

# Spectrum

FOLLOWING THE CANADIAN FORCES

November 10, 1976

CANADIAN FORCES BASE WINNIPEG

Vol. 25, No. 19



## IN FLANDERS FIELD

In Flanders fields the poppies  
 blow  
 Between the crosses, row on  
 row,  
 That mark our place; and in  
 the sky  
 The larks, still bravely singing,  
 fly,  
 Scarce heard amid the guns  
 below.

We are the Dead. Short days  
 ago

We lived, felt dawn, saw sunset  
 glow,

Loved and were loved, and  
 now we lie

In Flanders fields.

Take up our quarrel with  
 the foe:

To you from failing hands we  
 throw

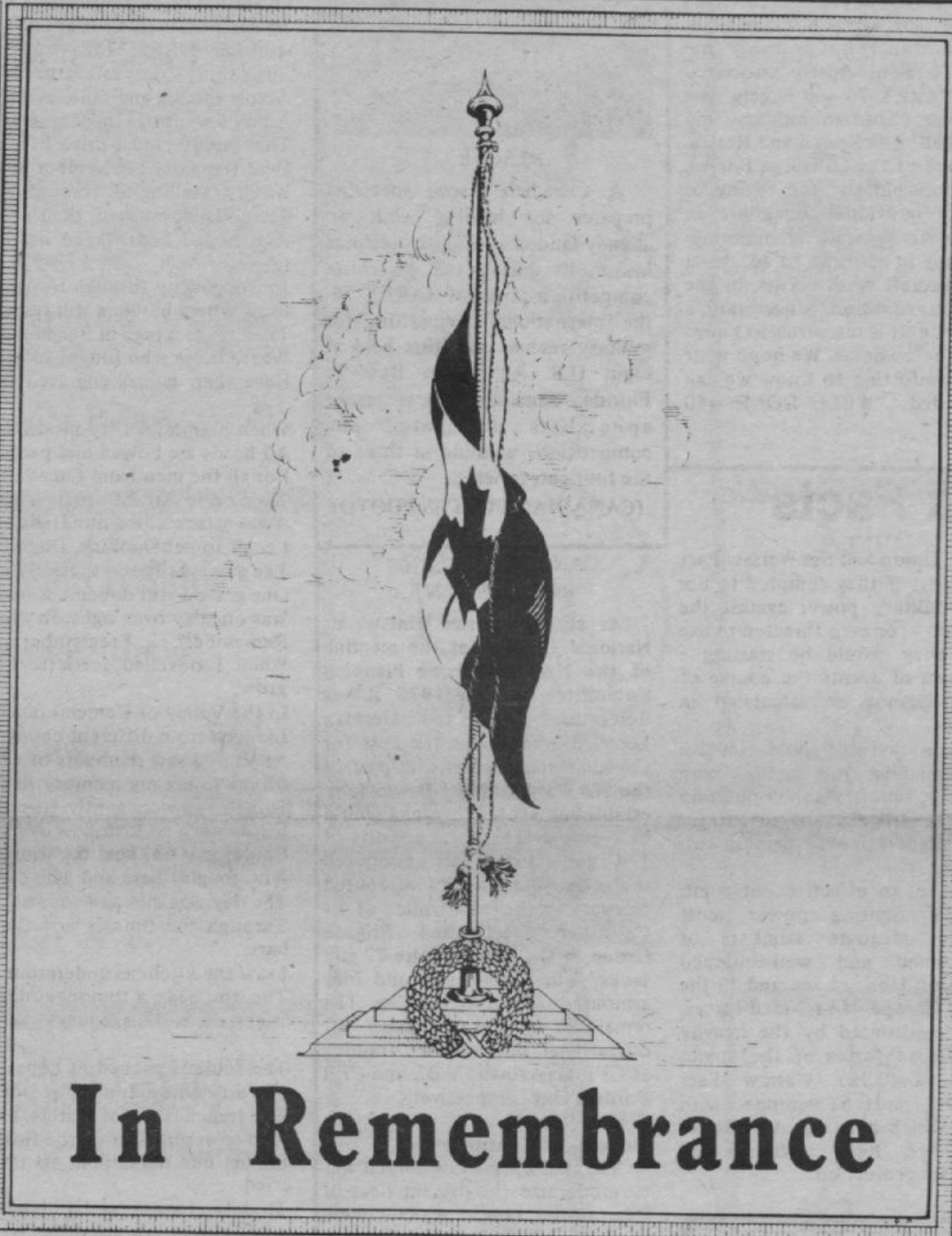
The torch; be yours to hold it  
 high.

If ye break faith with us who  
 die

We shall not sleep, though  
 poppies grow

In Flanders fields.

John McCrae



## In Remembrance

## Pilots Honoured



### LT. Robert A. Hansen

The city of Regina has named two streets in memory of LT. Robert A. Hansen and CAPT. Gary Falton. Both pilots were killed accidentally in an aircraft crash at Regina on 31 May 1976. The Regina City Council stated the citizens of Regina were deeply aware of the personal sacrifice exercised by both officers to avoid their homes, thus saving the lives of many Regina citizens. Robert Hansen was a member of 220 Red River Aircaadet Squadron prior to enrolling and was extensively involved in the Cadet gliding program. Robert's parents reside in Winnipeg.

## Troops Return Home

WINNIPEG — Troops from the Federal Republic of Germany have completed their annual training at CFB Shilo. More than 600 soldiers returned home by air from Winnipeg 22 and 23 Oct.

The training is conducted under terms of a 10-year agreement reached between Ottawa and Bonn in 1974. Each year, nearly 6,000 soldiers in 16 armoured and infantry battalions train for three-week periods on the Shilo ranges. Leopard tanks of the armoured battalions are similar to 128 being purchased from Germany for the Canadian Forces.

Approximately 40 German Forces personnel will remain in Shilo during the winter to provide liaison and continuity for the program which resumes in March 1977.



COL. M.D. Gates draws the winning ticket for the 20-in. SPECTRUM color TV. SGT. Jim Gushue and MWO. "Charlie" Chittick (BASE PHOTO) are assisting.

## Military Police Blind Fund Bingo And TV Draw

On 13 Oct 76, the Military Police held their annual BINGO and TV DRAW. The evening was a fantastic success.

The major draw, a 20-in. SPECTRUM color TV, was drawn by the Base Commander COL. M. D. GATES and was won by MCPL. "Ernie" DYCK, of CFB Winnipeg Base Defence Planning Section.

When the final count was made a cheque for \$1,600 was sent to the MILITARY POLICE BLIND FUND.

To make the night the success that it was we would like to thank, COL. GATES for allowing us to use the regular Wednesday night bingo. CAPT. John Konopetski and the BASE EXCHANGE staff for their assistance and support, Mr. Frank BRYSCH of SEARS display department for his assistance.

And to all the people who attended the BINGO and bought DRAW tickets. Thank you very much.



See page 8 and 9

**EDITORIAL  
EDITORIAL  
EDITORIAL**



**"Well done 440 Squadron SAR"**

A recent front page article by CFB Edmonton's Service Newspaper "Sea Land Air" dealt with CFB Edmonton's 440 Squadron's Search and Rescue Unit winning the honours in three categories at the annual Canadian-American Military Search and Rescue Competition (SAREX 76) recently held at Elgin Air Force Florida. The 440 Sqn rescue types have accomplished no mean feat. Yet its unfortunate but probably true that except for certain organizations and persons closely associated with 440 Squadron, their achievements at SAREX 76 will largely pass unnoticed and/or ignored by many in the Canadian military and certainly by the public at large. That's too bad! The Search and Rescue specialists are a unique and valuable resource of the Canadian Forces, whose courage and skills have been responsible for the saving of countless lives. It takes a special kind of individual to endure an arduous and demanding six month course in survival training, mountain climbing and rescue, scuba and water training in addition to advanced medical training. When the tragedy of an aircraft crash occurs, or the extrication of humans from various dangerous situations is necessary, a Search and Rescue team is usually first on site. It is reassuring to know that our CF SAR people are the best in the business. We hope your services won't ever be necessary, but its comforting to know we can count on the pros should they be needed. "WELL DONE 440 SQUADRON."

**Leopard Tank Facts**

In 1975 the Government reaffirmed its commitment to the Defence priority roles outlined in the White Paper of 1971, and approved the future structure and re-equipment of the Canadian Forces to carry out those roles. Included in this direction was the decision that the Canadian Forces in Europe, which form part of Canada's total military contribution to NATO, would continue to be equipped with tanks.

With this approval, an analysis of the options available was carried out and the number of tanks necessary to meet Canadian Forces requirements was determined. Particular attention was paid to standardization of military equipment within the NATO Alliance, a concept Canada has endorsed for many years.

**DETERRENCE**

NATO's strategy of deterrence is based on making clear to the

Soviet Union and her Warsaw Pact allies that if they tempted to use their military power against the Alliance - or even threaten to use it - they would be starting a sequence of events the course of which cannot be calculated in advance.

Those events could involve such appalling risks to their own territory, industry and population as to far outweigh any advantages they might hope to gain in this way.

To be an effective deterrent, NATO's fighting power must include adequate numbers of well-trained and well-equipped forces on land, at sea and in the air. In Europe, NATO land forces, being confronted by the heavily mechanized forces of the Soviet Union and her Warsaw Pact partners, must be equipped with tanks which have equal or better fire-power, high mobility and adequate protection.

**SAREX 76**



RESCUE

A Canadian rescue specialist prepares for landing while an already-landed specialist collapses his chute during the parachute competition phase of SAREX 76, the international competition for military rescue specialists held at Elgin U.S. Air Force Base in Florida. Canadian Forces rescue specialists dominated the competition, winning in three of the four categories.

(CANADIAN FORCES PHOTO)

**CANADIAN FORCES REQUIREMENT**

As stated by the Minister of National Defence at the meeting of the NATO Defence Planning Committee, in June 1976, it was determined that the German Leopard I tank was the best for Canadian requirements, as part of the NATO deterrent. It was later established that 128 tanks would be required. This total consists of 114 guns tanks, six armoured bridgelayers and eight armoured recovery vehicles. Units of 4 Canadian Mechanized Brigade Group in Germany require 77 gun tanks, four bridgelayers and four armoured recovery vehicles. The remainder would be used for operational and technical training at CFB Gaagetown, N.B., and CFB Borden, Ont., respectively.

**THE OPTIONS Modernized Centurions**

The first option considered was to modernize the present fleet of Centurion tanks which were originally procured and entered operational service in 1952. Modernization of the Centurion would have required the removal of all existing components, down to the bare hull, and replacing them with new components which could be maintained in a cost-effective way over the peace-time life-cycle of the tank and giving it the ability to fight and survive in war.

