room 213 from turning into an icebox as ASC 29's Christmas present?

All the new boys, and some of us old ones too, congregated in the aforementioned ASC classroom, to wit room 213, to hear the wit and wisdom of: the boss, the big boss, and CAPI di tutti capo. In other words to listen to presentations from Major Lewis, Aerospace Squadron Commander, LCOL. Sparling the Commandant, and of course godfather of the Navigator mafia, COL. M. D. Gates, Base Commander.

Actually, Aerospace Systems Course isn't a navigator course, I mean I teach on it and I'm not a navigator. This year we get to prove it with vengeance. The main course project this year is Weapons. Finally we get to do what we all told the psychiatrist when we joined up. "Shrink — I wanna kill — I mean — eh eh eh eh

I wanna kill — I wanna see blood an' gore an guts an veins in mah teeth — an eat dead burned bodies — I mean kill kill kill an I started jumpin' up an down yellin' kill kill kill — an pretty soon he started in jumpin' up an down yellin' kill kill kill. 'Til the sergeant came over an pinned a

garden look like the Amazon rain forest and my family is having trouble remembering what I look like, so I'd better call it a day and go home — right after I go to the nearest supermarket and get robbed again. Cheers!!

medal on me an said "son, your our boy." Or at least that's the way Arlo Guthrie describes it in Alice's Restaurant. I thought we all did that when we went through personnel selection unit. Anyway everybody knows what this year's secret word is —

And, just to make sure no one on the staff forgot, Gruntex II 76 took place at 0800 sharp 24 August 1976 on the St Charles range. Wherein all the winged wonders at Building 84 learned the proper operating procedure for the Fabrique Nationale C1. August the 24th was the hottest day this summer and we all worked our butts off. Some of us even hit the target. Jock Hughes, our newly arrived R.A.F. Squadron Leader, insisted on painting his target black so that he could pretend it was Idi Amin; the rest of us merely used our imagination. Now who would I really like to see at the end of this peep sight.

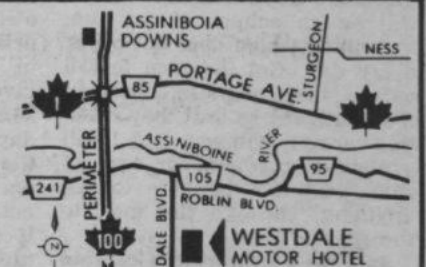
So the staff are now Mil qua'd. Some of us are even nine mil qua'd having participated in Gruntex I 76 wherein we all froze our butts off. Bring on the Russkies; bring on the yellow hordes (see I know my old collection of Marvel war comics would come in handy some day). Train in sunny Cyprus for duty in Montreal.

But to get serious for a moment, if firing practice does nothing else it gives you a bit of an appreciation of the tough job the non glamour boys in the infantry have. Thanx to CAPT. MaGee of 2 PPCLI for your patience in teaching us the basics of the soldiers art.

Well we're all back now including Bob Reid and Claude Maud who drew the trip of the year (two weeks in sunny Cold Lake) and are now qualified flight testers. All the ASC is here and in three weeks we get a SANC. So tune in next column for pictures, gossip and maybe even a little humour. Who knows, I might even have an announcement to make, well maybe the next column but one? — two? If it's anymore I plan to sue the Grace.

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New Commanding Officer for 429 Squadron



LCOL. K. J. Tettelaar inspects his squadron personnel during the 429 Squadron handover parade on 4 Aug 76.



(Base Photo)

LCOL. K. J. Tettelaar, new Commanding Officer of 429 Squadron, looks on as COL. J.R. Allingham signs over the squadron and Base Commander, COL. M. D. Gates, presides over the ceremony on 4 Aug. 76.

Howdy Herd-d-Buck. The summer is dragging on and so is everybody with it. The NAVS seem to be caught in between courses and things are pretty slack - some people seem to be looking anxiously to our MFR.

The Squadron anxiously took to the Range to play soldier on August 19, 26 and Sept. 7th. Some guys enjoyed it so much that they booked a return engagement for some extra practice. Maybe it has something to do with the ICP survival training in Churchill next week.

Lately, extra commitments have taken their toll of bodies in the section - Chub Hezely has just left for the French course in St. Jean to become trilingual - English, Hungarian and French - a good mixture. That makes him a good candidate for 405 Sqn on Argus, joining his adopted Frenchman. Don McDonald and Bob McCreddie have departed for the Herc Captain's course in Trenton for six weeks - pretty soon there will be no lowly first officers to pick on. John Lumley has left us for 10 weeks to get smart at Staff School in Toronto. At least Bob Howes returns from the OTU to fill a vacancy.

Trip of the month goes to Chub Hezely's crew for a Thule-Alert cargo run to clean up the BOX TOP operation -

maximum weights, minimum weather and crew discussions made for a delicate trip for Chub's first Captain's ride. Another good trip was Rick Legault's venture up into the wilds of Alaska with Fast Eddy - everything went as smooth as French silk.

A sad note - finally we got the NAVS out on the links to defend their HIC CUP golf trophy. We managed to wangle seven 429 bodies out to the course but it wasn't enough to beat back the NAVS. Since we lost by 17 strokes by counting five scores, 429 definitely needs some remedial time on the course. One day should be Sept 14th, Officers' Mess golf tournament. The Mess Entertainment people have devised a different game on a different day so we should shut down and go out to win some prizes. Also, the fall Clear Lake Fun Tournament is approaching, Sept 18, 19 - bring the family and stay out of trouble.

Another sad note - last year the Sqn. entered a team in the Base Volleyball League. Jim Tomlinson did a good job attempting to organize it but received little consistent help from the squadron members - after the initial games. There is enough interest again to enter a team but we need consistency to beat ASC and ANS who trounced us last year.

SEEN ABOUT

1. Warren Everett ala Stirling Moss playing on the side streets with is '63 MGB Roadster. Following close behind is Ernie Canivet with his '66 MG GT slick Machine. Trying to head them off at the pass was Wally Prokuda thinking he has a Harley Davidson.

2. Jasper Johnston crying over a robbery of his boat and trailer from underneath his bedroom window. Everyone picks on retired people.

3. Billy Jack beaming as he drives his newly-painted, newly-engined, navy blue '68 Tornado. Sharp Car.

4. Fred (bug-eyed) strapping Sylvia (CKY weather girl) into his race car telling her to go slow and watch the bumpers. Race over - minor defects.

5. Rick Pockett back from the Olympics - smiling.

RUMOURS HEARD

1. Marg (CO'ssecretary) is tuning up her golf, badminton and tennis while on leave to take on all comers at the Squadron.

2. Ray Moore's driveway is poured-everyone rest easy, only the garage to go now.

3. Lou Paproski shot 79 at Hecla last weekend.

4. Nav Bremner has a chicken farm in Morden.

5. FE's also eat Bananas.

Military Police Report



"NO SIR, IT'S NOT A TRAFFIC TICKET", Yes, once again with the blessing of the Base Commander, Colonel M. D. Gates, the Military Police Section, CFB Winnipeg, has kicked-off their annual campaign to provide a blind child with that little extra. As the tragedy that triggered Military Police to start such a campaign in 1957 have been printed many times over, the section decided not to re-print this heart-breaking story this year.

Although the scope has changed somewhat over the years, the enthusiasm behind the campaign has become spontaneous, as more MP sections from across Canada, Europe, the UN, and our ladies auxiliaries at various Bases have initiated projects to raise money for the Blind Fund.

All monies raised are forwarded to a central fund controlled by the Director of Security, Ottawa. Immediately prior to Christmas, schools for the blind located at Vancouver, Brantford, Montreal and Halifax receive a cheque dependent on student strength. The last contribution to the Central Fund by CFB Winnipeg's MP Section was \$2000. This amount could not have been raised without the support and co-operation of all personnel at CFB Winnipeg and surrounding area.

Should you be approached by a member of the MP Section armed with a book of tickets, and pen, DON'T BE ALARMED, it's not necessarily a traffic ticket, but a ticket on a 20 inch colour TV to be drawn for at the up-coming annual MP Bingo, this section's project to raise money so as a blind child receives that little extra. Who else, but our PTE. (W) E. L. (Sam) Lung, could have sold the Base Comd 3 tickets.

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PATRICIA REPORT



New CO 2 PPCLI
L Col. J.E.L.
Gollner C.D.



Lieutenant-Colonel J. E. L. Gollner joined the Regiment in August 1956 as a private soldier and upon completing basic training was posted to 2 PPCLI. In November 1958 he entered the Officer Candidate School at Camp Borden. Following receipt of his commission in May 1959, Lieutenant-Colonel Gollner returned to 2 PPCLI as a rifle platoon commander. In 1960 he was posted to 1 PPCLI where he served for five years in Canada and Europe. During 1962 Lieutenant-Colonel Gollner completed the US Army Special Staff College as the course Honour Graduate. From 1965 until 1967 Lieutenant-Colonel Gollner served as Regimental Exchange Officer with the Rifle Brigade in the United Kingdom. Lieutenant-Colonel Gollner in 1967 returned to Canada as GS03 Operations of the Third Canadian Infantry Brigade Group in Camp Gagetown. In 1968 he attended the Canadian Army Staff College, and returned upon graduation in 1969 to the Second Battalion Princess Patricia's Canadian Light Infantry for the completion of the unit's service in Germany as a company commander. When the unit returned home, Lieutenant-Colonel Gollner remained in Germany from 1970 to 1972 as a company commander in the Third Canadian Mechanized Commando. From 1972 to 1975 Lieutenant-Colonel Gollner served in the Directorate of Infantry as the Senior Infantry Staff Officer and as Military Assistant to the Chief of Land Operations at National Defence Headquarters, Ottawa. In June 1975 he returned to the Second Battalion as Deputy Commanding Officer. He was promoted to Lieutenant-Colonel on 1 August 1976.

2 PPCLI Returns To Winnipeg Mid-October

OTTAWA—Defence minister James Richardson has announced that the 3rd Battalion, The Royal Canadian Regiment, based at CFB Petawawa, Ont., will replace the 2nd Battalion, Princess Patricia's Canadian Light Infantry (PPCLI), on U.N. peacekeeping duties in Cyprus in mid-October.

The Cyprus rotation, the 25th to take place since Canadian troops began serving in the

2 PPCLI Change Of Command Occurs In Cyprus



The Canadian Contingent of the United Nations Force in Cyprus held a unique parade in the grounds of the Nicosia Airport this week. The parade marked two occasions, in which, firstly United Nations medals were presented to all ranks of the Second Battalion Princess Patricia's Canadian Light Infantry, and secondly the change of command of the Battalion. This was the first time in recent memory that commanding officers of a Canadian Battalion

have changed during a period of service in UNFICYP. On the Parade, in front of the soldiers of the Battalion, the Canadian High Commissioner for Cyprus Mr. Edward G. Lee and a number of distinguished guests, Lieutenant-Colonel Bob Stewart 39 of Saskatoon, Saskatchewan handed over his command to Lieutenant-Colonel Larry Gollner 38 of Vancouver B.C. After receiving the pennant he has flown since becoming CO on 12

July 1974 Lieutenant-Colonel Stewart said goodbye to his soldiers.

LCOL. Stewart takes up a new appointment as Officer Commanding the Infantry Department of the Combat Arms School, CFB Gagetown, New Brunswick.

2 PPCLI based in Winnipeg has completed four of its six month tour of UN duty.



LCOL. R. Stewart (L) and LCOL. L. Gollner accompany Brigadier-General C. E. Beattie on an inspection of the Second Battalion PPCLI at a Presentation of Medals and Change of Command Parade held at NICOSIA Airport. Following the inspection UN medals were presented to the soldiers and the Change of Command took place.

Mediterranean in March, 1964, will be carried out between Oct. 11-17. Commanding 3 RCR is Lieutenant-Colonel David B. Ells, 40, of Amherst, N.S.

The PPCLI, led by Lt.-Col. J. E. L. (Larry) Gollner, 38, of Vancouver, will return to their home base in Winnipeg. It marks the end of the second tour of Cyprus duty for 2 PPCLI. They previously served there from Oct., 1972, to March, 1973.

It will be the first tour in Cyprus for 3 RCR, although the unit served there from Sept. 1965, to April 1966, as the 2nd Battalion, The Canadian Guards.

The unit was designated as 3 RCR upon deactivation of the Canadian Guards in July, 1970.

Canada's 513-member contingent is the second largest of the seven-nation, 2,825 member U.N. force on the island.

On the basis of world-wide participation in U.N. peacekeeping duties, Mr. Richardson said that Canada is the largest contributor, with about 1,500 men and women committed in Egypt, Cyprus, Golan Heights, India and Pakistan, and Korea, where one officer and one NCO serve.

Other countries represented in

the Cyprus force are Britain (833), Sweden (421), Denmark (369), Austria (311), Finland (305), and Ireland (5). In addition, 68 civilian police are assigned from several countries.

2 PPCLI

The 2nd Battalion, Princess Patricia's Canadian Light Infantry was the first Canadian army unit to fight in Korea.

**L Col. R.I. Stewart
 Thanks CFB Winnipeg
 For Its Support - Page 7**

L Col. R.I. Stewart C.D.
**Hands Over Command
 Of 2 PPCLI**



Lieutenant-Colonel R. I. Stewart joined the Regiment as a private soldier in January 1956 and served with the Second Battalion until September 1957. After graduating from the University of Saskatchewan in 1960, he rejoined the Second Battalion and served in various appointments until 1965. Lieutenant-Colonel Stewart attended the Canadian Army Staff College from 1965 to 1966, and on graduation was assigned to the headquarters of the Fourth Canadian Mechanized Brigade Group in Germany as GS03 Training. In 1968, Lieutenant-Colonel Stewart rejoined the Second Battalion in Germany as a Company Commander. On return to Canada in 1969 he served with the Canadian Airborne Regiment, first as Regimental Major and from 1971 to 1972 as the commanding officer of the Second Airborne Commando. From 1972 to 1974 Lieutenant-Colonel Stewart served in various staff appointments at National Defence Headquarters, Ottawa and Training Command Headquarters, Winnipeg. On 12 July 1974, Lieutenant-Colonel Stewart assumed command of the Second Battalion, Princess Patricia's Canadian Light Infantry and led the battalion on its second peacekeeping tour in Cyprus.



Brigadier-General C. E. Beattie, Commander of the Canadian Contingent in Cyprus pins a UN medal on LCOL. R. Stewart at a parade marking the hand-over of command from LCOL. Stewart to LCOL. L. Gollner.

**LCOL.
Robert I. Stewart**



**Thank
You
CFB
Winnipeg**

Second Battalion
Princess Patricia's Canadian Light Infantry
United Nations Force in Cyprus
CFPO 5001
KOK 3R0

9 Aug 76

Colonel M. D. Gates, CD
Commander
CFB Winnipeg
Westwin, Manitoba
R2R 0T0

Dear Colonel,

My moments as the Commanding Officer of 2PPCLI are fast slipping away - tomorrow I hand over command to Lieutenant-Colonel Larry Gollner. The two years of command have slipped by very quickly and as would be expected I hate to leave. But all good things must come to an end and it's time to make way for others who will inject new life and vitality to the organization. I think the battalion has been reasonably successful in the past two years and much of the credit for this success must be given to the excellent assistance we always received from your Base. Would you please convey to all members of Base Winnipeg our sincere thanks for their support in assisting 2PPCLI to carry out its mission.

It has been a pleasure to work with you during the past year and I look forward to renewing this association in the future. All the very best to the Base and I trust that the spirit of effective and cooperative relations between Base Winnipeg and 2PPCLI will continue.

SIGNED:
R. I. Stewart,
Lieutenant-Colonel
Commanding Officer

..... WATCH for the "CHAMPAGNE WEEKEND
DRAW COMING SOON!!! Further details in next
Issue of VOXAIR. Sponsored by Base Fund

Base Transport Wins Award



On the 20 Jul 76, LGEN. W. K. Carr Commander Air Command presented CAPT. S. F. Crooks Base Transportation Officer CFB Winnipeg with the Transient Service Recognition Plaque. This award was presented in recognition of outstanding services provided to transient aircrew during the period 01 Jan 76 - 30 Jun 76. Looking on are COL. M. D. Gates Base Commander and LCOL. J. E. McNeil BTSO.

(BASE PHOTO)

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**BGEN. J.T. West
Posted to NDHQ**



OTTAWA—Defence minister James Richardson announced today that Brigadier-General James T. West, 52, of Vancouver, has been appointed director-general of materiel, administration and programs at National Defence Headquarters, here, effective September 15.

He succeeds BRIG.-GEN. J. P. Leclerc, 47, of Montreal, who assumes a staff position at the headquarters of Allied Forces, Central Europe, in Brunssum, Holland.

In his latest appointment Gen. West was chief of staff, support, at Air Command Headquarters in Winnipeg.

He joined the Royal Canadian Air Force in 1942, after completing two years at the University of British Columbia. He returned to UBC in 1946 and graduated in 1947 with bachelor degrees in arts and commerce.

He rejoined the RCAF in 1949 as a logistics officer and, in 1952, was transferred to 1 Air Division in France. He served in Paris and Metz, France, until 1954, then joined 1 Fighter Wing when it moved from England to Marville, France.

From 1955 to 1959 he served in several staff positions at Air Materiel Command Headquarters, Ottawa, and in 1960 attended the University of Western Ontario, where he completed his Master of Business Administration degree in 1961.

In 1966 he was appointed director of supply inventory at Canadian Forces Headquarters, Ottawa, and two years later was

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ATTENTION

CFB WINNIPEG WOMEN CURLERS

A General meeting will be held at the North Site (Westwin) Rink on Tuesday, 28 September, at 8 p.m. All D.N.D. members and dependents are welcome to attend.



**177
Air Canada
Air Cadet
Squadron**

The 177th Air Canada Air Cadet Squadron is seeking new members. Anyone, male or female, between the ages of 13 and 19 is invited to join. The squadron meets every Thursday from 7 to 9:30 p.m. in building 21, just off Sharpe Blvd.

While there is a definite military flavor to the program, participation by young people is totally voluntary and that Air Cadets are not expected to make any commitments regarding future service in the Canadian Forces.

Throughout the training year, which lasts from Sept. to June, cadets participate in a wide variety of activities. These activities include gliding, flying in powered aircraft, and on occasion a chance in a flight simulator. On a more regular basis cadets are instructed in navigation, meteorology, weaponry, leadership, with a definite emphasis on subjects dealing with flying.

Junior cadets also have the option of partaking in 2 and 4 week basic summer camps. Senior cadets are eligible for 6 and 8 week specialty camps and may also apply for summer employment.

Specialty courses consist of gliding and powered flying scholarships. In both of these courses the cadet will receive his or her wings and flying licence. The exchange visits program enables the selected cadet to go on extended tours of countries in Continental Europe, United Kingdom, or the United States.

Other specialty courses are leadership, athletic, and technical training courses. Upon graduation of 6 and 8 week specialty courses cadets will receive a \$100 training bonus.

Enrollment in Air Cadets and all courses mentioned involve no cost to parents or cadets. Parents are welcome to attend any Thursday night to see what 177 SQN. is all about. For more information on Air Cadets come out to building 21 or building 23 and visit the 177 SQN. office, any Thursday between 7 and 9:30 p.m.

**Runways to be
Improved at
CFB Greenwood**

OTTAWA—Defence minister James Richardson announced today that more than \$4 million assigned to a staff position at 4th Allied Tactical Air Force, Ramstein, Germany.

He was promoted to his present rank in 1973 and appointed director-general of financial administration at NDHQ. In 1975, he was appointed to Air Command headquarters in Winnipeg.

will be spent over the next two years to restore airfield pavements at CFB Greenwood, N.S., Canada's largest military air base in the Maritimes.

The restoration is designed to correct the general deterioration of the runways and taxiways that has occurred over the past 20 years and to eliminate potential flight safety hazards.

It is expected that a contract will be awarded Sept. 1, and that work will go on over a two-year period. The runways, dating back to the Second World War, were lengthened and widened in the early 1950s.

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BGEN. C.A.

LaFrance

Moves to Ottawa

OTTAWA — Brigadier-General Claude A. LaFrance, 47, of Quebec City, who destroyed a Russian-built MIG-15 fighter while serving as an RCAF pilot with the United States Air Force in Korea, has been appointed Director-General of Current Policy at National Defence Headquarters, Ottawa.

He succeeds Rear-Admiral James A. Fulton, 49, of Ottawa, who was recently promoted to that rank to become chief of personnel, careers and senior appointments.

General LaFrance joined the RCAF in 1947, and, as a fighter pilot, served on exchange duties with the United States Air Force in Korea in 1952, and with a French Air Force fighter squadron in 1956. He was awarded a Distinguished Flying Cross by the U.S. Government for his service in Korea.

In 1960, he commanded the Officer Selection Unit of the RCAF before being appointed to several senior staff positions at Canadian Forces Headquarters here. He is a graduate of the Royal Air Force College of Air Warfare.

He has commanded 433e Escadrille Tactique de Combat, flying CF-5 aircraft; was Deputy Commander of 10 Tactical Air Group, and Commander of CFB Winnipeg.

In January, 1975, after a year at the Royal College of Defence Studies in London, he was



transferred to NDHQ in the Assistant Deputy Minister (Policy) Branch. He was promoted to his present rank July 1st.

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



Colonel Tenove receives a Certificate of Service from LGEN. W. K. Carr.

Officers' Mess Honours Retiring Members



Colonel I. D. Tenove receives a gift from his good friend BGEN. J. T. West.



Captain Mike Klapatiuk is presented a tray from LCOL. D. H. Riddell.



Major Maurice Harvey receives an AIRCOM Badge from LGEN. W. K. Carr.



Captain Les Nicholson accepts a tray from Colonel J. A. Torck.



Captain Les Nicholson receives a Certificate of Service from LGEN. W. K. Carr.



Colonel I. D. Tenove receives an Air General Badge from BGEN. J. T. West.

Freezing The Summer's Bounty

Most vegetables should be blanched before freezing, suggests Consumers' Association of Canada. Enzymes can cause undesirable changes in flavour, colour and texture in frozen vegetables. To blanch, lower vegetables in a wire basket or tied loosely in cheese cloth into a large kettle of briskly boiling water. Cover kettle and start counting blanching time. Keep heat on high. When water returns to a vigorous boil, remove cover, jiggle basket several times or force bag down with a wooden spoon to ensure uniform blanching. Most vegetables take from two to five minutes. Chill vegetables immediately in cold running water or ice water then pack in freezer containers. Be a wise consumer. Join CAC, 801 - 251 Laurier Avenue West, Ottawa, Ontario, K1P 5Z7.