A Centurion modernization program to meet Canadian Forces requirements in the NATO environment would have entailed detailed studies and the production and testing of prototypes to ensure the necessary reliability and operational effectiveness. This would have involved a high degree of technical and financial risk.

Part one

of a two

part series

**Mommy  
What Does Remembrance Day Mean ?**

My dear, last night you asked me "What's Remembrance Day all about?"  
While you are only ten years old, how can I sort it out?  
Remembrance Day 'remembers' those that died for Freedom's cause  
For heroes brave who lost their lives - the Free World stops to pause.  
Eleventh month, day and hour so many years ago  
An Armistice of War was signed - no more we'd fight a foe!  
War One was back some sixty years and I am in my forties,  
No memory have I of that, I learned of it through stories.  
War Two long gone isn't clear to me as I was young then too  
Seven years of age in '39 and thirteen when it was through.  
But now I'm grown and memories still linger in my mind  
Of those I knew venturing forth for us in hope of Peace to find.  
My Grandfather, my Father fought in that First Great War  
And they felt sure the Armistice would stop guns ugly roar.  
But twenty-odd years later my Brother dear was sent  
Across the sea and miles away - to that same land he went.  
A boy I went to school with in Korea lost his life  
That families left behind him could live peacefully without strife.  
Dear Daughter I remember just twenty years ago  
When travelling all through Europe with my feelings laid quite low  
Seeing cities crushed, their people lost to all that they held dear,  
And hoped and prayed my children would ne'er know of war and fear.  
Journeying up through Holland at Nijmegen's famous bridges  
I saw where bunkers still remained atop not distant bridges.  
Then on to Ypres in Belgium saw the Menin Gate so grand  
Where those who fought so bravely to defend that little land  
Have their names engraved in granite - and a trumpet sounds out taps  
When a grateful City mourns our dead as dusk around them wraps.  
All heads are bowed and people stop and say a silent prayer  
For all the men from Canada that died so bravely there.  
Then on to Arras Corners where a monument still stands  
A gas attack killed hundreds more, most men from distant lands.  
I can't forget Dunkirk, Dieppe, the tragic scenes I saw  
The graveyards and the cenotaphs there by the sea so raw.  
One grave I still remember of a pilot downed by fire  
Was one day over eighteen years, his plane a funeral pyre.  
Remember? . . . I remember one day those years ago  
When I travelled forth to Flanders where those fields of poppies grow,  
In the Valley of Remembrance where soft Autumn breezes blow  
Lie men from different countries - beside them friend and foe.  
At Vimy I saw remnants of what a war can do,  
I'll try to tax my memory to picture it for you.  
Some cows were gently grazing amongst bomb craters there,  
Fields once so lush now scarred by war caused me to stop and stare.  
Could they not hear the sounds I heard of gallant men long gone?  
Who fought there and who died there and never did a wrong?  
The day was dull and sombre as I wandered here and there  
Through the tunnels and the trenches with my feelings laid quite bare.  
I saw the kitchens underground, the kettles that cooked meals,  
The iron beds, a tommy-gun, a mortars rusty wheels.  
Right there the sandbags stacked in rows, much higher than I could  
The soldiers packed in hopes that they'd prevent an enemies breach.  
For miles those tunnels wander through the Valley of the Somme  
The trenches full of craters, by some graves an unspent bomb.  
And towering over all the fields where gallant men have died  
Stands our monument to those who fought - at the foot of it I cried.  
That day I spent 'midst heroes was a day my eyes were wet  
And things I saw are still clear to me - visions I remember yet.  
As I sit here and I ponder and look ahead for you  
I pray to God that men on Earth will to Freedom's cause be true.  
Written for Monique Poltinek by her Mother, Laura, October 1975.

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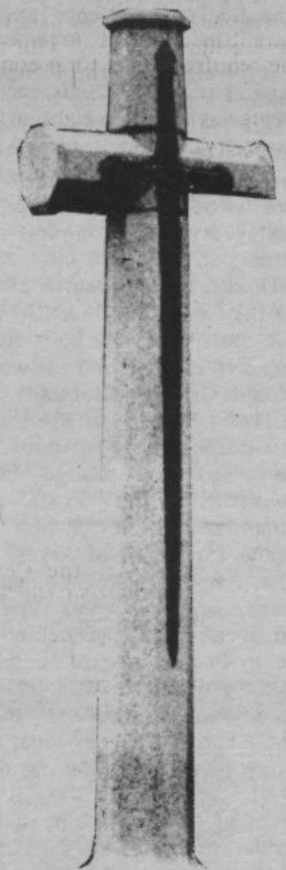
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# cfans news corner

NAV By T. G. BREMNER SQN

The Postings and Careers types are having at our staff again - despite our hopes to hold the line for a little longer yet, two more staff members have been given their walking papers. Major Al Kilpatrick has heard the call and with only about thirty days' notice will vacate the NSC office and report to a lofty, new position in NDHQ. The new job has a name, but there are so many initials involved that I can't remember the translation from one minute to the next. Even before Major K gets packed, Dave Collings will be out the front gate like a flash. The "Boy Wonder", UFSO, "Jet Jock Broomballer" and terror of the airways has a piece of green paper that says "California" on it. Dave, Cathy and the little "Miss" are headed for Mather AFB and the EWO course for about six months. Good planning, what? Gets to miss out on the whole winter. Suitable mug parties will occur at appropriate times, with Dave's being deferred until he finishes the course and returns to Winnipeg prior to launching elsewhere. Our best to Major Kilpatrick in his new endeavours and good luck to Dave while on course.

PCO/ANAV has scheduled their team visit to CFB Winnipeg for the period 12 Dec 76 to 15 Dec 76. The three member team will arrive on the Sunday Service Flight, hold a mass briefing Monday afternoon and conduct personal interviews Tuesday and Wednesday. Hopefully, the flight booking problems experienced last year will not reoccur to delay the visit again. All CFANS staff are reminded to advise immediate supervisors if a personal interview is desired, so that the ADMO can draw up the interview schedule. (ADMO wishes to have all names no later than 3 Dec 76).

My apologies to Master Craig Devin Walker for misspelling the Devin last issue - it's all your daddy's fault, he didn't enunciate clearly.

My compliments to the Base Food Services gang! I recently had the most pleasant experience of being served an absolutely DELICIOUS in-flight meal - STEAK!! Not only was it an excellent cut of meat, but it was prepared to the peak of perfection and even the rather crude reheating oven in the Hercules didn't do too much harm. A highly satisfactory and full-filling

lunch. The only thing that spoiled the whole effect was supper the same day - you guessed it again, ROAD RUNNER SUPREME! I do appreciate the steak though - keep up the good work. With a meal like that every now and then, even I can live with a chicken from time to time.

The Nav Flight is feeling the pinch again these days - multiple hot turnarounds and many, many trainer exercises are stretching the flight manpower resources to the absolute limit. So girls, if hubby comes home at some weird hour or other, fagged out, ill-tempered and generally out of sorts, don't throw the rolling pin at him. A little peace and quiet and a tall, cool beer will probably do wonders for his sagging spirits. (Might even convince him that you really do need a new outfit for the CFANS Christmas Party - December 4th!)

Keep an eye peeled for Wayne Crowell and lock your office door if you see him heading in your direction. Wayne is the energy conservation "warden" for building 84 and is presently surveying the situation with a view to disabling a lot of light fixtures to save on electrical costs. We'll have to watch him so he doesn't take out too many bulbs or we'll wind up with impaired aircrew vision. I must admit that I fail to see any reason for high electrical costs in Manitoba - if the province can afford to peddle great bags of the stuff to the USA, there must be plenty to go around at home. However, I guess the Base Commander has his instructions too, so we'll have to help cut costs: if you don't need 'em, turn 'em off.

Our "Command Visit" has come and gone and, unofficially at least, it would appear that CFANS was found to be in satisfactory running order. Unfortunately, I wasn't able to listen in on any comments made about the operation of the Nav Flight, but apparently our end of the hall was without major fault. The transition, still underway, has been a long, painful process but thanks to the industry and co-operation of all sections in the school we're staying ahead of the game.

Course 7602 has just about wrapped it up and are waiting patiently for their FM 26 (Checkride) briefing, so I must speak to the weather guesser and get things on the rails - see you in a couple of weeks!

## 7603 SANC



Front row left to right - Captains J. S. Lucas, C. G. Rogers, R. J. Wilson, G. R. Teale, T. D. O'Rourke, N. W. Davidson.

Back row left to right - Captains R. T. Johnson, C. A. Pasanen, D. L. McLaughlin, W. T. Johnson, J.E.P. Frenette, T. O. Wallace, J.E.G. Cloutier.

# ASC news news news

By CAPT. MEL WALKER

Bremner! the least you can do, if you're going to complain, is spell my kid's name right. It's Craig Devin, D..E..V..I..N meaning bard or soothsayer, depending on whether you're bilingual in Gaelic or French. It's not that southern English county where they make zum roight foin scrumpy. Anyway my appy polly logies to all one of my regular readers for missing the last deadline, but my wife lost a bit of weight on the eighth and I've lost a bit of sleep since then.

But I do have some Squadron news as well. Here, courtesy the fabulously fast foto finishers of floor two is the SANC picture, finally arrived, complete with names.

Ta raah after a dearth of three months we have SANC 7603. And, starting at the back reading from left to right first off we have my old Greenwood buddy smug smilin' Bob Johnson. Bob cross-trained here a couple of years ago and traded in his communications skills as a humanitarian on Search and Rescue for a pair of Argus, hired killer, nav wings. Next in line is Al Pasanen another Argus type with two overseas postings behind him, one to Prince Edward Island, the other to Vancouver Island. Denny McLaughlin is also showing his MAG badge. An ex-radar tech Denny loves flying the old Goose on 415. He wants to see it's life extended forever. Tom Johnson, no relation to Bob, MOTU's around Greenwood with 404 when he's not on SANC. Base photo also assures me that their lights aren't designed specifically to blind Johnsons. Phil Frenette comes from the other four-engined group, to wit 435 in Edmonton. Trev Wallace? Well now I thought ev'ryone knew Trev. Why he's been around almost as long as I have. Seen most everything too as a radar tech on RO (what's that) and now an AI on 409. Gaston Cloutier (after you Alphonse?) is already the bane of my life. How can such a young buck know so much about nav systems? Heck, it took me the difference in our ages to find out all that stuff.

Now for the lazy bunch sitting down on the front row. Steve

Lucas, our own six million dollar man, is a recent graduate from downstairs. Well, would you believe two years. Steve claims he's 3/4's the way through a six million dollar aircraft viz C130 tour with 435. Charlie Rogers is out claiming my title as the Omega man. You'll have to sweat blood for that one Chas if you ever intend to stop 415 from flying in ever decreasing circles. Rudge Wilson is another good guy ex RO Maritime Nav. What more could you want? I mean compared to Gord Teul who has never experienced the thrill of "Low Flight".