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	1610	Winnipeg	1655
	2010	Ottawa	2040
	2125	Trenton	
SF 715 (FRI)		Comox	0900
	0940	Vancouver	1025
	1245	Edmonton	1330
	1610	Winnipeg	1655
	2010	Trenton	2055
	2140	Ottawa	2210
	0050/SAT	Halifax	0130
	0200	Greenwood	
SF 711 (TUE, THU & SUN)		Trenton	0715
	0800	Ottawa	0830
	1110	Halifax	
WESTBOUND			
SF 712 (SUN, TUE & THUR)		Halifax	1155
	1245	Ottawa	1315
	1400	Trenton	1455
	1630	Winnipeg	1715
	1810	Edmonton	1855
	1930	Vancouver	2015
	2045	Comox	
SF 716 (SAT)		Greenwood	0245
	0335	Trenton	

All flights by Boeing Aircraft. Passenger booking details contained in CFAO 20-20. For Passenger and Flight information call 1 AMU at Local 622. Passengers MUST report to AMU 1 Hour prior to departure.

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By Sports Editor - MWO. Les White

Recreation Facilities Yours For The Asking

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Ladies Fitness	Mon	2000-2200 hrs
	Thu	2000-2200 hrs
Volleyball	Tue	1800-2200 hrs
	Sun	1000-1200 hrs
Badminton	Wed	1900-2300 hrs
Basketball	Thu	1800-2000 hrs
Military Personal Fitness	Mon-Fri	1630-1800 hrs
Casual Use	Fri & Sat	1800-2200 hrs
Community Council Recreation Program	Sat	1330-1630 hrs
Family Recreation	Sun	1330-1630 hrs

POOL

Military Swim Classes	Mon-Fri	0900-1100 hrs
Service Swim	Mon-Fri	1200-1300 hrs
Military Training	Mon-Fri	1300-1630 hrs
Casual Swim	Mon Wed	
	Fri	1800-2000 hrs
	Sun.	1330-1530 hrs
RLSS Classes	Mon & Wed	2000-2200 hrs
	Sat	0800-1200 hrs
Scuba Club	Tue & Thu	2000-2300 hrs
	Sun	1000-1200 hrs
Ladies Fitness	Thu	1900-2000 hrs
Adult Learn to Swim	Tue	1900-2000 hrs
Service Battalion Cadets	Third Wed of each month	

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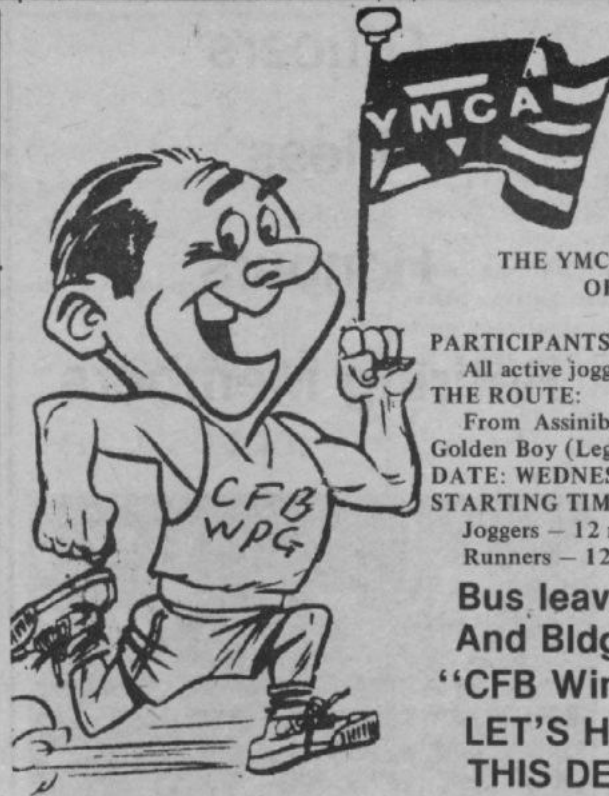
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DATE: WEDNESDAY 22 SEP

STARTING TIMES:

Joggers - 12 noon
Runners - 12:15 noon

Bus leaves the Rec. Centre at 1030 hrs. And Bldg. 21 at 10:45 for Deer Lodge. "CFB Winnipeg" singlets will be issued. LET'S HAVE A GOOD TURNOUT FOR THIS DEMONSTRATION OF FITNESS!

WESTWIN BOWLING NEWS



INTER-SECTION

Inter section bowling will get underway on Thursday evening 23 Sep. The first two Thursdays will be for handicap with regular league bowling starting on 7 Oct. If your section is not large enough to form a team we can fit you in with another section. For further information call WO Gord Inglehart at Loc. 297 or at home 889-5141.

SUNDAY NIGHT MIXED BOWLING LEAGUE

Mixed bowling will start on 26 Sep with the first two Sundays bowled to determine handicap. Regular league bowling will commence on 10 Oct. Get a team together or join as a couple or by yourself. For more details and to register phone WO Gord Inglehart at Loc 297 or at home 889-5141.

LADIES

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.



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FALL PROGRAM REGISTRATIONS

Hockey and Ringett Leisuretime Activities

Sept. 18 11am.-3pm.
Sept. 22 6pm.-8pm.
Sept. 25 11am.-3pm.

Boys 11 years of age and over are reminded that they should have a social insurance number.

We need convenors for our hockey and ringette programs. If you can lend use some of your spare time please call us evenings at 489-9537.

Westwin Gym

FAMILY FUN
SUNDAY AFTERNOONS
1:00 - 3:00 P.M.

REGISTRATION FOR ALL RECREATION PROGRAMS WILL BE HELD SEPTEMBER 18 AND 25 FROM 11AM.-3PM. PROGRAMS INCLUDE TAP AND BALLET, BATON, BRIDGE CLUB, UPHOLSTERY, SOCIAL DANCE, YOGA, SWIM AND TRIM, AND MUCH MORE. NEWSLETTER DELIVERY - WE NEED DEPENDABLE YOUNGSTERS TO DELIVER THE COMMUNITY CENTRE NEWS. IF YOU WOULD LIKE TO EARN SOME EXTRA MONEY CALL THE CENTRE EVENINGS BETWEEN 6-9P.M. AT 489-9537.

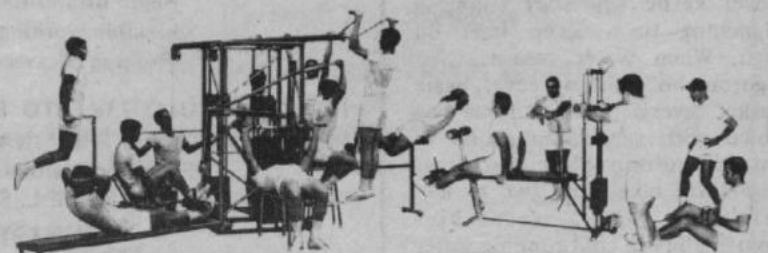
WESTWIN
FIGURE SKATING
REGISTRATION
SAT. 18 SEPT.



Registration for the Westwin Community Club, St. James-Assiniboia Figure Skating Club will be held Saturday, September 18, 1976 from 10:00 a.m. to 2:00 p.m. in the lobby of the North Site Recreation Centre. Badges 1 - 8 only will register at this time. Badges 9 - 12 and over who did not receive pre-registration forms by mail will register in the St. James Civic Centre Auditorium, September 15 from 7 - 9 p.m. Registration for Teeners, Boys and Pre-Schoolers will also be held at this time.

Parents are reminded that boys must have figure skates for badge 4 and above and for those boys just starting lessons and requiring skates it is advisable to purchase figure skates.

Registration fees for the 1976-77 season will be \$15.00 and regular skating commences the week of October 3, 1976. Please bring C.F.S.A. registration number at the time of registration. All beginners must be six years of age or older to register. The Westwin Convenor is Mrs. Helen McSween and any further inquiries can be directed to her at 889-0248.



When you exercise on the New Centurion, you will experience both a progression in resistance and muscle taxation you never before thought possible.



The Skylarks Synchronized Swimming Club Wants You!

... if you are a girl seven to fifteen years of age and know how to swim.

The Skylarks are a recreational synchronized swimming club; fun and learning are it's goals. Members follow the Canadian Amateur Synchronized Swimming Association's "Star Award" system for beginning synchro swimmers. The program includes basic figures, elementary team routines, hybrid swimming strokes and a variety of pool entries such as fancy dives and jumps. Swimmers also have a chance to work towards the Intermediate and Senior levels of the Red Cross Society or to enroll in the lower levels of the Royal Life Saving Society, if they wish. During the year many of our swimmers take the opportunity to work towards special events such as a parents night display or a star meet, but again, this involvement is on a voluntary basis only.

We meet at Lipsett Hall pool on Tuesday nights from six until eight in the evening. Registrations will be on September 21 at 7:00 p.m. Parents are urged to attend this meeting because while the girls are swimming, a parent's meeting will be held. Please, don't be afraid to come, you won't be "volunteered" for a job you don't want to do! The main purpose of the meeting will be to inform parents of the clubs' activities throughout the year. Anyone who would be interested in helping out with the coaching or administration of the club please call Dawn at 475-9546. The Skylarks' coaches, Barb Adamson and Dawn Whitten, are university students and would greatly appreciate any offers to help.

In closing I would like to make a special appeal to North Side residents, the Skylarks need your support in order to grow. Why not come to registration night and see if a car pool can be set up?

Remember, registration on September 21st - see you there. Please feel free to call Dawn at 475-9546 if you have any questions or suggestions.



The members of the CFB Winnipeg Goldeyes Scuba Diving Club recently were hosts for the "Monster Dive" at Hillock Lake, Southeast of Kenora. The dive attracted 42 divers from all over Manitoba who merrily plunged into the depths in spite of the ominous, fickle weather.

The object of the dive was to try to locate and retrieve ceramic "Sea Monsters" hidden among the rocks and caves of Hillock Lake at depths down to 50 feet.

The first prize, a two-foot-long dragon, was found by Derek Leblanc of the CFB Portage Neptunes. His buddy, Glen Milne, shared in the \$100 prize money.

Second prize, a sea horse figurine, was found by Brian Stevenson from the Manipogo Scuba Club in Winnipeg. His diving buddy, Al Roulston of the Goldeyes, shared in the \$50 cash prize. Third place, also a sea horse, was won by Robert Paquet from the central YMCA. His buddy, Ron Kimmel from the University of Manitoba, shared in the \$40 third prize money.

The fourth trophy, a dolphin, was found by Art Dillion, the senior registered instructor in Manitoba (001-DA) from the CFB Portage Neptunes. His buddy was a novice, John Walton, from the Manipogo Club in Winnipeg. They shared \$30 in prize money. Fifth prize, another dolphin and \$20 to pay for the gas, went to John Tytgat and Dick Robertson of the Manipogos.

Many thanks go out to Wes Quinn, Gord Hornbeck and Barry Abram who helped to organize the dive. Thanks too, go to the wives, Debbie, Sharon and Lollie, for the excellent "Hot Dog and Kool Aid" stand they ran during the dive.

If you missed the last issue of VOXAIR, or don't get a chance to read ROs, the Goldeyes will be accepting Novices for Scuba Training this winter, starting with the pool test tomorrow, 16 Sep 76 at 8 PM in the Westwin Pool. Come in via the SW side of the Recreation Centre by the patio. For details see ROs, the last issue of Voxair or call CAPT. Win Koch at local 454 during normal duty hours.



Captain Ken Benoit, incoming BPE&RO is being welcomed to the Base by Captain Bill Harrison. CAPT. Harrison is posted to CFB Cornwallis where he is taking up the A/BADMO position.

Captain Ken Benoit is a native of Winnipeg - born 29 years ago. He attended school in St. Vital: Lavallee Elementary, Korberrry Jr. High and Glenlawn and Dakota Collegiates.

In 1965 he enrolled at Royal Roads Military College and completed his BS in Applied Sciences at RMC.