"Oh I have slipped the solid feel of earth  
And crashed the waves on stiff  
Brittania wings  
Seaward I've flown and left a  
hundred things  
I didn't think of: dividers, tape  
and charts"  
(with apologies to James Gillespie McGee, Jr. and some Unnamed Maritime WAG.)

Gord, after my dissertation, has spent all his time above 33,000 in Clunks and Voodoos and Clunks, and rumour has it they're going to give him a real Falcon, nice airplane to play with next on 414. Tim O'Rourke, now they're's a foin name for ye, also resides in the back seat of a Voodoo. Ex 409, he's going up in the world. All the way to 410 in "la belle province". And at the end we have Wayne Davidson, the other half of the Herc contingent. What? you mean 436 can't tote twice as much as 435?

Anyway there they are all wrapped up and ready to visit the Funny Fa'm next week as MAJ. Boyd and our intrepid Polaris Editor guide them through the Labyrinth of Minus up in Ottawa.

Meanwhile back at the ASC. ASC 29 are all buckling up in about an hour and a half from now to go on a tour of Colorado Springs, Offat and Grand Forks. Since I'm on the tour I've got to go too. So next column I'll have lots of dirt on ASC 29. Photo have even promised me a picture.

So long

Mel.

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# 429 SQN BISON BREW



Howdy Herd! This issue of the Bison Brew is coming to you from 28,000 ft. over Ontario with John Crocker looking over my shoulder, Uncle Lou reading "Educational Magazines" and an airplane full of navs asking "Where's the sun, where's the sun?" It could be worse. They could be asking "Where's Winnipeg".

**PEOPLE IN THE NEWS:**

Rick Pocket managed to get home to Flin Flon recently for a weekend on one of our Hercs. When we picked him up on Sunday he told us that he would probably be recovered by the next Friday. Jim Humphrey has recently re-joined the select group in the 429 Operations Section. He's so excited! The ICP School returned recently from their swan to England. The trip was a complete success. (Hutch only got lost twice.) The Commander of 15th Training Group has been keeping himself busy lately with two students. Bill says that things have been terrible since the Manpower Study Team cut his Command Staff by 33%. "Corvette John" Lumley has returned from Staff School. His first day back he wanted to write a memo telling everyone about the course. Bob McCreadie tells me that 2,200 people have jumped from his airplane in the last 18 months. What does that tell you about his flying ability? Bob rents his airplane to parachute enthusiasts and at an average of \$5.00 a jump it's a great supplement to his income as well as an exciting hobby. Give Bob a call if you want a cheap jump! Les Putland was recently presented the CAF White Seal Award for having jogged 2,400 miles. Well done Les! He says that he gets 1,500 miles per pair of sneakers and then has to take them in for re-treading. Hal Steffler is off shortly for the Advanced C130 Course in Trenton. Go get em,

Hal! Flash ... Somebody saw Hart Kelley at work recently! Leo Quinlan has a deal for everybody who buys Canada Savings Bonds in November. Give him a call! Glen Morgan has just finished refinishing the 429 Sqn/CFANS Hic Cup Golf Trophy. He did a beautiful job and the squadron thanks him. (He soaked us \$10.00 for labour.)

**JAM TRIP OF THE MONTH:**

Hands down winner! 429 Sqn. will airlift some Air Command representatives to Norway in November. The lucky crew is MAJ. MacIntyre, Bill Stenberg, Lou Paproski, Warren Everett, Wally Prokuda, Dan Jones and Wayne Harker. They expect to be gone 10 days unless unavoidably detained in Stavanger or some such dull spot.

**SQUADRON HAPPENINGS:**

As mentioned above, plans are firming up for a 429 Airlift to Norway. Some folks from CFANS will also be coming along to do some check rides. It works like this! Nav A checks Nav B; then Nav B checks Nav C while Nav A watches B checking C; then C checks A while B watches and when it's all over everyone is checked out to Navigate to Norway and back. Confusing?

**JOKE:** The US Presidential Election.

## Cadenza

Once more Hallowe'en and there's been frost on the ol' pumpkin for sometime as old man winter closes in on us again. This of course is usually a sad time of year for we warm weather aficionados but this year it's a bit bluer yet as we once again say another farewell to a long time member of the band. This time it's "Goodbye and Good Luck" to SGT. Jim Kirby as he, his wife

## Met School Celebrates Second Anniversary



The staff of the Canadian Forces School of Meteorology (CFSMET) recently celebrated the 2nd anniversary of their arrival at CFB Winnipeg by getting together for this group photo. Missing at photo-taking time was our Adm Clerk PTE Liz Kozakowski. In the two years span, the School has graduated 239 of the 259 students who have attended the various courses provided.

of several new and heavier works which are also slated for our upcoming concert fare. A 35-piece band has its work cut out for it when tackling works written for symphonic concert bands which usually have a membership of near three score. However, with much rehearsal, doubling, re-cueing, transposition and what have you, the results from a 35-piece band can be full sounding indeed. And so the work in and around buildings 47 goeth on.

Being a band librarian and looking after the thousands of tunes and pieces of all kinds that abound in such a place is a tough and demanding job. We are most fortunate to have SGTS. John Van Helvert and Bev Breedon giving many, many hours to ensuring that the library functions as it should. Updating the system usually means the digging up of long forgotten items such as were found last week. These Chappell Army Journal arrangements created quite a stir at McGill University where we sent them for carbon dating. More on this later.

On closing we would like to congratulate, albeit belatedly, SGT. Bud Miller on his passing his Private Pilot's License. Nice going, Bud! You wouldn't have anything to do with the request to widen the North-South approach to the bandroom parking lot, would you?!

And readers, please keep those cards and letters with hair clippings and things coming. It's always great to know that you really are out there someplace ..... waiting!

Linda, and their two children leave us for Jim's new posting at CFB Chilliwack in the heart of the Fraser Valley.

Jim played tuba, and electric bass with the band and dance bands over the years and his organizational abilities came to the fore continually to the assistance of the Band's Social Club activities and the bands morale at coffee break. The old urn just won't be the same without you, Jim. The very best to you all from us. Keep in touch won't you?

Two bright notes should be added here to sort of balance things up a little. And these are that former PTE's Lucy Ferguson and Bruce Smale are now CPL's Ferguson and Smale. Congratulations to you both.

Our bands within the band are, as usual, busy these days. With the recent month of Oktoberfest crying out for the Tuetonic tones of German bands, SGTS. Rick Watson and Barry Tyson were quick to get together a fine conglomeration called Der Sturm Und Drang 8 which played at CFS's Sioux Lookout and Churchill this past few weeks. A great hit wherever it went, the

SUD's 8 presented some mighty authentic Liederkrantz as well as a whole variety of the more Kanadisher fare. Special thanks must go to SGT. Ron McGee from Base Engineering whose talent on double bass and fiddle had them swingin' from the rafters. Just great to have us with you, Ron!

The 5-piece "Commandaires" combo were also doing a little "note tying" with the odd splice thrown in at a Ball in the Wardroom of HMCS "Chippawa" which was followed closely with another gala evening at the Officers Mess at CFB Portage La Prairie.

Another band within the band is the large 17-piece AirCom Stage Band under the capable direction of SGT. Ed Philip which is in rehearsal these days to add yet another dimension to the concert band's concert performances. Our programs will now feature this group in a fifteen minute display of the latest in big band sounds so if you like big bands here's one more reason to come out and hear us when you have a chance.

The complete concert band, which includes all the aforementioned bands within its entirety, is also nose to the manuscript these days as it begins to unwind and set into smooth motion the musical complexities

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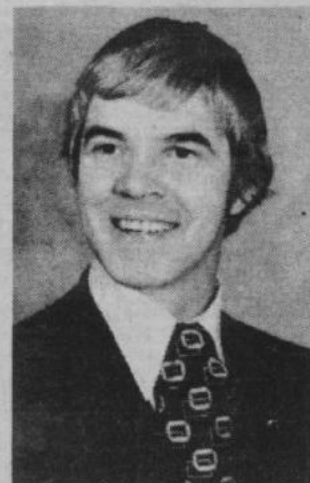
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<p>Sun. 7</p> <p>Get a girl who's hard to date?</p> <p>Take her out to the MOVIES!</p>	<p>Mon. 8</p> <p>NO SHOW</p>	<p>Tue. 9</p> <p>Wed. 10</p> <p>BREAKING IN</p>	<p>NO SHOW</p>	<p>Thu. 11</p> <p>NO SHOW</p>	<p>Fri. 12</p> <p>It's a hilarious outrageous road race.</p> <p>THE CUMBALL RALLY</p>	<p>Sat. 13</p> <p>SHARD OF SHERWOOD FOREST</p>	<p>Sat. 13</p> <p>NO SHOW</p>
<p>Sun. 14</p> <p>Mon. 15</p> <p>Mother, Jugs &amp; Speed</p>	<p>Tue. 16</p> <p>Wed. 17</p> <p>Confessions of a Window Cleaner</p>	<p>NO SHOW</p>	<p>Thu. 18</p> <p>NO SHOW</p>	<p>Fri. 19</p> <p>SILENT MOVIE</p>	<p>Sat. 20</p> <p>NO SHOW</p>	<p>Sat. 20</p> <p>SILENT MOVIE</p>	
<p>Sun. 21</p> <p>SILENT MOVIE</p>	<p>Mon. 22</p> <p>Tue. 23</p> <p>THE ADVENTURE YOU'LL NEVER FORGET</p>	<p>Wed. 24</p> <p>THE NIGHT CALLER</p>	<p>NO SHOW</p>	<p>Thu. 25</p> <p>NO SHOW</p>	<p>Fri. 26</p> <p>To Be Announced</p>	<p>Sat. 27</p> <p>THE MAN CALLED FLINTSTONE</p>	<p>Sat. 27</p> <p>To Be Announced</p>
<p>Sun. 28</p> <p>Mon. 29</p> <p>CLINT EASTWOOD THE OUTLAW JOSEY WALES</p>	<p>Tue. 30</p> <p>Wed. 1</p> <p>David Bowie The man who fell to Earth</p>	<b>COMING</b>					
		<p>Charles Bronson &amp; Ray Stiles</p> <p>St Ives</p>	<p>An Extraordinary Adventure into the Unknown</p> <p>SHADOW OF THE HAWK</p>				

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THE MONARCH LIFE ASSURANCE COMPANY

# Television In Review

by Ken Bernard

"OF NEWS AND STARS AND THINGS"

The over-coffee-comment of "I'm back to CBC . . . I can't hack those two guys!" may well sum up the reactions of many people to the novelty that has been introduced into our national institution of the "Late News".

Lloyd Robertson moved from CBC to CTV; in doing so he left behind a more than small group of satisfied viewers of "The National"; he took on the CTV version of the same, not to replace Harvey Kirk, however, but to join him. He might have been better to stay away from the news altogether, and give himself to other journalistic programming instead.

His presence doesn't really add to the format and style of the CTV news. This doesn't mean that his talents are in doubt nor that the quality of the news show considered to be low. Rather he seems to have been shoe-horned into an existing show, bringing along some of the style of another show. The results are a little unsettling. (It was interesting to note that during the first week the cameras and switchers didn't quite know what to do with Lloyd being there.)

The premise behind this teaming up of news announcers is the star system. Two stars on one news show should attract twice the audience . . . right? Wrong. The institution of the late news does not lend itself to stars, whether it be on CBC or CTV or Radio-Canada. That is because the institution is bigger than the people who announce the news. As well, it is very difficult to make sound judgements using the star system as a premise in a country that does not accept the star system as part of its reality. But, then, the network producers will have to try and figure that out.

This moving around of announcers does give us a chance to do some comparing of the CBC and CTV late news programs. For instance, they both run 20 minutes, however CTV breaks up the news for commercials and CBC does not. This is perhaps the major difference and the most troubling. The national institution of the late news is somehow very special and does not lend itself easily to being violated by commercial breaks. The CTV producers have missed that point for years. We expect the news to be a service that we get from the stations and networks for free . . . at least uninterrupted by commercials . . . at the beginning and end OK . . . but not during!

As well, they both have a kind of editorial as part of the news package, only CTV includes this "Backgrounder" as part of the 20-minute package while CBC makes it a bonus: that's a plus for CBC. The Backgrounder is much like the editorials of a newspaper, in that it is delivered by one person with a corporate image; the CBC gives us "Special Assignment" in which the various news journalists are given a chance to do some in-depth reporting and commenting. That's another plus for CBC.

They both fare pretty well when it comes to the quality of journalists and announcers; both news programs flow comfortably and well, with humour and human interest added to the tragedy and bad news. There is no doubt that the presence of two people at the news desk does free things up a bit more, for they can talk to each other and the like. CTV gets a plus for that. It is good for the viewer to realize that the announcer is not sitting alone in a room, but rather is surrounded by a rather large multitude of people. On CBC George Finstad has the happy custom of talking to the studio personnel at the end of the news.

A significant difference in TV style between these two news programs is the relationship of the announcer and the news items in terms of space on the screen. Harvey Kirk fills the screen in a tight head and shoulders shot, with the news item coming on after him. Lloyd Robertson is given a little more than half the screen with the news item behind him (often in a very odd position). On CBC the announcer of the news is given less than half the screen. (As a further comparison note that on Radio-Canada the news announcer is given about a quarter or even less of the screen).

If the star system is being used as a framework for the news program then the announcer becomes "Mr. Important" and the show is built around him (or her). That is the system the U.S.A. networks use, and it works for them. It is not a very successful system for us in Canada because for us the news is primary and we watch or listen to those stations that have a good summary and presentation and not for the star quality of the announcer.

All this doesn't mean that viewers don't grow fond of the announcer and tend to appreciate his particular style and qualities. It does mean that the "anchor man" is not that significant as an individual. We just want the news.

So, what do two readers add to the CTV late news? Not much really. We're happy to see Lloyd Robertson still working, and we hope that he'll get a chance to function more freely as a TV journalist while he is at CTV. But will his presence bring about a mass switch in viewing habits? Probably not.



## Isolation Unit To Zaire

OTTAWA—A medical isolation unit left Ottawa Oct. 20 aboard a Canadian Forces aircraft for Kinshasa (formerly Leopoldville), Zaire, to help combat a highly infectious killer fever tentatively identified as Marburg (or Green Monkey) virus.

A C-130 Hercules transport from Trenton, Ont., flew the unit and technician to Brussels, and the remaining flight to Kinshasa is arranged by U.S. authorities.

The equipment, called a portable plastic bed isolator unit, and the technician, Sergeant George J. Colbourne, 37, of Mattawa, Ont., are being provided at the request of the Centre for Disease Control in Atlanta, Ga. The request was received by the Department of Health and Welfare.

The Centre is leading an investigation team of medical experts from the United States, United Kingdom, Belgium and South Africa to Zaire in an attempt to combat this latest outbreak of the disease.

There have been over 300 deaths reported in the past two weeks, in northern Zaire and the southern Sudan, from this highly infectious, virulent disease. It is similar to Lassa fever but appears to have a higher mortality.

The unit — one of three in Canada, and the only ones in North America — will be used should any of the investigation team contract the disease. The units are owned by Health and Welfare but held and operated by the Canadian Forces.

SGT. Colbourne instructed the team authorities on the equipment, and returned to Ottawa approximately Oct. 28.

The first outbreak of Marburg disease, in 1967, was among a group of laboratory technicians in West Germany and Yugoslavia doing research on green monkeys from Uganda. Thirty-one technicians were infected and seven died.

There was another outbreak in 1975 when an Australian couple fell ill to the disease in Johannesburg, after hiking through Rhodesia. The man died.

This is the third and most serious outbreak of the disease since it was first identified 10 years ago.

## Appointment





CAPT. W.R. Kingsbury, Base Accounting Services Officer congratulates MCPL. Hutton on his appointment to that rank. (BASE PHOTO)

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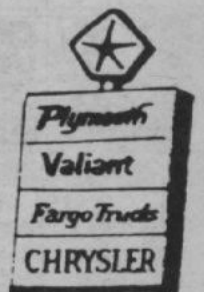
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## Protestant Chapel South

### A Lack Of Trust

Tomorrow the hymns will be sung, the bands play, the poppies worn and the wreaths hung. Minutes later the guns will be silent again, and the War Memorial will stand forgotten for another year. At eleven a.m. there will be brave speeches and great silent crowds; at five minutes past eleven one old warrior will be left with his medals, and his tears and his memories of lost buddies. In the crowd perhaps a little white-haired lady will weep for her son, while a youth, in faded bush-jacket and head-band, may let out a screech as he walks by the silent crowd with his hands in his pocket.

To many of us, the war is something we read about in history books. For those of us who bear no scars, the whole thing seems such a waste. It is doubtful if thirty years from now Remembrance Day as we know it will still be kept. When we ask ourselves the question — why did that generation have to die? — we can gloss the answer over — we can talk about duty and honour, words which would be foreign and probably insulting to many of the men who died.

The truth is that we all live in fear. Love is sent forth timidly, but we are afraid to accept it because that would require giving part of ourself away. Fear rules our minds, and out of fear comes war. Frightened men are afraid to pull back so they go right ahead to destruction. When war is over, men are still afraid, so they plunge back into war again.

Just as we are afraid to accept love because of the price we may have to pay, so we are afraid to trust God because of what He might expect of us, and because we cannot trust God, so we cannot trust each other — and our wars are giant monuments to this lack of trust. So the toll of a bell and the tears of an old veteran are embarrassments to us, for they are constant reminders of man's failure to trust.

It is important, and will continue to be so, that a nation; that an individual, take some time to think about the absence of trust — in God — in each other, that has become so much a part of living.

We are tired of being afraid: of wars and rumours of wars: our greatest desire is for peace. But the peace we often settle for is not a total peace for it is not based on total trust in God. Instead, the peaces which crumble are those which are based solely on mankind, and mankind is too unstable and too shifting to build any kind of peace upon.

The two minutes silence should be two minutes examination of our failures and time to declare our trust in God. Honour and sacrifice are worthwhile and provide us with inspiration, but at the same time we need to realize that failure is our more common condition.

It is becoming increasingly more obvious that these dead must serve as symbols of our failures, and that they must inspire us to put our trust in God even more firmly. So let us Remember them with affection, but at the same time let us accept the lessons they can teach us about failure — and trust.

## South Site Protestant Chapel News

The St. Andrews Chapel would like to take this opportunity to welcome all the new arrivals to the community and extend a hearty welcome to join us on Sunday mornings at 1030 hr. for Sunday services. During the service there are babysitting and kindergarten classes which accommodate children up to the ages of five.

After the service we have Sunday School classes for all other age groups, while the parents get together and chat over tea and coffee.

For this year's Sunday School Classes we have: Miss Betty Ann Meisner — Babysitter; Miss Debbie Carson — Kindergarten; Mrs. Kathy Houle — Gr. 1 & 2; Mrs. Claudette Carson — Gr. 3 & 4; Padre Gorden Shields — Gr. 5, 6, 7 & up.

Anyone interested in teaching Sunday School classes is certainly most welcome as we would like to break some classes up in order to have a smaller range of ages in each class.

"Youth Clubs"  
The youth club got underway for the first time on Sunday Oct 31; this youth club is a community effort from both South Site Chapels. Each Sunday all youths are welcome to drop around at Lipsett Hall at 2 p.m.

In the near future plans are being made for the youth club to visit the Tuxedo Villa (home for the elderly folks) and have a church service. So bring a friend along next Sunday at 2 p.m. at Lipsett Hall.

**Announcements**  
Baptisms — 24 Oct 76 — Owen Wade Budge — Son of CPL. and Mrs. Wade W. Budge.

31 Oct 76 — Shawn Michall Collens — Son of CPL. and Mrs. Jeffrey K. Collens.

7 Nov 76 — Candice Lynne Saunders — Daughter of CPL. and Mrs. Gary W. Saunders.

**Marriages**  
6 Nov 76 — Leroy Hartley and Rosaline Brown.

20 Nov 76 — Lawrence W. Davis and Debra Andrews.

27 Nov 76 — Kenneth G. Willerton and Marilyn Gospodyn.

The St. Andrews Chapel Committee Members are: Chairwoman — Claudette Carson; Secretary — D. Sabourin; Treasurer — Ron O'Neill; Social Convener — Shirley Brown and Gwen Hamilton; Choir Director — Dianne Arril; Publicity Writer — Vaughan Carson; Property Warden — Ron O'Neill; Sunday School Superintendent — Ron Meisner.

**Choir**  
We are in need of people for our choir. Interested! Come out to the Chapel Tuesday evenings at 6 p.m. for junior choir and 7 p.m. for adults (phone 489-3067).

## Protestant Chapel North Remembrance Day

As years go by, it is easy for us who never had to live in a trench or a fox-hole to forget the suffering and the sacrifice of hundreds of thousands of young Canadians who gave up four or six years of their lives to take part in the two cruelest and most inhuman events of human history.