In 1969 he was posted to CFB Greenwood during which time he held many positions ie BPhoto, Tech SupO, Air Aim O and D/AMCRO.

He attended the French course in St Jean from September to December 1971 and then held the position of EA to the Base Commander from January to April 1972.

From April - November 1972 he was an instructor at CFSAOE, Borden after which he remustered to PSPT/PER and was posted to the School of Physical Education and Recreation.

In August 1973 he was posted to Valcartier as BPE and RO.

In April 1975 he went to Junior Staff School and from October 1975 to May 1976 he was the Welfare Officer in Egypt.

Just prior to being posted to CFB Winnipeg Captain Benoit was with COJO at the Olympics.

Captain Benoit is a welcome addition to the Base. He is a top calibre athlete and is sincerely interested in the Phys Ed and Rec field. He is an avid weight lifter, a volleyball player extraordinaire and he plays a "fair" game of tennis. All-in-all, he has a great deal to offer the Base.

A hearty "welcome" Captain Benoit.

Westwin and Lipsett Hall Rec. Swimming
 Mon., Wed., Fri. 6-8 p.m.
 Sun. 1:30 - 3:30 p.m.

Check your resting pulse. If it's over 75 per minute. Your heart needs your help.

Fatigue

What an athlete does after a hard workout or competition can be just as important to his continuing mental and physical capability as what he does before or during his workout.

It's important to begin a thorough recovery period as soon as possible after a hard physical and emotional effort in order to hasten recovery and make it as complete as possible.

When an organized recovery procedure is not used, the athlete may very well have to practice, train or play again the next day in a state of fatigue - with a tension load which has not been fully dissipated, with muscles which have not regained their flexibility and elasticity, and with energy supplies which have not been fully restored. As a result, he is too tired to train or play to his potential the next day. He may pull a muscle because he is still "short" from the result of the previous day's effort. Then too he will tire more quickly if his energy has not been fully restored.

Prevent fatigue, staleness or injury:

a. Cool off with easy activity involving all muscles. The purpose is to sustain circulation because many of the recovery processes are dependant on the circulatory system and it should be kept stimulated at a moderate level immediately following activity. To just stop after activity is a mistake. Easy jogging and calisthenics, including stretching and muscle relaxation drills for 10 to 15 minutes will help get recovery started.

b. A hot bath for 10 to 15 minutes (rather than a shower) after you get home is also helpful as it increases circulation, eases tension and soothes tired and aching muscles.

c. Resting with the legs propped high helps as this enables gravity to get the "tired blood" out of your legs.

lot of premature wear because the oil hasn't had time to get to where it's needed. Idling your engine before driving will just promote sludge. So, once you get the engine turning over, start driving but hold your speed under 30 for about five miles until you're up to proper operating temperature.

WSIS Wanted
 Call Cpl. Jim Wallace
 Rec. Centre local 511

Competitive Swimming Wanted:
 •Competitors
 •Coaches
 •Volunteers

Contact Cpl. Jim Wallace
 Rec. Centre, local 511

Warm-Up!
 When you first turn on your vehicle's engine, "jazzing" the accelerator can waste a lot of fuel. It doesn't do your cylinders and pistons any good either; you get a

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September 22 to Westwin Wednesdays
 November 24, 1976 CFB Winnipeg 6:00 pm - 10:00 pm

PREREQUISITES
 Minimum of 17 years of age on or before the last day of the course and current Water Safety Leader certification, OR If candidates are over 19 years of age, they must hold current R.L.S.S.C. Bronze Medallion certification.
 Contact CPL. Jim Wallace, Rec Centre - Local 511.

Adult Swim Classes Westwin Pool
 Bronze medallion
 Adult Learn To Swim
 Register at the Recreation Centre, Bldg. 90, by September 30.
 For further information contact CPL. Jim Wallace local 511.

Air Command 100 Hour Swim
 Some time in October
 More information expected soon - Start training Now!

CFB Winnipeg Hosts Invitational Fastball Tournament



Macleods — Co-Winners with



Action at the plate: SGT. Gerry Snider of CFB Winnipeg's Base Team slides home safely to score their first point against Winnipeg Blues.



. Derksen Plumbing

CFB Winnipeg hosted its first Invitational Fastball Tournament for many a year on the weekend of August 28 - 29. Sixteen teams participated, including four military: CFB Winnipeg's Base team, Air Command, 2PPCLI and CFB Portage la Prairie.



Colonel Gates, BComd throws the first "strike" to officially open the tournament.

Our Commanding Officer, Colonel M. D. Gates and our new BPERO, Captain Ken Benoit welcomed the visiting players and Colonel Gates threw the first "strike" to officially open the tournament and two days of exciting fastball.

The tournament was a tremendous success. To all those who made it so by contributing their time and efforts we say thanks!

To mention a few - Colonel Gates; Captain Konopetsky, Base Exchange Officer; Captain Carroll, Unit Information Officer; Mr. Hugh Quigley, who volunteered his professional photography skills; Sergeant Tom Binns, coach of the CFB Winnipeg Base Team. The umpires - Major Bill Sadonik, Mr. Sincoff, Mr. Webb and Mr. Anderson all offered their expertise and did an exceptional job of officiating. And yes, the Construction Engineering staff deserve a hand for their part in getting the diamond ready in time for the event.

CFB Portage la Prairie also won their first test over Selkirk. It was a very close 4 - 3 match. They lost their second game to Derksen Plumbing 3 - 0.

The big surprise of the tournament was the Air Command squad which almost made it to the finals! They defeated Victoria CC 6 - 0, Boland Bros 7 - 2 but lost their semi-final game with a very strong Derksen Plumbing by a 7 - 2 score.

The final game of the tournament between Derksen Plumbing and MacLeods was a whopper! The score was tied 2 - 2 up to the 13th inning when it was finally called a draw and they split the winnings. It was an exciting match that will be talked about for a long time.

The CFB Winnipeg Base team won their first game of the tournament over the Winnipeg Blues with a score of 14 - 0; but unfortunately they lost their second match with the West End Flyers 9 - 2. The 2PPCLI lost their first game to CKY 7 - 0; beat the Winnipeg Blues 5 - 0 in their second and lost their third to Pulab 7 - 0.

Hopefully CFB Winnipeg will consider this the first annual event - we're looking forward to next year's tournament.



CFB Winnipeg's Base Team

BACK ROW LEFT TO RIGHT

(All Photos by Hugh Quigley)

CAPT. Ken Benoit, SGT. Ian "Hippy" Archibald, CAPT. Glen "Dad" Nelson, CPL. Guy "Smoothy" Thibault, SGT. Larry "Chubby" Rankin, CAPT. Aimé "Love" Boule, CPL. Larry "Animal" Kozak, CPL. Bob "Gimp" Bran, and CPL. Al "Honkie" Hunnie.

FRONT ROW LEFT TO RIGHT

COL. M. D. Gates, SGT. Tom "Coach" Binns, SGT. Gerry "Mouthy" Snider, PTE. Gerry "Lucky" Hache, MCPL. Bill "UMP" Baker, CPL. Danny "Mother Nature" Chapman, CPL. Pete "Frenchie" Delorne, O/Cdt. Rejean "Rookie" Bossee and CPL. Rejean "Dusty" Boulanger.

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Cadenza

Tennyson once wrote; 'The old order changeth, yielding to new, . . . and it is still as much a matter of fact today as it was then.

Upon completion of four weeks of Public Duties on Parliament Hill in Ottawa during July and August and the inevitable return from some annual leave which followed, the Aircom Band found itself involved in a series of changes that seldom if ever happens to a band on such a scale (pun unintended . . .!). Both Director of Music and Assistant D. of M. (CWO) positions have changed hands PLUS we have a brand-new MWO!

Gone to the positions of Associate Director of Music, NORAD Command Band in Colorado Springs and Assistant D. of M., PPCLI Band, Calgary are Capt. Terry Barnes and CWO Jan Roberti.

Trading places with Capt. Barnes and fresh from four years with NORAD himself is Capt. Keith Swanwick. Capt. Swanwick (please don't pronounce the second "w" . . .) was our D. of M. for a short period before his posting to the NORAD Band in Sept. '71.

Taking CWO Roberti's place we find the return of a long time friend and colleague, CWO Cor Godri, who returns after a stint as Assistant D. of M., RCA Band, Montreal. And, last but certainly far from least, MWO Orville Voakes has come back to us after successfully completing the long and arduous Assistant Director's Course at the School of Music, CFB Esquimalt. Congratulations MWO Voakes and a very hearty AIRCOM welcome back to you all!

Now, if you've got that all straight, dear reader, we'll continue with a bit of background on our new boss.

Capt. Keith Swanwick is a native of Manchester, England. He joined the British Army as a Boy Soldier in 1947 emigrating to Canada as an accomplished Euphonium player in 1958 where he became a member of the RC(H)A Band here in Winnipeg. In 1961 Sgt. Swanwick was selected to attend the Royal Military School of Music, Kneller Hall, London, England from whence he graduated in 1964 returning to take up his first command as Director of Music, RC Sig's Band, Kingston, Ont.

In 1968, Capt. Swanwick was posted as Staff Officer to the Directorate of Ceremonial, NDHQ, Ottawa. From there he came back to Winnipeg as D. of M., CAF Training Command Band, shortly after which he left for his recent position as Associate D. of M., NORAD.

In addition to his service accomplishments which include his being a Euphonium soloist of Canada-wide note, Capt. Swanwick is an Associate of the Royal College of Music, London College of Music and the British Bandsmen's College of Music, all of which are located in the U.K.

Capt. Swanwick returns to Canada after his four busy years in Colorado Springs with his wife, Helen, a native of St. Andrews, Scotland and their three children.

We all take this opportunity then to wish Capt. Keith Swanwick, CWO Cor Godri and MWO Orville Voaks a most hearty welcome back to you and yours. We wish you all every success and

happiness in the months and years to come and look forward to our professional association with melodic eagerness.

During the band's duties in Ottawa a party was given for the departing Capt. Barnes and CWO Roberti which has been aptly described as being a fitting end to our happy and successful association with these two fine gentlemen during the past several years. Again, we would all like to wish Capt. and Mrs. Terry Barnes and CWO and Mrs. Jan Roberti and family good health, success and happiness in their new postings. We, as a band and as individuals owe both these fine gentlemen a great deal. You'll be surely missed but not forgotten. Aurevoir a et bon chance!

WO Ceese Middendorp wasn't gone from our midst for long but much happened to him during the summer with his bout with major surgery at NDMC. It's great to see your impressive recovery, Ceese, and to hear those dulcet clarinet tones emitting from the solo chair in the band . . . not to mention that special brand of humor you come up with from time to time that deals so successfully with the 'tense and the drearies'. Wonderful to have you back, Ceese.

Congratulations are in order to Sgt. and Mrs. Rick Watson on the birth, Sept. 2nd, of their newest son and heir, Ian Patrick who joins his brother Gerald to complete the Watson family.

The band said 'so long' to Sgt. Dave Jones who is transferring to the PPCLI Band in Calgary. A sad loss to us both as a person and as an excellent trumpet soloist, however we wish you all the very best in your 'new scene', Dave. We know we'll be hearing much from this talented guy as the years go on.

The band played for the 60th birthday of Scouting as ten Cub Packs from the city and Minnesota celebrated the anniversary with a Jamboree in beautiful Birds' Hill Park on the Labor Day Weekend. Premier Schreyer took part in the ceremonies which also included a fine mini-air show by one of CFB Winnipeg's T-33's, indeed a highlight with the 650 boys and grown-ups present.