Young kids just out of high-school, some of them too young to shave were called to lay down their lives because some nations and their leaders were

hungry for power and prestige. It was the kids in 1914 and 1939 who made the greatest sacrifice. Kids from every walk of life; kids who had their lives ahead of them; kids who had ideals and dreams and hopes and ambitions; kids who had not yet become cynical or disillusioned. They did not have time to lose their youthful idealism.

They died. They were slaughtered. They were maimed. Some were hurt so badly that although they were clinically alive, they appeared to be less than human. Some were forever warped or wounded mentally and emotionally. Kids, young kids who never had the chance to grow up.

This is a time of remembrance. It is not a time to glorify war. It is not a time to speak with worn out and empty "clichés". It is a time to remember; remember what we don't want to remember. Torn and twisted bodies; gaping bloody wounds; the sickly stench of death. Kids died; kids with their hopes and dreams and ideals and ambitions.

It is a time to be grateful, for without their sacrifice we might not have the freedom to protest, to voice our objections to government policy; to say what we think. It is a time to remember — let us not forget.

## From The Chaplain (R.C.)

On this Remembrance Day, I feel no more fitting tribute could be expressed to those who gave their lives in the cause of freedom than to quote the words of that most famous man of speeches and letters, that leader of World War II fame, Sir Winston Churchill.

**ON WAR AND PEACE**  
"If we can stand up to him (Hitler), all Europe may be free and the life of the world may move forward into broad, sunlit uplands. But if we fail, then the whole world, including all that we have known and cared for, will sink into the abyss of a new dark age made more sinister, and perhaps more protracted, by the light of perverted science. Let us, therefore, brace ourselves to our duties, and so bear ourselves that, if the British Empire and its Commonwealth last for a thousand years, men will say: "This was their finest hour." (Speech in the House, June 18, 1940 — The day of the French capitulation.)


**THE MIRACLE OF DUNKIRK**  
"I have, myself, full confidence that if all do their duty, if nothing is neglected, and if the best arrangements are made, as they are being made, we shall prove ourselves once again able to defend our island home, to ride out the storm of war, and to outlive the menace of tyranny, if necessary for years, if necessary alone. At any rate, that is what we are going to try to do. That is the resolve of His Majesty's government — every man of them. That is the will of Parliament and The Nation. The British Empire and the French Republic, linked together in their cause and in their need, will defend to the death their native soil, aiding each other like good comrades to the utmost of their strength. Even though large tracts of Europe and many old and famous states have fallen or may fall into the grip of the Gestapo and all the odious apparatus of Nazi rule, we shall not flag or fail. We shall go on to

the end: We shall fight on the seas and oceans; We shall fight with growing confidence and growing strength in the air; We shall defend our island, whatever the cost may be — We shall fight on the beaches; We shall fight on the landing grounds; We shall fight in the fields and in the streets; We shall fight in the hills. We shall never surrender, and even if, which I do not for a moment believe, this island or a large part of it were subjugated and starving, then our empire beyond the seas, armed and guarded by the British Fleet, would carry on the struggle

# CHAPEL SERVICES

<p><b>PROTESTANT CHAPELS</b></p> <p><b>CHAPEL SERVICES</b></p> <p>Chapel of the Good Shepherd Corner of Whytewold and Silver Tel: 832-1311 Loc 417</p> <p><b>DIVINE WORSHIP</b> 11:00 a.m. 1st, 2nd, 3rd and 5th Sunday</p> <p><b>HOLY COMMUNION</b> 9:15 a.m. 1st and 3rd Sundays 11:00 a.m. 4th Sunday</p> <p>St. Andrew's Chapel Corner of Grant and Kenaston Tel: 889-9173</p> <p><b>DIVINE WORSHIP</b> 10:30 a.m. 1st, 2nd, 3rd and 5th Sunday</p> <p><b>HOLY COMMUNION</b> 9:15 a.m. 2nd and 5th Sundays 10:30 a.m. 4th Sunday</p> <p><b>OCCASIONAL SERVICES</b> Baptism — by arrangement with the Chaplain Marriages — arranged through the Chapel offices with at least three weeks advance notice.</p> <p>Maj. J. P. MacLean Base Chaplain (P) Tel: 832-1311 Loc 417</p> <p>Capt. D. W. Hilton Chaplain (P) Tel: 832-1311 Loc 417</p> <p>Capt. W. G. Shields Chaplain (P) Tel: 889-9173</p>	<p><b>RC CHAPELS</b></p> <p><b>SERVICES SCHEDULE</b></p> <p>Our Lady of the Airways Whytewold and Silver Tel: 832-1311 Loc 272</p> <p><b>MASSES:</b> Saturday — 7:00 p.m. Sunday — 11:00 a.m. Weekdays (Tue and Thurs) 4:45 p.m.</p> <p>St. George's Chapel Kenaston Ave. Tel. 888-1331 Office: 889-9173</p> <p><b>MASSES:</b> Sunday — 10:00 a.m. Weekdays (Wed and Fri) 4:45 p.m.</p> <p><b>SUNDAY SCHOOL</b> Sunday 9:30 to 10:30 at C'FANS Bldg. 86 (North) Sunday 1100 to 1200 a.m. StGeorge's Chapel</p> <p><b>BAPTISMS and MARRIAGES</b> by appointment (Marriage courses are taken whenever possible, contact your pastor four months ahead of time.)</p> <p>Maj. E. Cremona Base Chaplain (RC) Tel: 832-1311 Loc 272</p> <p>Capt. H. E. Nowakowski Chaplain (RC) Tel: 889-9173 or 888-1331</p> <p style="text-align: center;">For duty Chaplain call Base Operator 832-1311.</p>
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(Address given in the House of Commons on June 4, 1940).

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Henry Nowakowski  
CAPT  
CHRC

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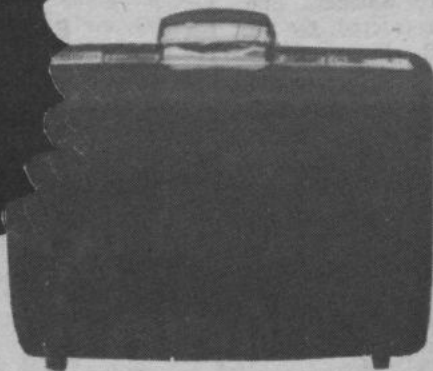
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# VOXAIR

## Sports & Recreation

### Prairie Region Soccer Championships



Portage La Prairie provided the pitches this year and hosted a four team tournament during the week 12 - 16 October.

The results of the tournament are as follows:  
Team Standings After The Round Robin

	WINS	LOSSES	TIES	POINTS
CFB Suffield	2	0	0	4
CFB Portage La Prairie	1	1	0	2
CFB Winnipeg	1	1	0	2
CFB Calgary	0	2	0	0

NOTE: Round Robin competition was not played Thursday, 14 Oct 76, due to extremely bad weather. At that point, round robin standings could not be changed no matter what the results of play during that day, therefore, all games were cancelled.

#### Round Robin Results

Tue 12 Oct

Suffield	6	Winnipeg	0
Portage La Prairie	3	Calgary	1

Wed 13 Oct

Suffield	4	Portage	2
Winnipeg	3	Calgary	1

Thu 14 Oct

All games cancelled due to bad weather.

#### Semi Finals

Fri 15 Oct

Suffield	6	Calgary	0
Portage La Prairie	2	Winnipeg	1

Sat 16 Oct

Suffield	7	Portage	0
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### Letter Of Appreciation

At the Prairie Region Soccer Championship held in CFB Portage la Prairie 12 - 16 Oct 76, CPL. Thompson was a member of the officiating team. As a member of this group, he contributed to the smooth and efficient running of the tournament.

His knowledge of the rules and his excellent control of games that

he was charged with refereeing resulted in the competitors having full confidence in his decisions. Also, CPL. Thompson's attitude and manner, both on and off the playing field, reflected his pride in his work and his high degree of professionalism.

Base Commander  
CFB Portage La Prairie



### Capt. Les Putland Runs Away With Prairie Region 3 Mile Road Race



LCOL. J. C. Poulter, representing the base commander of CFB Edmonton, presented CAPT. Les Putland with a medal for winning the 3 mile road race.

#### CFB Edmonton Hosted The 3 Mile Race 5 October

First CFB Edmonton	50 pts
Second CFB Cold Lake	78 pts
Third CFB Shilo	105 pts
Fourth CFB Moose Jaw	3 Competitions
Fifth CFB Winnipeg	1 Competition (1st place)
Sixth CFS Inuvik	1 Competition

#### Standings

##### Open

Name	Time	Place
CAPT. PUTLAND	16.27	1
MCPL. Odgen	16.33	2
LT. Pittendrigh	16.52	3
CPL. Hughes	16.59	4
PTE. Caron	18.04	6
LT. Crighton	18.07	7
PTE. Bain	18.10	8
PTE. Mack	18.13	9
PTE. Lewis	18.14	10
SGT. Grunninger	18.28	11
PTE. Roaen	18.32	12
MCPL. Mickey	18.46	15
PTE. Gaudin	18.47	16
MCPL. Pask	18.49	17
PTE. Alary	18.53	18
PTE. Murchison	18.59	20
CPL. Seeton	19.01	21
PTE. Paquette	19.27	23
PTE. Foubert	19.34	24
CPL. Baril	19.49	27
CPL. Darling	19.52	28
SGT. Underhill	20.31	30
CPL. MacLean	21.00	31
PTE. Brightman	21.29	33

##### Seniors

MCPL. Brisebois	17.29	Cold Lake	5
WO Sova	18.39	Edmonton	13
MCPL. Kelly	18.44	Edmonton	14
WO Baker	18.58	Shilo	19
MCPL. Christoff	19.08	Shilo	22
CAPT. King	19.40	Cold Lake	25
MAJ. Nesbitt	19.44	Edmonton	26
MAJ. Degrunchy	20.08	Cold Lake	29
WO Begg	21.22	Cold Lake	32
LT. Lortie	22.06	Edmonton	35

##### Females

LT. Forster	21.34	Cold Lake	34
PTE. Arsenault	22.08	Edmonton	36
PTE. Jones	22.11	Edmonton	37
LT. Loss	22.40	Cold Lake	38
PTE. Laroche	NF	Edmonton	

##### Individual Winners

OPEN	CAPT. PUTLAND L.M.	CFB WINNIPEG
Seniors	MCPL. Brisebois M. J.	CFB Cold Lake
Females	LT. Forster K. R.	CFB Cold Lake

### CROSS-COUNTRY SKIING



#### Ski Club Formed

A meeting was held 28 October to determine the interest in forming a CFB Cross Country Ski Club. The general aim of the club is:

- to promote, encourage and engage in the fun sport of Cross Country skiing
- to hold ski clinics and offer instructions for the beginning skier
- to arrange ski trips out of the local area

The result was an outstanding "Yes." With a "Go" decision reached, a steering committee was formed to get the ball rolling and the club organized. The first decision reached was to hold another meeting Wed 24 November at 2000 hours in the new Lounge, Building 90. The purpose of this meeting will be to:

- elect the executive
- adopt a constitution
- authorize club fees

Immediately following this meeting there will be a film on Cross Country Skiing followed by a short clinic to get the beginners ready for the first snow fall.

We would like to see all interested people make the effort to attend this meeting as we need your support in order to be a successful club. Who knows, you may even learn something from the clinic.

For further information contact CAPT. Les Putland Local 334, LT. Dick O'Ree local 715, WO Mike Cashin Local 394.

#### Bored With Training?

This is a fairly common problem. Perhaps introducing a little variety can help sustain interest.

You can start by going through your program at a fairly brisk pace without wasting time wandering around the room between exercises - it will help you finish faster and it will decrease boredom. You should try to work out with a friend, especially if you are jogging.

Many become discouraged when the program is too strenuous, so start easily and gradually increase intensity.

Changing the order in which you do your exercises and perhaps switching locale can also help prevent boredom.

But the most important aspect of motivation is to have a specific long-range goal to work towards rather than abstract goals such as "I want to get in shape." You might, for example, aim at losing 15lb in six months - or about 2 1/2 lb a month.



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# CFB Winnipeg Ceramics Club



Jan Thompson is busily engaged in placing greenware on shelves. (BASE PHOTO)



Trudy Shaffer pouring a mold.



Ruth Lecuyer is shown cleaning greenware in preparation for firing.



Marlene and Jan are having a quiet chat after a hectic evening.



## CFB Winnipeg Ski Club

An organizational meeting was held on Oct 20 with a fair turn out of interested skiers present. I would like to say thanks for the support of the ski club to the people that phoned and said they could not attend.

In the planning stages right now is a swap shop to be held on 29 - 30 Nov and 01, 02 and 03 Dec. More on this in the next issue of Voxair.

We also have a ski instructor who is a member of the Canadian Ski Instructors Alliance on staff at the Base Rec Centre (Westwin) and we are in the process of developing beginners ski lessons. These lessons would be given behind the Rec Centre later on in November or December, more on this later.

Ski trips to Mt. Agassiz are planned for 18 and 28 Dec, 08 and 22 Jan, 05 and 19 Feb, 05 and 19 Mar. Reservations for ski trips can be made by phoning LCOL Niles (Local 687) the Monday following the ski trip that just took place. For the first trip of the season (18 Dec) reservations will be taken commencing 06 Dec.

Membership cards are available through the following personnel: LCOL Niles (SSO Maint Sup) Bldg 16, WO Inglehart (CFSMET) Room 116 Bldg 84, and from MWO White (Base Rec Centre.)

If you have any questions regarding the Ski Club contact WO Gord Inglehart local 297.

## Walking Methods To Develop Fitness



**Interval:** Walk easy 30 seconds, brisk for 30 seconds. Repeat until reasonably tired. Progress by gradually increasing number of easy/brisk intervals and/or length of brisk walking.

**Continuous:** Select a specific distance or time limit and start covering it at an easy pace. Gradually increase pace from time to time.

**Tempo:** After easy walk warmup 5 minutes, walk at top speed for 60 seconds, walk easy to full recovery. Note: This type of walking should be done only when in good condition and never by persons with a cardiac problem.

**Military walk:** Normal brisk walk with emphasized arm action and a snappy but short stride, on interval, continuous or tempo basis.

**Long stride walk:** Using variations of above methods (interval, etc.) insert periods of walking in which the longest stride possible is used. This helps condition hips and buttocks and aids in slimming and firming this area.

**Stationary walk:** Life knees as high as possible. Start at easy pace and gradually increase speed. Use interval, continuous or tempo method.

**Complex walking:** Use a variety of the above methods in order to get the value from each system, changing each day.

**Hill walking:** Find a good hill, and after five minutes warmup on the flat, walk up hill briskly, and down slowly. Repeat as often as comfortable, gradually increasing repetitions. Cool off with easy five-minute walk on flat. For those in good condition only. Same system can be used on stairs at home.

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### 1976 CFB WINNIPEG SERVICE WOMENS & MENS BOWLING PLAYDOWNS

In order to form a mens and a womens bowling team to compete in the Regional Championships, CFB Winnipeg is inviting all interested personnel to participate in the playdowns, to be held 15 - 17 November, at the Westwin Alleys, commencing 0900 hours each day. All participants will have an opportunity to bowl twenty games over the two day period.

To offset the costs involved it will be necessary to levy a \$5.00 entry fee at the time of registration. Personnel may register nightly at the bowling ays from Mon - Fri, 1900 - 2100 hrs. The top six bowlers from each category will be selected to represent CFB Winnipeg.



CFB WINNIPEG 5 POINT CLUB CLUB MEETS THE SECOND WED. OF EVERY MONTH AT 1200 HOURS IN BLDG. 61 EAST END DINING ROOM. ALL MEMBERS OF THE MASONIC FRATERNITY ARE INVITED TO ATTEND

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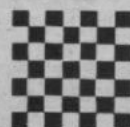
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Good size kitchen with good cupboards. BR's have hardwood floors.

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# Curling Corner

## CURLERS NEEDED

CFB Winnipeg Curling Club has openings for curlers in the following leagues:

**LADIES' AFTERNOON** - Tues/Thurs 1:15 p.m.  
(All curling done at the North Site (Westwin) Rink)

**LADIES' EVENING** - Friday  
Draws at 7 p.m. and 9 p.m.

For further details phone: Shirley Hanson 885-2472

## MEN'S LEAGUES

Monday League  
Wednesday League  
Tuesday/Thursday League

Phone: Capt VanDusen at 888-0113 or 489-8011

## MIXED LEAGUE

Sundays  
Phone: Gord Rudal at Local 677 or 889-7115

## JUNIOR CURLERS NEEDED

Phone: Bob Nichol (Westwin Rink) 837-6221  
or  
Keith Carlson (F.O.B. Rink) 489-9279

## BASE CURLING PLAYDOWNS

To determine which teams will represent CFB Winnipeg at the upcoming Region Curling Championship, it has been decided to hold the playdowns, subject to the following conditions:

Dates: 10 Dec, 13 - 17 Dec inclusive (depending on the number of teams)

Place: Westwin Curling Club  
Times: 0830 - 1600 hrs each day.

Registration Fee: \$5.00 per team \*payable first day of play at the club)

Cut Off Date For Entries: 3 Dec 76.

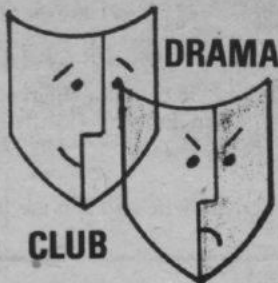
Entries will be received by the PERI staff Westwin gymnasium.

## Westwin Minor Hockey



**Coaches Needed**  
**Call Capt. Glen Nelson**  
**At Local 474 or 888-4529**

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## Questions On Fitness

WHAT IS the lowest resting pulse recorded for an athlete?

It is quite common to record resting pulse rates in the low 30's as compared with the average of 60-72.

The lowest recorded at the Fitness Institute in testing prominent athletes of all types was 24. This was Ron Clarke of Australia when he was still active as the greatest distance runner of his time.

A low resting pulse rate is usually an indication of high endurance capability.

WHICH ACTIVITY burns most calories: jogging or swimming?

Jogging. At average (slow) speed, jogging burns up between 700 and 800 calories per hour (depending on body weight). A swimmer using an easy crawl, burns up about 600 to 700 calories per hour. The reason is that while the jogger is working against gravity, a swimmer is supported by the water.

WHAT CONTRIBUTES most to swimming speed, arms or legs?

The arms do about 75 per cent of the work.



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## FITNESS

put your heart into it

Everyone is talking about fitness these days, but how many people are actually doing something about it?

Not many. Only 20% of the Canadian population has a desirable level of personal fitness.

With 80% of our nation with an undesirable or minimal level of fitness, it's no wonder that our nation's leading killer is heart and blood vessel diseases.

Preventative Prescription:

Practise a little preventative medicine and put your heart into the right place: jog, swim, cycle or cross-country ski at least 3-4 times per week, for 15-30 minutes per day. You may be preventing or retarding your chances of heart disease or heart attack. (And one out of every two Canadians die of heart and blood vessel disease!)

See your doctor about an individualized exercise program, and remember -

- start gradually
- its the regularity that counts, not how much you do.
- understand exercise and how it affects you - seek advice from experts
- you can't sit and be fit!!

For more information about the heart and exercise, contact Manitoba Heart Foundation, 301-352 Donald Street, Winnipeg, Manitoba, R3B 2H8.

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LAUGHING AT OURSELVES



by John Semeniuk

**FROM SEX TO SIXTY** — "I wonder if you can locate my husband for me?" asked a lady who had just arrived in Heaven. "What is his name?" inquired St. Peter. "Bill Smith," replied the lady. "My goodness, madam," Saint Peter stated patiently, "We have about four million Bill Smiths up here. Can't you think of some distinguishing characteristic?" "Well," mused the lady, "I do remember that just before he died, my Bill told me that if I ever was unfaithful to him, he'd turn over in his grave." "That makes it simple," Saint Peter said with a smile and turned to a Heavenly Page who was standing nearby, "Boy, go out and page Whirling Willie."

**RIGHT UP THE RIDDLE**

Q. What weighs six ounces, flies, and is very dangerous?  
A. A sparrow with a machine gun.

**GUYS AND DOLLARS** — Mr. McTavish and his wife decided to take a joy ride in a plane; therefore they went to a small airport to see if one of the pilots would take them up. McTavish turned white when he heard that the ride would cost him \$35.00. The amused pilot said, "I'll tell you what I'll do. I'll take you up for a half hour for half price providing that you don't say a single word while we're up." The McTavishes thought this was fair and boarded the aircraft. The pilot then took them on the wildest half hour ride that could possibly be imagined — looping the loop, riding upside down, going through dives and spins. Finally, he set the craft down on

the ground and said, "I've got to hand it to you, McTavish, it took guts to go through what you just went through without uttering a sound." "Aye," said McTavish, mopping his brow "But ya'll nee-ver know how close I come to talking when me wife fell out!"

**SCANDAL-MONGER (?)** — A little boy was asked what kind of a dog he owned. "Well," said the wee lad, "He's a mixture of a lot of dogs. You might call him a kind of cocker scandal!"