The band is now rehearsing and

Aircom Band Changes Directors



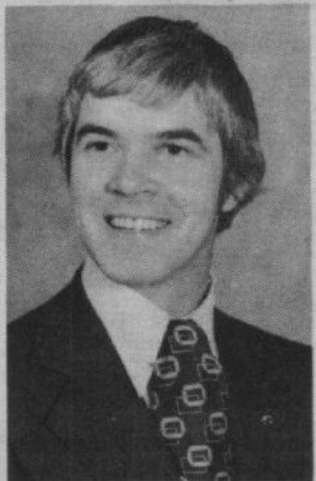
CAPT. Keith Swanwick, C. D. (left) shakes hands with CAPT. Terry Barnes C.D., as the two officers' 'trade' jobs. CAPT. Swanwick returns from the NORAD Band, Colorado Springs and becomes Director of Music, AirCom Band, CFB Winnipeg as CAPT. Barnes leaves the Directorship of the AirCom Band to take up his new duties as Associate Director of Music, NORAD Band, the post just vacated by CAPT. Swanwick. The ceremony took place at CFB Wpg. on July 30th.

preparing for the up and coming Wartime Pilots and Aircrew reunion to be held again in our fair city Sept. 11th and 12th.

Seeing all these 'new' faces upstairs reminds this writer of a quote during the first rehearsal for a new Broadway Show some years back when an argument ensued between the show's director and the rehearsal pianist, the latter insisting on putting an Ebm7 chord in the place of a scored two-beat rest. Yeah, you guessed it, the pianist emphatically stated that; "a change was as good as a rest . . . man!"



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A catchy phrase that could mean different things to different people. To the serviceman who is approaching CRA or retirement it could very well mean "preparation". Such preparation or re-training is a necessary and recommended fact of life for those people who look forward to a "second career". Few of us in the military can afford not to prepare for a second career.

Unfortunately, it is our habit to approach the problem of a second career very late; certainly not early enough to complete 3-5 years of part-time study that may be necessary to fill any deficiencies in our formal qualifications. Something should be done by the individual prior to his retirement to ensure that he has a product to sell that will interest a prospective employer.

Just what has to be done is a decision that can be made when the serviceman has some knowledge of what he may be lacking. Any deficiency in formal academic and vocational qualifications can be better determined by speaking with a counsellor at one of our re-training institutions. In Winnipeg we are fortunate to have

opportunities for such counsel and training through the high schools, community college and universities. A person's success in re-adjusting to a second career may depend upon how soon in advance and how well he has done his planning for this eventuality. Technology and industry are progressing rapidly and qualifications obtained 20-30 years ago will be in need of some upgrading in order to bring them in line with the standards of today. It may be appropriate for those of us who are approaching the "twilight years" of our military career to investigate evening courses of some fashion - to become involved in the "night life" that may pay dividends in the form of a second career.

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Reserve Trade School — Air 1976



BGEN. Rohmer speaks with PTE. Daniel Rivest of Montreal during the graduation parade.

From 6 Jul to 22 Aug this year forty-seven young reservists have been guests of CFB Winnipeg. These Reserve tradesmen have been attending the Reserve Trades School — Air (RTSA), where they have been learning their trade as Aviation Technicians or Administrative Clerks. In addition, general military training in drill, discipline and physical training is conducted.

RTSA which has been held in Winnipeg since 1973, is the only one of its kind in Canada. The course which is staffed and operated totally by Reservists, is composed of a staff of twenty-one whose home units range from Halifax to Edmonton. The students, who numbered forty-seven also represent the Air Reserve Units from Shearwater, Montreal, Toronto, Winnipeg and Edmonton.

There were forty-two candidates on the Aviation

Technician Course (including one female) and five on the Adm Clerk (including one male). The headquarters and classrooms were located in Bldg 81.

The RTSA was commanded by LCOL Robert G. James of Winnipeg. The Deputy Commander was LT Bill Firth, and the School Warrant Officer was CWO Al Moore of Shearwater.

On 22 Aug BGEN R. R. Rohmer was the Reviewing Officer at the graduation parade which was held at Stevenson Park. Following the parade, a reception and dinner for staff and students was held at the Air Reserve Officers' Mess. Presentations of awards and graduation scrolls took place after the dinner.

Good luck to all the students and staff on their departure for their home units after a useful and productive summer.



PTE. Karen Ellet of Shearwater, who dislocated her shoulder, arrived by car from hospital to receive her diploma from BGEN. R. R. Rohmer.



PTE. John MacNeil of Edmonton is presented an award by LT. Firth for the highest standing on the Administrative Clerk Course.



BGEN. Rohmer with LCOL. James talks with CPL. Pat Zwickel of Winnipeg while inspecting Staff Flight.



CPL. Jim Anderson (centre) of Edmonton explains the working of a propeller dome to PTE. Jim Frederick of Edmonton (R) and PTE. Chris Jackson of Shearwater.



PTE. Ralph Gumm of Toronto accepts the award for the highest standing on the Aviation Technicians Course from LT. Bill Firth.



PTE Ray Newman of Edmonton accepts the outstanding student award from CWO. Al Moore.



PTE. Dianne King of Winnipeg improves her typing on the Adm. Clerk Course, under the watchful eye of instructor CPL. Bob Sibbald of Trenton.



PTE. Graham Newbold of Edmonton holds an electrical training aide while CPL. Grant Adsit of Edmonton explains the operation.



PTE. Mary Hodges of Edmonton is presented her diploma by BGEN. Rohmer. PTE. Hodges is the first female to graduate from an RTSA Aviation Technician Course.

**All Photos by
Base Photo**

**United Way Campaign 1-31 Oct. 76.
Watch for further details in Voxair**

**Thanks to you
It's working**



Red Cross Blood Donor Clinic Held On Base



Joy Lawson, R. N., the Nurse in charge of the blood donor clinic, is shown with the Red Cross staff. "The Base is most co-operative. The only thing we could ask for is more blood

donors, since we are capable of handling many more. We really appreciate the invitation by the Base Commander to lunch in the Officer's Mess."

BE A BLOOD DONOR

On 24 Aug 76 the Red Cross made its semi-annual visit to CFB Winnipeg to canvas blood donors. The clinic was held in Bldg 21 and starred the donors on the base, some of whom are shown below.



PTE. Janet Martinez - Base Hospital has been donating blood for five years. She states "I believe giving blood is very worth while. It provides an opportunity to help other people and it could help me as well."

All Photos by Base Photo



Ben Eisner of Construction Engineering Section has donated about thirty times over the last 18 years.

"Giving blood could save a life in case of a serious accident. Also I like to donate because there is no charge for the blood if you need it".

FIRE PREVENTION IS OUR BUSINESS



Fire Chief B. A. Arsonist, opened the meeting and number one item on the agenda was the serious problem relating to "Bed Smokers".

Delegates were asked to give suggestions and ideas pertaining to the subject.

Deputy Fire Chief I. Putemout made the following motion:

A public hanging take place once a month on the parade square (prior to march-past) to set an example to smoker-in-bedders.

The motion was denied in respect to Government's wishes reference abolition of capital

punishment. Fire Inspector "Will" Peeralot, suggested in lieu of the above, public floggings be introduced, again on parade, (after medal presentation). This punishment to be administered by the BSM of the unit. After a lengthy discussion, motion was held in abeyance pending opinions of BSM's in the air element. (No problem was encountered in the land and sea areas.)

Fire Alarm Specialist, A. Dingaling, proposed that personnel found in the compromising position of smoking in bed be placed in the stocks (head and hands) and a supply of ripe tomatoes and bad eggs be made available. Culprit to be positioned at main gate.

Motion denied, as this would be a distraction to motorist and could result in an accident.

A general discussion followed and suggestions were numerous including:

a. Canopy, heat and smoke detector plus sprinkler system and ejection device be fitted to all smokers beds. Ejection device to eject bed smoker via window or through roof. Turned down

because of possible injury to pedestrians and possible damage to adjacent parked cars.

b. All smokers to report to guardhouse prior to retirement to quarters. Therefrom, to be escorted by MP (M or F) and prepared for bed in their presence. When in the reclining position they will be shackled to the head and foot rail, and released at a specified time prior to commencement of duties. Denied; Olympic duties have created an MP staff shortage; to be considered later.

Final motion was approved to the effect that non-smoker-in-bedders would receive a bonus, i.e.:

- a. They will not suffer death by carbon monoxide poisoning.
- b. They will not suffer injury, and or permanent scarring.
- c. They will not endanger other lives and property.
- d. They will not be held financially responsible for reimbursement.
- e. They will not be held liable for disciplinary action.
- f. They will sleep well and "SAFE".



Captain Pat Williams of Base Supply has been donating for 13 years. "It's quick, there is no pain and it serves a useful purpose. Everyone who can, should donate".

SEE THE AMAZING RABBIT

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			Wed. 15	Thu. 16	Fri. 17	Sat. 18	Sat. 18
Get a girl who's hard to date? Take her out to the MOVIES!			SHE'S HOT! SHE'S MEAN SHE'S SHEBA. Baby	NO SHOW	Robin and Marian	EMILY	Robin and Marian
Jan. 19 Jan. 20	Jan. 21	Wed. 22	Thu. 23	Fri. 24	Sat. 25	Sat. 25	
Carry On Behind	BRADLEY'S BROTHERS STARRING GARY ALLEN	NEAL BARGES SUSAN SARANDON	NO SHOW	THE ADVENTURE YOU WILL NEVER FORGET!	The Sea Pirate	THE ADVENTURE YOU WILL NEVER FORGET!	
Jan. 26 Jan. 27	Jan. 28	Wed. 29	Thu. 30				
THE GREAT ESCAPE	"BORN LOSERS"		No Show				
LAN MARVIN * OLIVER REED ROBERT CULP * ELIZABETH ASHLEY SYLVIA * KAY LIZZY	TOM LAUGHLIN AS BILLY JACK						

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• by R. Kohlberg •

FASTEN YOUR SEATBELTS

Travel is so broadening . . .

The education begins at the airport Duty-Free Shop. At Winnipeg International, they have the liquor prices listed prominently on the wall. But just because the board shows, for example, Canadian Rye at three dollars doesn't mean that you actually pay three dollars. Or that they will even sell you *anything* in this shop.

I waited impatiently in line behind a customer who was going to the States and wanted to take a bottle of Scotch along.

"Six seventy-five," the clerk said.

"But the sign says it's only —" complained the customer.

"Your last stop in Canada is Calgary, Ma'm, and you pay the price of the Alberta Liquor Commission."

"But what about your board? Why do you put up those prices and then turn around and charge me something else?"

"Sorry, Ma'm, you have to pay the price listed in the province of your last port before leaving the country. Next please."

The customer went away muttering to herself.

When my turn came I humbly asked for a bottle of Canadian Club, wondering if they would charge me Toronto prices, and if so, are they lower or higher than the Manitoba ones? It turned out that I couldn't get *any liquor at all* in the Winnipeg store, but had to wait until we got to Toronto.

"But why do you sell to people who stop in Calgary?" I asked the clerk.

"Because there is no liquor outlet at the Calgary airport. Next."

I went away muttering to myself, wondering if it's worth it carting Canadian booze to a country where everybody drinks wine and pays much less for it.