**ARTFUL DODGER** — One of our Privates who had just completed a six month's tour in Egypt, received a "Dear John" letter from his fiancée. The young lady not only returned his ring, but demanded that he send her picture back. He collected several pictures of various girls from his buddies and sent them to his ex-sweetheart with her photo tucked in among them. He enclosed the following note: "Dear Georgia: Pick out yours, I've forgotten what you look like!"

**BARBED BANTER** — She: "Would you put yourself out for me?" He: "Certainly." She: "Then close the door behind you!"

**OVER SIXTEEN (?)** — When asked how he'd made out on his date with a pretty coed, a college lad had a ready answer, "Not too good. Her father is a scoundrel furniture dealer, it's no wonder that she wouldn't allow much on the old chesterfield."

**Air Command Band To Perform At NORAD**



(CANADIAN FORCES PHOTO)

The Air Command Pipes and Drums of CFB Ottawa will perform at wrap-up activities for NORAD's William Tell '76, at Tyndall AFB, Fla. Nov. 19 to 21. And if a Canadian aircrew or weapons controller team wins top score at the air defence "Olympics", Pipe-Major Archie Cairns promises an extra tune or two from his airmen pipers and drummers. No strangers to NORAD events, the band performs annually at NORAD HQ ceremonies in Colorado Springs, Colo. They were last there in September to mark the retirement of LT-GEN. R. C. Stovel when he stepped down as Deputy CINC of NORAD. The group wears the distinctive Royal Canadian Air Force Tartan, and includes in its repertoire specially-arranged medleys and drum salutes suitable for on-stage or on-parade functions.

**Have You Attended A Mess Function Lately?**

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2 P.M. TUES.  
16 Nov 76

Show" (Polydor/Kolob PD 6068). The set features 'disco' Donny's current "C'Mon Marianne", Marie's "A My Name is Alice" and their recent duet "Deep Purple" (a hit in '63 for Nino Tempo and April Stevens). They add the beautiful Daniel Gerrard hit "Butterfly" (which sold over 7 million copies in Europe), the bouncy "Dandelion", and wrap up the set with: "Sunshine Lady", "It Takes Two", the oft heard "Little Bit Country, Little Bit Rock 'n' Roll", "Weeping Willow" and close the album with their TV theme "May Tomorrow Be A Perfect Day". It's not country, it's not rock, but a perfect blend and should be another giant for the current darlings of the entertainment world — Donny and Marie Osmond.

Although still in his teens, Donny Osmond is truly a show business veteran. Born December 9, 1957, the youthful heartthrob broke into the entertainment industry when he guested on the Andy Williams show in 1963. At that time, four of Donny's older brothers were a barbershop quartet and Donny was given a solo spot, where he performed such songs, as "Yes, Sir, That's My Baby".

Later in the same year, Donny also joined his four brothers for a television special entitled "The Seven Little Foys" and, by 1966 the group was a quintet and had become a regular attraction on the Jerry Lewis TV show.

Along with being part of the incredible success story of The Osmonds, who had monster sellers with "Down By The Lazy River", "Crazy Horses" and "Yo-Yo", Donny started a solo career with his release of "Sweet and Innocent" in 1971. In the past

five years, the Chanter has added an impressive list of hit singles, which include: "Puppy Love", "Go Away Little Girl", and such hit albums, as: "My Best To You" and "Alone Together" and is currently clicking with his solo album "Disco Train" and as part of the family, with his four older brothers "Brainstorm".

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music reviews and syndicated columnist



MARIE OSMOND

built a vast following with her hit singles and albums.

It seemed like a natural extension to the family act, to have both the members of the group that had carved solo careers, team up to see what would happen as a duet.

**LEAVING IT TO YOU**

The song chosen for the initial release for the newly created duet of, Donny and Marie, was a re-make of the Dale & Grace classic, "I'm Leaving It Up To You" (circa 1963). The song became another million seller, the first for Donny and Marie, working as a duet. From "Leaving", they moved to "Morning Side Of The Mountain" and added another link to their bracelet of hits.

As the hit singles and albums continue in abundance for D&M their recently launched TV series maintains a lofty position in the ratings game. To further enhance their position in the world of top ten, the dynamic duo have recently released a brand new album "Donny & Marie — Featuring Songs From Their TV

Marie Osmond, the only sister among nine children in the Osmond family, already has created a solo career for herself. It started when she was 13, and the sister of the internationally famous rock family, moved into a country/pop vein, with "Paper Roses".

Like brother Donny, Marie also appeared on the Andy Williams show at an early age and has also

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• by R. Kohlberg •

Thodoros is one of those Greeks who do not speak a word of English. Or French, or German. He is cheerfully unilingual. For him, Greek is enough. He has no reason to learn a foreign tongue. Thodoros is a taxi driver in Korinth, Greece, and he will drive you anywhere in his Mercedes, whenever he gets his turn in the line of all the other Mercedes taxi lined up on Korinth's main drag. When the first one has gone with its fare, the next driver gets out of his car and pushes it to the starting line. The next after him follows, and you can see a whole file of them, all getting out of their taxis and pushing them ahead. I imagine this is their way of saving on gas.

There are ways of getting a particular driver, however, especially if you plan a longer trip out of town. Our Greek friend Sophokles (honestly, that is his name, although his wife calls him Sopho for short), a native of Korinth, knew quite a few of the drivers, but he usually managed to get Thodoros, because he considered him to be a reliable man and a good driver. They usually agreed on a price before a trip, after some haggling, of course, which most Greeks enjoy. If you don't try to bargain with them, they feel you are letting them down - it's like refusing to play a game.

Three years ago, on our first visit to Greece, Thodoros drove us to many of the ancient archeological sites - Delphi, Mycaene, Epidauros - and we enjoyed all these trips immensely. Our Greek friend acted as interpreter, but the two occasionally shared some Greek joke which Sopho claimed was not easy to translate. One source of their amusement I managed to find out from Sopho's wife Ulla was the strange pre-occupation the tourists seem to have for old stones. When we stood in awe before the broken columns of an Apollo temple, Thodoros would go to have some refreshment at the nearest village tavern. Our friend Sopho would probably have rather joined him than be stuck with us among the ruins. Those revered ancient places seemed to mean little to the natives.

Once back in the car and on the road, both men would sing Greek folksongs for us, rich in melody and full of feeling. Thodoros would find out-of-the-way little country tavernas for lunch - places that most tourists probably never see, and we would eat peasant salad with goat cheese, Omelettes with fried potatoes, and drink cool Retsina wine. We often regretted not to be able to communicate with Thodoros directly, but Sopho was always along, and so we had no problem.

Nevertheless, I made up my mind to learn Greek so that on our next trip I would be able to talk to people on my own, without an interpreter. Back in Winnipeg, I inquired about courses. It turned out there had been a Greek priest once who gave lessons, but he no longer did. I went to the Berlitz school and found they wanted more than six

hundred dollars! (For what, I could fly to Greece and back, including spending money.) I checked the record stores, and they had courses on records in Spanish, Hebrew, and Swahili, but none in Greek. Six months before our next trip to Greece I discovered *Linguaphone*: language courses taught by a combination of recordings, books, and correspondence. I got the Greek 'package' and immersed myself in Total Greek.

Although when the time came for our trip I had learned only a few basics, I was eager to try them out. Sopho was my great hope, but he was a disappointment, because he had made up his mind that our visit would be a wonderful opportunity to brush up on his English. We were with him and his wife most of the time, and when he didn't practise English with us, he did all the talking that had to be done in Greek - to waiters, hotel clerks, taxi drivers. Once I managed to go to the fruit and vegetable market by myself, and I proudly bought five figs, five peaches, and five oranges. Actually, I had only wanted two of each, but suddenly I could only remember the Greek word for five (*pende*), so I got five of everything. The man at the fruit stand volubly expressed admiration for my linguistic accomplishment, and he gave me three extra figs free.

When we decided to part with our Korinthian friends to travel to the south of Greece alone, Sopho suggested that Thodoros drive us there. He made the arrangements with him, and all we had to do was pay Thodoros at the end. Thodoros beamed as we met again. When our friends waved good-bye, we were on our own. So, I thought, here is where I practise my Greek...

Silently, I rehearsed my opening statement as we drove through the oleander-lined road out of Korinth. When I thought I had it right, I told Thodoros that I could understand a little Greek - only, mind you, a little (*ligo*). He grinned and seemed pleased. I promptly dried up. What next? Fifteen kilometres later I checked my dictionary and told him that I thought he was a good driver. This after a close brush with a bus. He was pleased again and told me that it is only a matter of taking these situations calmly, without getting excited, and I agreed. I noticed his cassette tapes (all Greek taxi drivers have a cassette player in their cars) and formulated a beautifully phrased sentence in my head about how much we admired Greek music. But before I uttered it, I consulted my companion (in English). He told me that he was enjoying the peaceful ride and would not like to hear any bouzouki music right now, thanks all the same. So that piece of linguistic skill was wasted. What else? Oh yes, I next told Thodoros that this was a nice, wide road - I called it 'megalo', which means 'big', because I didn't know the word for 'wide'. He said, yes, big it is, but not nice. I expressed puzzlement, and he said that the road would become very narrow later on, and that it would go up

**Cadet Glider Training**



Newly-elected national president of the 10,000 member RCAF Association, Warren J. Hunt (centre), Smiths Falls, Ont., chats with the top female and male air cadet graduates of 1976 glider and powered flight training. Cadette LAW Ann Pedskalny (left) of Iroquois Falls, Ont., and SGT. Scott McMaster of Copetown, Ont., were guests-of-honour at the Hamilton, Ont., RCAF national convention, Oct. 6-9. A wartime air gunner with the Royal Air Force, Mr. Hunt served postwar with the RCAF regular and reserve and is a former commanding officer of the Smiths Falls RCAF Squadron and president of the local wing of the RAFA.

(CANADIAN FORCES PHOTO)

and down, with a lot of hairpin curves. He told me these things by expressive hand movements - I could see clearly that he didn't think I knew that much Greek. Another twenty kilometre silence. Thodoros sighed now and then, and I could sense his frustration. I remembered how he liked to talk and laugh, and here he was stuck with two Anglophone (Francophones wouldn't have helped, either!). It was plain that he didn't think much of my Greek. I remembered a sentence from Lesson Three and applied it with a variation: "What do you call these flowers?" And I pointed to the lovely Oleander trees along the roadside. "Those? They are called Daphne." Our exchanges always ended after one question and one answer. Another long pause. I asked him if he was tired. He said no. I turned to my companion, but he just said it was my idea and not to look to him for help, he had never pretended to know any Greek!

A diversion arose: the road forked, and Thodoros was not exactly sure which way to go, but he found a peasant to give him directions, and we drove through some rather wild countryside, the road winding and dipping, and Thodoros needed all his attention for his driving. Later, as we came closer to our destination, I told him we were going to see my brother. Ah yes, your brother, he said, and nodded several times. I tried to construct a sentence that would convey something about my brother's wife, but I went through all the relatives of Lesson Five: they mention son, daughter, mother, father, even niece, but not sister-in-law. So I had to give up on that bit of family history. By the time I had my next topic mapped out in my head (would he like a drink before heading back? Coffee? Beer maybe? I was reasonably sure my brother had

some beer in the house) we had arrived. After the welcoming hugs, my sister-in-law took the words right out of my mouth - only much, much better - and asked Thodoros in perfect native Greek what he would like to drink or eat. Nothing, nothing, thank you, he said, he would have to get back, it was getting dark. I paid him, and we shook hands. "Thank you and good-bye" - that I knew well enough. He smiled and waved farewell...

An hour later I thought of a dozen things I could have said to him in Greek. It was all coming back to me...

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# WO & SGT'S Mess

ENTERTAINMENT CALENDAR

Thur Nov. 11

Remembrance Day

Following the solemnity of the morning parades, the mess will observe the traditional festivities commencing at 2 p.m. Both the upper and lower lounges will be open with entertainment both "upstairs and downstairs"! Commencing at 2 p.m. sharp. Be entertained upstairs by the melodic sound of "Chuck and Angie" for your listening and dancing pleasure. And just in case you can't get a seat upstairs, don't go away 'cause we will have the "Dixieland Duo" in the lower lounge at the same time (2 to 6). Still with us. Now that you have the kids organized for the evening, come back and dance the rest of the evening away to the fabulous sound of the "Commandaires" from 7 to 9 p.m. in the upper lounge. We plan on serving clam chowder and cold cut supper later on in the evening.

Sat 13 Nov

Upper Mess Lounge Grand Opening  
Candle Light Dinner

Here's the big evening you've all been waiting for! By now we will have completed the renovations to the upper mess lounge and we plan on celebrating the event with a good dinner and dance. (How about a filet with all the trimmings before you start snuggling up to that favorite "gal" in your new club)? Since the air conditioner is working, we plan on using the fire place too. (Hang the expense)! If you were able (unable?) to make over during the evening of the 11th then you will appreciate why we brought the Commandaires' back so soon. The evening kicks off with cocktails at 7:30 p.m. with dinner at 8 sharp. Sorry, but only 100 couples will be accommodated. Advance ticket sales from 1 to 10 Nov at \$15.00 per couple available at the mess office from 1300 to 1600 hrs except for the weekend. Business units for the men, gowns for the ladies dancing from 9 to 1.

Sat 20 Nov

Bingo

Tonight, instead of money prizes we plan to hold a "blanket bingo"! Not that cash won't be available too. If the jackpot didn't go last month, you'll be playing for \$350.00. In 54 numbers or less. The clothesline, share the wealth and garbage can bingos are added features. Cost to you is \$2.00 per person. The blanket bingo consists of bedding prizes, such as blankets, pillows, sheets, etc. We promise you won't go away disappointed (unless you don't get a seat). Dancing and dining follows the bingo.

Fri 26 Nov

Annual Grey Cup Dance

(Where did the year go)? Ms Grey Cup, east and west selection-champagne and flowers. Silver trophy bowl to Ms Grey Cup (hers to keep). Start the noise early by planning on attending this one. Your lady doesn't have to be sixteen to enter contest!!! (Last year Ralph came second). Dancing from 9 to 1. Food. Cost \$2.00 per couple. (Casual dress or football uniform)

Sat 27 Nov

Grey Cup Game

T.V. sets upstairs and downstairs come out and cheer for your colors. Usual food, refreshments, noise (and lies about your favourite team) provided. Crowning of Ms Grey Cup. Dancing follows game - Entrance Free! - Guests must be signed in.

Coming events - Christmas and New Year's (save some of your pay raise and check December calendar).

# Jr. Ranks Mess

ENTERTAINMENT CALENDAR

Friday, November 12

Dancing to Pat Blyth Show from 9 - 1. Price: Guests \$2.00 per couple.

Saturday, November 13

Dancing to Pat Blythe Show from 9 - 1. Price: Guests \$4.00 per couple.

s+4, Wednesday, November 17

Associate Members' Meeting in the Main Lounge at 8:00 p.m. Please attend.

Friday, November 19

TGIF from 1630 to 1800 hrs. Food served at 1730 hrs. Dancing to Rick Enns from 9 - 1. Price: \$2.00 per couple for guests.

Saturday, November 20

Dancing to Prairie from 9 - 1. Price: Guests \$4.00 per couple.

Friday, November 26

Dancing to Calabash from 9 - 1. Price: Guests \$2.00 per couple.

Saturday, November 27

Dancing to Calabash from 9 - 1. Price: Guests \$4.00 per couple.

Midnight Madness Bonspiel - November 26 & 27

Midnight Curling Bonspiel starting at 2400 hrs. 26 November at Westwin Curling Rink. Enter names on the Bulletin Board at the Mess. Good food, good prizes, good curling and GOOD LUCK! Entry fee: \$12.00 per rink.

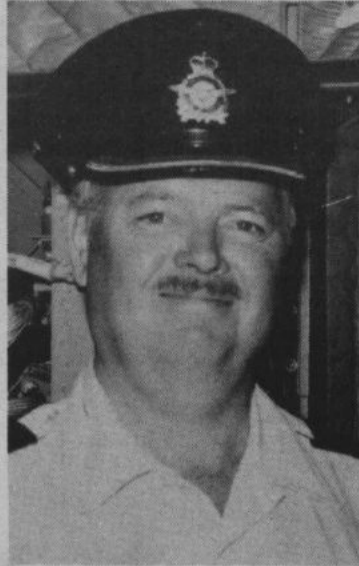
Dart League

Any members of the Mess interested in playing darts - to possibly play against Portage and Shilo - are asked to contact Al Stephens, Local 243; or Gloria Gordon, Local 331.

CONTEST - JR. RANKS MESS - WIN A MESS JACKET & CREST  
THE BEST DESIGNED CREST FOR THE JR. RANKS MESS WILL WIN A MESS JACKET AND CREST. ANY MEMBER WISHING TO SUBMIT AN ENTRY IS TO DO SO THROUGH THE JR. RANKS OFFICE BY 30 NOVEMBER 76.

# 9800 Hours Later

OTTAWA—A Canadian Forces pilot with more than 9,800 flying hours - the equivalent of 367 days in the air - is retiring after 24 years' service.



Captain H.C. McConnell, 45, of Toronto and Ottawa, helicopter pilot with 450 Tactical Helicopter Squadron in Ottawa for the past three years, has ended his long military flying career, but not his flying career.

He now joins the Ministry of Transport's aviation accident investigation branch in Moncton, N.B.

CAPT. McConnell joined the Royal Canadian Air Cadets in Toronto at the age of 15, and two years later won his Air Cadet pilot wings on the Fleet 80 aircraft.

He enrolled in the Royal Canadian Air Force in 1951 in the University Air Training Plan at Queen's University, Kingston, and began training on Harvards at Centralia, Ont., that summer. In April, 1952, he was awarded RCAF pilot wings, and joined 411 Fighter Squadron in Toronto, flying Vampire jet fighters.

He then underwent refresher training on Harvards and was an instructor on that type of aircraft at Moose Jaw, building his Harvard time to 2,000 hours before moving to Maritime Command in 1960. He had operational training on P2V Neptunes, and then flew over 2,700 hours on Argus aircraft with 404 Maritime Patrol Squadron, Greenwood, N.S.

In Jan., 1965, he returned to Training Command as a C-45 Expeditor instructor at Portage la Prairie, Man., and accumulated 1,500 hours on this aircraft.

CAPT. McConnell has been flying helicopters for the last eight years, first with 413 Transport and Rescue Squadron at Summerside, P.E.I., on CH-113 Labradors.

He logged 1,600 hours there before being posted to 450 Squadron in Ottawa, in May, 1973. He brought his rotary wing time up to 3,000 hours with this squadron, flying the CH-113A Voyageur and the giant CH-147 Chinook.

The Commanding officer of 450 Squadron, Lieutenant-Colonel R.W. Gummeson, 45, of Cabri, Sask., said, "We're sorry to lose such a highly qualified pilot. He has been a mainstay of many phases of flying operations on the squadron, and in the service."

# Pleasant Duty For The New B Sup O



SGT. Clay Penney (left) receives his stripes from MAJ. Bill O'Callahan BSUPO. (BASE PHOTO)

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MCPL. R. J. Clouthier of 3 Mechanized Commando demonstrates the Carl Gustav anti-tank rocket launcher to Portuguese soldiers at the Hohenfels ranges. The Portuguese have been training with the brigade group during the unit training phase of the fall exercise.

(CANADIAN FORCES PHOTO)

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**WHEN THERE IS FROST ON THE PUMPKIN .....**



Hallowe'en is over but who cares. Bewitching Sunken Gardens' model, Becky Tuten was certainly ready for the Hallowe'en holiday. But that nifty costume the lithesome St. Pete coed is wearing hardly qualifies as a disguise, since everyone in Florida is still enjoying water sports and sunshine.

Courtesy: Florida Sunken Gardens St. Petersburg Fla.



OTTAWA—Captain Lloyd K. Gernack, 35, of Maple Creek, Sask., a CF-104 Starfighter test pilot with the Aerospace Engineering Test Establishment at CFB Cold Lake, Alta., has been commended by the Chief of the Defence Staff, General J. A. Dextraze, it was announced here today.

CAPT. Gernack, who enlisted in January, 1961, was commended for skill and professionalism displayed during a serious in-flight emergency in a CF-104 aircraft near Baden-Soellingen, Germany, in July, 1975.

He was flying a test flight at Mach 1.9 at 37,000 feet when the aircraft canopy shattered, severely damaging the aircraft and engine. CAPT. Gernack experienced severe wind blast, very rapid depressurization and his visibility

was impaired by dust from the cockpit. In spite of these difficulties, he followed emergency procedures by reducing air speed and altitude as quickly as possible.

To ensure that the aircraft could be safely landed, CAPT. Gernack then carried out low-speed controllability checks. He found that the aircraft experienced severe buffeting at approximately 220 knots, and adjusted his normal approach and landing speeds to a much higher figure to avoid the buffeting effect.

He safely carried out a precautionary approach and landing without further incident.

The report states that the professionalism demonstrated by CAPT. Gernack in returning the aircraft safely to base, after experiencing a serious in-flight

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emergency, was exemplary. It added that his performance resulted in the successful recovery of an expensive aircraft and prevented loss of other property or life.

Chief of the Defence Staff commendations were awarded to the members of the Canadian Forces who perform a deed or an action beyond the call of normal duty.

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