In Toronto's Duty-Free liquor store everything went smoothly, however, and I received a yellow piece of paper which entitled us to receive our bottles after we had passed through all the gates and controls and X-rays and other assorted checks. (They want to make sure you don't change your mind at the last moment and take your duty-free liquor back home or hand it to a friend or something.) Just before boarding they rolled in some carts full of shopping bags containing liquor and cigarettes, each with a duplicate of the passengers' yellow slip. Again we stood in line. This time I had a little old lady in front of me who couldn't speak much English. She just looked up at the big clerk who was handing out goodies to everybody, except her. He kept asking her for her yellow paper and pointed to her handbag. She opened it reluctantly and he said, "Just give me that yellow ticket, Ma'm, and I'll give you your bottle." But she clutched her papers and shook her head. "What for paper?" she asked and looked around helplessly. This went back and forth for a while, until I decided to try speaking German to her. It worked. Her face lit up and she asked me what this man wanted from her. I explained that she should hand over her yellow slip in order to get her duty-free liquor. "But I don't want any liquor!" she exclaimed. Why was she standing in this line? Because everybody else was. Maybe she thought they were handing out some free goodies, courtesy of the airline . . .

Lufthansa, the German airline, provides a novel lunch on its short interior flights: As passengers go past the check-in desk where they get their boarding passes, each helps himself to an attractive silver-grey plastic carrying bag, labelled 'Lufthansa Snack' from a large bin. This snack consists of two sandwiches (one ham and one liver sausage), a cheese wedge in foil, two pieces of cake, a cup of fruit juice, and a mini-pudding. Everything wrapped and sealed neatly to be consumed during the trip. I suppose it saves the airline serving the snack on trays, and people can eat when they feel like it. Mind you, this only happens on the short trips, like Munich-Frankfurt, for instance. On the longer hauls, they serve excellent dinners, lunches, suppers, drinks, etc. They also stock the washrooms with four kinds of shaving lotion, and they provide airmail stationery and postcards for the passengers.

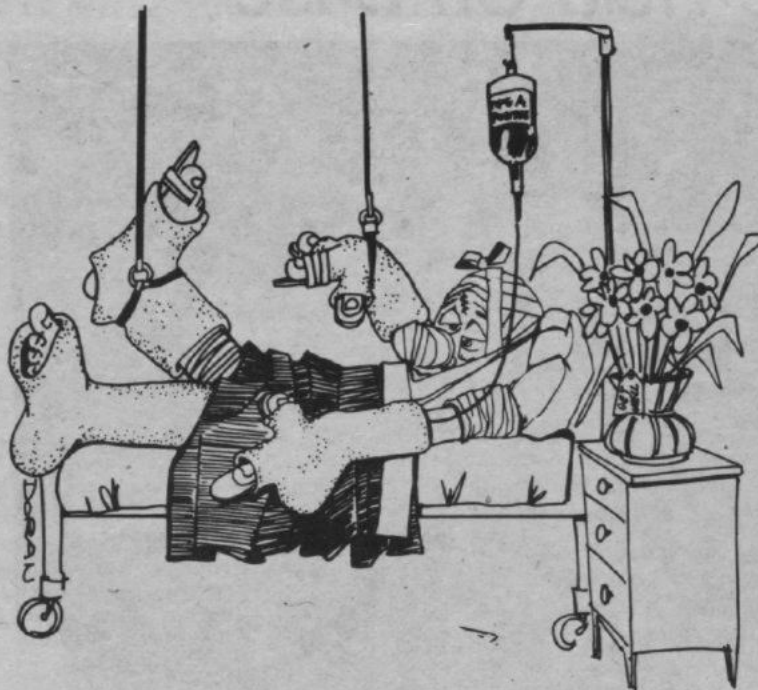
In the big DC-10, which seats nine people across (two on each window aisle and five in the centre aisle), passengers can rent stethoscope-like earphones with which they can listen to any one of six channels, selected from a dial in the armrest: One has two hours of classical music (the program handed to everybody even lists the orchestra, the conductor, and the selection of music), one features light musicals, another brings you opera, one blasts current pop songs, and the fifth and sixth tune you in to the movie (English and dubbed German) that is played sometime during the evening. The headset comes in a sterile plastic bag that bears the following inscription:

Plastics welding guarantees the unexceptionable hygienic state of the set. Kindly lay the headset on your seat after the flight.

On my particular set the legendary German workmanship gave rise to 'exception' — the rubber ends kept coming off and slipping out of my ear. It was just as well, because every time I woke up during the movie and felt like tuning in, Jack Lemmon was shouting at Anne Bancroft, and she was screaming back at him, so I gave up and pretended it was a silent movie. When they weren't quarrelling with each other, they and their neighbors were hurling buckets of water on each others' balconies. I can't remember the name of the movie . . .

In routine procedures, most airlines are alike. CP Air, Lufthansa, Air Canada all have the captain (or somebody) tell passengers about the height at which they are flying. This must frighten quite a few people, especially on their first time. Beside me on the Winnipeg-Toronto flight sat a young nun, pale as a wax candle, her hands desparately gripping both arm rests, and her lips moving in silent prayer as the plane got

The Advantages Of Having An Accident



1. You get your name (or even your picture) in the paper.
 2. You become better acquainted with your doctor, lawyer, insurance man or judge.
 3. You get the sympathy of your friends.
 4. Your fellow workers send you fruit or flowers.
 5. You get a much-needed rest.
 6. You can experiment with canes, crutches and braces.
 7. You have a constant topic of conversation.
 8. You may even be the guest of honor at a very sad occasion.
- Drive Carefully. It's true that a lot of things come to an end — but you don't have to be among them.

Prices (continued from page 2)

would have expected Winnipeg retail prices to have been moderately lower than those in Toronto."

The commission found that the higher retail meat prices are "almost exclusively" caused by Winnipeg food chains charging about twice as much as Toronto food chains for "virtually identical retailing services." The main reason for this situation, continues the report, is the lack of effective price competition in Winnipeg relative to Toronto.

The commission's comparison of meat retail prices and marketing charges in Winnipeg and Toronto is based on its calculations of average retail beef prices in the two cities for most weeks from September 25, 1974 to May 28, 1975 — a period of about eight months.

During this 34-week period the commission found that the prices of fresh beef cuts charged in the Winnipeg outlets of a major food retailing chain were 16 cents per pound higher than the average

price charged by five Toronto chains.

"The conclusion one seems forced to reach is that Winnipeg food chains were charging consumers twice as much for retailing fresh beef cuts than Toronto food chains did." These retailing charges amounted to 37 cents per pound of retail beef in Winnipeg versus 18 cents per pound in Toronto. Similarly, the retail charges for a pound of carcass beef were 27 cents per pound in Winnipeg and 13 cents in Toronto.

The commission notes that carcass wholesale prices were actually 2.9 cents per pound lower in Winnipeg than in Toronto during an eight-week period in April-May, 1975.

"If the yield of retail cuts were 72.9 per cent of the carcass weight, this was equivalent to four cents per retail pound, and Winnipeg retail prices would have been expected to be below Toronto prices by four cents per pound, rather than 16 cents

ready to take off. (I wanted to comfort her, but didn't feel altogether qualified.) Just as she was beginning to relax when we had levelled off to a nice steady pace, they started giving us all those scary statistics, like thirty-four thousand feet above sea level and so on. Not only that, but next the stewardesses came out and talked about oxygen masks (just in case) and life jackets, which they modelled like the latest fashion in survival equipment, complete with routine movements and bored faces (in English, French, and German, etc., depending where you happen to be). Are we supposed to be reassured by this demonstration of coping with a possible disaster? If an emergency arose, who would remember which line to pull and which strap to fasten?

The Greeks have the answer. On the Olympic Airline flights, a stewardess comes around and gives everybody a candy. Then she calls the passengers' attention and demonstrates how to buckle up the *sea-belt!* That's all. Everybody flies happy with Olympic.

Greek passengers don't seem to trust foreign airlines. Flying from Athens to Toronto on our return trip with CP Air, we shared the big jetliner with about two hundred Greeks on their way home from a holiday in the Old Country. They were still in holiday spirits all the way across. Only after the announcement that we were now in the final landing stage and "... please refrain from smoking and keep your seatbelts fastened, thank you," it suddenly became quiet. And then, the moment the big machine touched ground, a thunderous roar of applause filled the air, and the happy shouting of two hundred voices broke the spell of momentary apprehension.

Everybody was happy to be home again.

above." The only significant reason for this discrepancy, states the commission, is that Winnipeg retail chains were charging twice as much for their services as the more competitive Toronto retail outlets.

Similarly, Winnipeggers paid about 20 to 30 cents per pound more than Torontonians for fresh pork cuts during the April-May period under review despite the fact that Winnipeg prices of hogs paid by packers to producers during this eight-week period averaged four cents per pound below prices paid by Toronto packers.

According to the commission, had Winnipeg consumers been allowed to benefit by this price differential they would have paid four cents per pound less for fresh pork cuts than Toronto consumers instead of 20 to 30 cents more.

"This leads to the conclusion that Winnipeg packers captured the four cents per pound Winnipeg-Toronto producer price differential on wholesale cuts sold locally to food chains while the chains appear to be responsible for the higher retail prices.

"In other words, Winnipeg food chains charged about 30 cents per pound more for retailing loin cuts and about 20 cents per pound more for retailing other fresh pork cuts than Toronto chains did during this eight-week period."

Winnipeg consumers also paid for 11 cents to 18 cents per pound more than Toronto consumers for "packer brand" back bacon and side bacon. Generally, Winnipeg prices for processed meat cuts were 16 cents higher than in Toronto. These figures again relate to the eight-week, April-May, 1975 period.

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Barry Sweeney

music reviews and syndicated columnist

MUSICALLY SPEAKING SPOTLIGHTS



Neil Diamond

He left Uni to join the Columbia roster of hitmakers where he has recently released his third album for the label. Diamond, who has an almost unbroken string of gold records to his credit, added two more gold discs on Columbia, where he recorded the much publicized "Jonathan Livingston Seagull", "Serenade" and now adding to the list of gold is "Beautiful Noise" (Columbia PC33965).

BEAUTIFUL NOISE

The combination of Neil Diamond's talent as a writer, musician and vocalist combined with the production genius of Robbie Robertson really do add up to a "Beautiful Noise".

Neil, who recently performed a sparkling tour of Australia and opened the Aladin in Las Vegas to turn-away crowds, opens the album with the title track and moves effortlessly through such multi-format gems, as: "Stargazer", "Lady-Oh", "Don't Think... Feel" and "Surviving The Life".

Backed by a multitude of vocalists and musicians, Neil is at his finest throughout and as usual, many personal recollections are written into the songs. The album, recently certified as gold, joined the single hit, also gold, "If You Know What I Mean", in the nation's top five best sellers.

The set rounds out with: "Home Is A Wounded Heart", "Stargazer", "Jungletime", "Street Life" and the totally captivating "Dry Your Eyes". Neil wrote the complete set with the exception of "Dry Your Eyes", which was co-written with Robbie Robertson.

Another album of perfection from the music world's number one entertainer... Neil Diamond truly a "Beautiful Noise".

Use Voxair Classifieds

Neil Diamond, standing head and shoulders above the competition in the music world, is the personification of excellence as a writer, vocalist and entertainer.

Born in the Coney Island section of Brooklyn, New York, Neil first started to play guitar when his parents gave him a nine dollar guitar. He paid to take lessons and says that the day he learned his first chord progression, he wrote his first song. While still in his teens, Neil teamed with a friend and recorded for a small label, the records went nowhere.

He returned to writing, made demo records and landed a staff writing job for \$50 a week. The music publishing scene in New York at that time, did not meet Neil's style of writing so he decided to become an independent writer. He rented a small office and devoted his time to writing and making the rounds of the publishers.

BARRY AND GREENWICH

After a meeting with the highly successful writing team of Jeff Barry and Ellie Greenwich, the duo helped Neil get a recording contract with Bang records where he hit with such winners as: "Solitary Man" and "Cherry, Cherry". After a couple of years with Bang records Neil moved on to Uni (now known as MCA) where his impressive list of hit material included such great hits, as: "I Am... I Said", "Brother Love's Travelling Salvation Show", "Holly Holy" and "Stones" just to mention a few.

Locally Yours UNDE

FALL SOCIAL - LOCAL 705 - WINNIPEG

Food, wine and dancing to the wonderful music of Fred Chapman 'Quick-Change Artist' . . .

On SATURDAY, 9th OCTOBER 76 in the ROSEWOOD ROOM of the MALL HOTEL (Portage and Colony) UNDE National President Joe Power will be in attendance to present Clint Hornby with his 'Life Membership' in UNDE. . . . Come along and make this a memorable evening.

Cocktails 1830 hours - Dinner 1900 hours. Dress: Optional. Tickets: \$4.00 per member and \$4.00 for escort - \$5.00 per guest and \$5.00 per escort.

Tickets are available from the following Executive committee officers: Mel Dielschneider - Local 629; Thelma LaFontaine - Local 207; Frank Martens - 889-9174; Stephanie Shuper - Local 371; Ben Eisner - Local 629; Mike Koster - Local 344; Evert Ogren - 889-1441; Edith Watson - Local 385.

For further information please contact any one of the above members. . .



A LETTER TO DRIVERS

Dear Driver:

A few weeks ago, I saw a little girl struck by a car as she tried to cross the street. I saw a father race toward her and hold her to him as she struggled in the agony of death. I saw all the plans that had been made for her dashed and I saw the look of despair that came over his face. I could only offer a prayer that such a thing might never happen again.

Today, my daughter, who is six years old, started off to school. Her cocker spaniel, whose name is Scott, watched her leave and whined his belief in the folly of education.

Tonight we talked about school. She told me about the girl who sits in front of her, a girl with yellow curls, and about the boy across the aisle who makes faces; about the teacher who has eyes in the back of her head; about the trees in the school yard and the big girl who does not believe in Santa Claus. We talked about a lot of things - tremendously vital and unimportant things. Now, as this is written, she is sound asleep with her doll "Paddy" in her arms.

When her doll gets broken or her finger gets cut, or her head gets bumped, I can fix them. But when she starts across the street - then Mr. Driver, she is in your hands. Much as I wish I could, it's not possible for me to be with her all the time. I have to work to pay for her home, her clothes, her education. So Mr. Driver, please help me to look out for her. Please drive carefully. Please drive slowly past schools and at intersections. And please remember that sometimes children run from behind parked cars. Please don't run over my little girl.

With deepest thanks for whatever you can do for her, I am,

Her Father

LITTLE THINGS

*It takes a little muscle, it takes a little grit,
A little true ambition with a little bit of wit.*

It's not the biggest things that count, and make the biggest show;

It's the little things that people do, that make this old world go.

A little bit of smiling, and a little sunny chat,

A little bit of courage to a comrade slipping back.

It takes a kindly action, and it takes a word of cheer,

To fill a life with sunshine, and to drive away a tear.

-Spokes

Film Review

BY KEN BERNARD

The Academy Award winning documentary film HEARTS AND MINDS was carried recently by the CBC, in its full length; nearly two hours without commercial breaks. This "personal history" of the Vietnam War by two U.S.A. film makers Bert Snider and Peter Davis, is not cinema entertainment, but rather cinema as a medium of probing history and social conscience, in the search for meaning. It is a heavy. On the small screen of TV it is tolerable; on the large screen of a movie house it could perhaps be overpowering.

The film follows a vague chronological order, beginning at the point when the French War in Indo-China ends and U.S.A. involvement in Vietnam begins; it moves through five American Presidential Administrations documenting the ever-increasing social/political/military involvement, until it reaches the sad end.

This film asks the hard question of the American people: "How did we get involved in this war?" The still harder answer is documented through historical, social and moral insights into the U.S.A. as a country and as a people. The insights are not always pleasing, but they are always revealing. Towards the end of the film there is the frank admission, "We were wrong", echoed through the statements of military men, political advisors, war veterans, draft dodgers, social critics.

HEARTS AND MINDS is not only "personal" to the film makers, but also to the U.S.A., and it does present some discomfort to the outsider in watching this frank self-exposure and admission of error - and more than error - guilt. This does not mean that the film does not have a more universal dimension to it - it surely has, in its general anti-war theme and in its brutal reminder that there is no glory in war.

However, for the Canadian viewer this film is more than just an objective look at another war. We are close to the U.S.A., in the various senses of that word. In the early 60's the Canadian news media called the Vietnam War, "our war", and spoke of "our enemy". During the Vietnam War feelings ran high in this country as well as in the U.S.A. We received the draft dodgers and war protestors. We were involved. Thus HEARTS AND MINDS speaks to us as well.

This film is a documentary in that all the footage is documented by names, places and dates. It is the personal work of the film makers in the manner in which the various segments are put together, to produce what could be called the "film essay". The documentary footage includes scenes of the war itself, of the effects on the civilian population in Vietnam, of the U.S.A. military machine, of the American people and their customs, of American Presidential statements. These are strung together by precise segments of interviews with U.S.A. political leaders, governmental advisors, military personnel, and war veterans, as well as with Vietnamese civilians and commentators.

It is in interweaving of the documentary and the commentary that the strength of the film lies. It is in the collage technique of juxtaposing various kinds of film footage, that its punch lies.

In its admission "We were wrong" HEARTS AND MINDS is at once a repentant film and one that calls to repentance. If the moral act "to repent" is difficult for the individual, how much more difficult is it for a whole nation.

Taken more objectively, HEARTS AND MINDS is a moral film that deals with the problem of evil in all its confusing reality. Evil is always ambiguous in the human condition, and hence difficult to struggle against. This film gives a view of one such struggle. Because things are not clear, the film does well to end with a question: "Have we learned anything by this?"

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I'm getting ready for the "Indy 500"!



Don't these ponies move any faster?



Gee Pop, This is the greatest



Alright - who took the wiener out of the bun!



What can I get into next?

SUPPORT YOUR NOW Located BLDG. 52

CFB Winnipeg Ceramics Club

Hi. Welcome to another year of ceramics. We hope all our members had a safe and happy summer and that you are ready for another year of "doing your thing" so to speak. Last year was a very eventful year, hours of hard work went into the club and when you were snug in your beds sawing logs, many times we were in the club firing kilns because one of them malfunctioned, so it became a day and night process. We realize there were a few disappointments but patience and hard work overcomes and it was basically a happy atmosphere. To all our members we say thank you for bearing with us we hope this year we have fewer trials and tribulations, but please remember, we can only teach what we ourselves know, we put in an awful lot of hours on seminars and workshops and just because we have certificates it doesn't

VILLAGE INN ONE HOUR MARTINIZING 491 WESTWOOD DRIVE as a Flower in Just 1 HOUR ONE HOUR MARTINIZING the most in DRY CLEANING and remember 491 Westwood Dr., 837-8293

Inter-Mess Picnic Held on June 26

If you want copies of these pictures, contact the Club Office at the Jr. Ranks Mess, Bldg. 61.



JUNIOR RANKS CLUB ENTERTAINMENT - SEPTEMBER

THURSDAY - 16 & 23 September - Music Man (Rick Enns) 8-12. SUNDAY - 19 & 26 September - Claire's Talking Organ 8-12. FRIDAY - 17 September - Music Man (Rick Enns) 9-1, Guests \$2.00 per couple. - 24 September - Claire's Talking Organ 9-1. TGIF - food to be served. Guests \$2.00 per couple. SATURDAY - 18 September - "Western Nite" with Reg Bouvette and the Roadhouse Band. Dancing from 9-1. Wear a costume and win a prize. Members \$2.00 per couple, Guests \$4.00 per couple. - 25 September - T.B.A. BINGO - Thursday 23 September - The Jackpot still hasn't gone!! Starts at 7:00 p.m. \$1.00 per person. Dancing afterwards. Look elsewhere in the Voxair for more information on "Fashion on the Move" coming on 3 October 1976.

"FASHION ON THE MOVE"

On Sunday, 3 October 76 the Jr. Ranks Mess is hosting a Fashion Show at 2:00 p.m. in the Main Lounge. This is open to all service women, wives, and female employees on the Base. There will be a professional commentator, refreshments, and door prizes. Admission is \$2.00 per person. Tickets are available from the Mess Office, Building 61, Canex, and Club Committee members. Also, Ms. Joan Brown will be selling tickets at Lipsett Hall during Fall Registration Time. If you want tickets and can't find any, contact MCPL. Gordon, Local 331, or the Mess Secretary, Local 566, or CPL. Vass, Local 226. Proceeds will be going to the "Big Brothers" organization so come out and see the Fall Fashions.

Boy Scouts Of Canada - 51st Group



CFB WINNIPEG NORTH SITE REGISTRATION FOR BOY SCOUTS AND CUBS

The 51st Group Boy Scouts of Canada will hold a registration night for Scouts and Cubs from families living on the North Site of CFB Winnipeg as follows:

CUBS 6:30 to 8:00 p.m. TUESDAY SEPTEMBER 21, 1976

SCOUTS 6:30 to 8:00 p.m. WEDNESDAY SEPTEMBER 22, 1976

Scouts and Cubs must be accompanied by a parent for the registration which will take place in Building 81 which is West of Sharpe Blvd. before the entrance of the camp. Turn right off Sharpe Blvd. towards TRANSAIR and you will see the sign. ***

THE 51ST GROUP BOY SCOUTS OF CANADA NEEDS YOUR HELP

The 51st Group Boy Scouts of Canada, serving the Canadian Forces Base North Site requires parent participation in the Group activities which will commence in mid September on the Base.

Any member of the community interested in youth or youth oriented activities may become a Group committee member or a Scout or Cub leader.

Single personnel can also become involved in the movement. Experience is NOT required and training will be provided for assistant leaders and leaders.

Please contact the Group Committee Chairman, Major E. Selwyn of Local 221 or the Group Secretary/Treasurer, CWO. Jim Jamieson, local 401 or home at 888-8063.

mean we know all there is to know, we ourselves are still learning. You can never know enough about ceramics, as there are always new techniques being developed. A special thank you to you all for the surprise party and lovely gifts you gave Marlene and I, and the meal was superb. To Bev who opened up her home to all of us and made everything so pleasant, Thank you Bev. Back to Business. Classes for new members will begin Regular operating hours

for the ceramic club w commence on Monday, 20th Sept. 1976 at 7 p.m. Hours of operation will be as follows:

Monday 7 p.m. - 10:30 p.m. Tuesday 1 p.m. - 4 p.m. Wednesday 7 p.m. - 10:30 p.m.

All supplies needed for this craft are available at the ceramic shop. Pour your own greenware from our own selection of molds or choose from our varied selection of outside greenware. Hope to see you on the 20th Sept. Jan

Voxair Variety

BY JOHN LAUDER

The MANTOFA THEATRE CENTRE has announced its playbill for the upcoming season. Like the traditional bride's clothing, it will consist of something old, something new, something borrowed and something blue. The "blue" plays will of course be staged at the Warehouse Theatre, in keeping with past tradition.

The opening play will be old, Shakespeare's *Twelfth Night*, the hilarious mixture of music and comedy, a kind of oldie but goodie. This will run from October 15th to November 6th, and will be directed by Edward Gilbert, who has brought us many hits in the past.

Next, on November 19th til December 11th, will be *All Over*, by Edward Albee, who is a two-time Pulitzer Prize winner. This tells of a family gathered at the bedside of an eminently successful and prominent man to await his impending death. Wife and mistress are there, as are his son, daughter and best friend. They are forced to confront each other - and themselves - in a more direct manner than they have ever dared in the past. The production will be directed by Arif Hasnain.

Relatively Speaking in early January, is by British playwright Alan Ayckbourn, and was recently presented in London for several years. This one is a comedy in the best tradition of the London stage, and also explores family relationships, but in a lighter vein.

For the midwinter freeze period, we will again be blessed by a musical, in this case *Dames at Sea*, which will run from February 11th to March 5th. This spoof of the Busby Berkely musicals of the 30's had a long and successful off-Broadway run a few years ago, and won awards as the best musical of the year. Lots of music and dancing, it should be some pure entertainment.

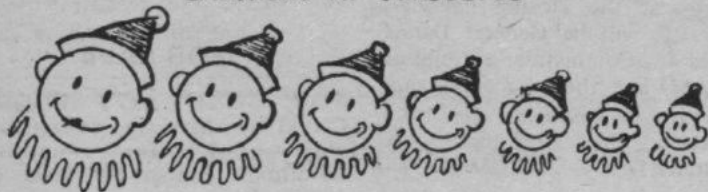
Following will be Arthur Miller's *The Crucible*, the story of the early American witch trials, and finally Oliver Goldsmith's farce *She Stoops to Conquer*. All in all, it looks like a fine season.

Season tickets, which give you six plays for the price of five, can be obtained by calling 942-6537 for reservations and/or mailing.

Also pushing season tickets are the WINNIPEG SYMPHONY ORCHESTRA, for their eleven concert series through the winter, and the ROYAL WINNIPEG BALLET, who offer four presentations over the season. While I am not in the business of selling tickets for these organizations, I tend to recommend them. On the cold winter nights one will stay at home unless committed to go out, and if you must use the tickets, you find enjoyment at the Concert Hall, plus the added advantage of avoiding the tired old stuff on the tube. Nothing (except flying for pilots, and throwing monkey wrenches for tech personnel) beat live entertainment.

Upcoming in October, a live and direct report to VOXAIR on the activities of the current London stage season, to be provided via air mail, provided the British postage rates hold down to the new Canadian standards.

LAUGHING AT OURSELVES



by John Semeniuk

SEXY SAILING - A Minister of the Gospel was transferred to a new parish. Immediately after his arrival, the local Ladies' Guild asked him to give a sex education lecture. Although he wasn't keen on giving such a lecture, the Minister decided not to offend any members of his new church and consented to give the lecture. Since his wife held very strong views on the subject of sex, and realizing that she would be unable to attend the lecture, the Minister decided not to reveal the topic of his lecture to her. When his wife asked him what the title of his lecture was, he vaguely indicated that it had something to do with sailing. The day after the lecture, one of the members of the Ladies' Guild met the Minister's wife in the local shopping centre. "Your husband gave a marvelous lecture last night. He certainly knows his topic!" stated the young lady from the Guild with obvious sincerity. Puzzled, the wife replied, "That's funny, he's only

done it twice. The first time he got sick, and the second time his hat flew off!"

UN-BRA-LIEVABLE - One of our service gals swears that she has a friend whose living bra died of malnutrition.

THING KING: After losing his way in the jungle and wandering aimlessly for days, a missionary suddenly came face to face with a man-eating lion. The missionary immediately knelt and began to pray. Much to his surprise the lion did the same thing. "Saints be praised", cried the missionary, "I'm saved!" "Quiet", roared the lion, "Can't you see that I'm saying grace!"

WARNING: That argument you won from your wife isn't over yet!

Protestant Chapel News

A SENSE OF HUMOR

This is my first article in Voxair as a Chaplain at CFB Winnipeg. For some time now, I have cogitated, meditated, ruminated and inwardly debated as to what I should write. It seemed that my mind was a blank and that some evil force had desecated the fertility of my thinking process. A sense of panic set in and I thought for a time I should hibernate.

However, like a bolt of lightning an idea fulminated onto the recesses of my mind. Why not write about a sense of humor. So I shall put the dictionary away and use words I can understand.

One of the most beautiful things about the late Lester B. Pearson was his ability to laugh at himself. Through some of the most trying periods of his life, he could sit back, see himself in proper perspective and laugh.

Most of us are afraid to laugh at ourselves. We are afraid to look foolish in the eyes of other people. Therefore, there are many things in life we never try to attempt. There are opportunities to serve that we miss because we don't want to make a mistake. We all make mistakes; we all have embarrassing moments in life. We all have our own foibles which make other people laugh.

A sense of humor about ourselves can give us a new found confidence. If we can laugh at ourselves, then other people will not laugh at us; they will laugh with us.

SIGNED:
D. W. Hilton Capt
Chaplain (P)

OUT CROOKED (?) - While sunning themselves at the beach in Miami, two vacationing business men struck up a conversation. "I'm here on insurance money," said one of them, "I collected fifty thousand dollars on fire damage." "That's a coincidence," replied the other, "Because I, too, am here on insurance money - I collected one hundred thousand for flood damage." After a long, thoughtful pause, the first man who spoke asked, "Tell me, how do you start a flood?"

THE MARRY GO ROUND: An optimist showed up at the court house the other day to find out when his marriage license would expire.

AD LIBS: The following ad appeared in the personal column in one of our leading daily newspapers: "If the party who stole a set of castrating knives will stop by at the office where he got them, the owner will be happy to give him a personal demonstration regarding the correct technique of using these fine instruments!"

PLANE TALK: One of our jet jockeys crashed landed on the desert and was forced to walk a great distance before finally reaching a small farm at the edge of the desert. Crawling to the farmer, he asked for and was given water. As the farmer prepared to take the man into the house, he attempted to brighten the exhausted pilot's outlook by

CHAPEL SERVICES

PROTESTANT CHAPELS	RC CHAPELS
CHAPEL SERVICES	SERVICES SCHEDULE
Chapel of the Good Shepherd Corner of Whytefold and Silver Tel: 832-1311 Loc 417	Our Lady of the Airways Whytefold and Silver Tel: 832-1311 Loc 272
DIVINE WORSHIP 11:00 a.m. 1st, 2nd, 3rd and 5th Sunday	MASSES: Saturday - 7:00 p.m. Sunday - 11:00 a.m. Weekdays (Tue and Thurs) 4:45 p.m.
HOLY COMMUNION 9:15 a.m. 1st and 3rd Sundays 11:00 a.m. 4th Sunday	St. George's Chapel Kenaston Ave. Tel. 888-1331 Office: 889-9173
St. Andrew's Chapel Corner of Grant and Kenaston Tel: 889-9173	MASSES: Sunday - 10:00 a.m. Weekdays (Wed and Fri) 4:45 p.m.
DIVINE WORSHIP 10:30 a.m. 1st, 2nd, 3rd and 5th Sunday	SUNDAY SCHOOL Sunday 9:30 to 10:30 at CFANS Bldg. 86 (North) Saturday 4:00 to 5:00 p.m. St George's Chapel
HOLY COMMUNION 9:15 a.m. 2nd and 5th Sundays 10:30 a.m. 4th Sunday	BAPTISMS and MARRIAGES by appointment (Marriage courses are taken whenever possible, contact your pastor four months ahead of time.)
OCCASIONAL SERVICES Baptism - by arrangement with the Chaplain Marriages - arranged through the Chapel offices with at least three weeks advance notice.	Maj. E. Cremona Base Chaplain (RC) Tel: 832-1311 Loc 272
Maj. J. P. MacLean Base Chaplain (P) Tel: 832-1311 Loc 417	Capt. H. E. Nowakowski Chaplain (RC) Tel: 889-9173 or 888-1331
Capt. D. W. Hilton Chaplain (P) Tel: 832-1311 Loc 417	
Capt. G. W. Shields Chaplain (P) Tel: 889-9173	
For duty Chaplain call Base Operator 832-1311.	

remarking, "Unlike all the jokes about farmers, I'm afraid that I'm one of those farmers who does not have a daughter." "How far is it to the next farm house?" croaked the physically drained, but still imaginative fly boy.

True, money can't buy you friends. But you can lease some dandy acquaintances . . .

In church one Sunday morning, a little boy pulled out his cap pistol and fired it during the sermon.

His mother yanked him to his feet and marched him outside, intending to punish him then and there.

A little old lady followed them out, saying, "Don't spank that boy - he scared the devil out of more people than the preacher has in 10 years!"

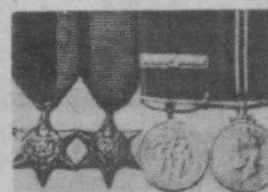
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Winsome Sunken Gardens welder, Debbie Sebel, may fall short of minimum safety standards for attire, but her equipment will pass any inspection.

PUT A VOXAIR IN THE
BOTTOM OF YOUR BIRD
CAGE.....

**William Tell
'76 Weapons
Meet Oct. 31**

OTTAWA—A composite team of aircraft and crew from four CF-101 fighter squadrons will represent Canada's Air Defence Group at this year's USAF-wide William Tell '76 weapons meet at Tyndall AFB, Fla., Oct. 31 - Nov. 21.

In past years, CF-101 squadrons held preliminary "shoot-offs" to determine which squadron would represent the Canadian Forces. However, because of Olympic manpower restraints, it was decided to form a composite team from squadrons located at Comox, Bagotville and Chatham.

Selected for the team from 416 Squadron, CFB Chatham, are LCOL. A. J. Sundvall and CAPT. P. M. O'Sullivan; from 425 Squadron, CFB Bagotville, MAJ. G. D. Lenis and CAPT. A. D. Hunter; from 410 Squadron, CFB Bagotville, CAPT. R. W. Walker, MAJ. J. F. Dale, CAPT. J. M. Dennis and CAPT. A. M. Hay; from 409 Squadron, CFB Comox, names will be advised.

Purpose of the meet is to demonstrate the capabilities of fighter-interceptor weapons systems and evaluate air-to-air weapons. Additionally, the event will commemorate the U.S. Bicentennial and foster public understanding of the role of USAF and Canadian air defence forces.

Of the 12 competing teams seven are from the active duty U.S. Air Force, four from the U.S. Air National Guard and one from Canada. Aircrew will fly the F-106 Delta, the F-4 Phantom, the F-101 Voodoo, and its Canadian counterpart, the CF-101.

The Canadian team will compete against two F-101 teams from the U.S. Air National Guard. They are the 142nd Fighter Interceptor Group (ANG), Portland Airport, Ore. and 147th Fighter Interceptor Group (ANG), Ellington, AFB, Tex.

Each competing team will be composed of about 40 airmen, including aircrews, weapons controllers and maintenance crews. Points for each crew will be included in the overall team score.

A winner will be determined in each of the three different aircraft categories. On hand to present the awards at the closing banquet, Nov. 21, will be General Daniel James Jr., Commander-in-Chief of NORAD and the host command, USAF Aerospace Defence Command, the largest component of NORAD.

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ENGAGEMENT: SGT. and Mrs. Milton A. Matthews wish to announce the engagement of their daughter Connie Georgina, to Brian M. Smith, son of Mr. and Mrs. Norman Smith of Carberry, Manitoba. 6155

10 PIN BOWLING. EMPRESS LANES. Monday afternoon. Interested call Shirley Brown at 489-9470. 6154

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DO YOU NEED A BABYSITTER? Call Service Family Information Centres. Babysitting co-ordinator, Mrs. Carolyn Jopling at 832-2250.

SERVICEMEN'S AUTOMOBILE Club, new car sales. Complete price listings. Order your 1977 models now. Contact MWO Paul Quinn, Bldg 87 Loc 604.

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