



## CDS Commendations Presented



CPL. Damphousse, a tank crewman with the Royal Canadian Dragoons in Lahr, Germany, was commended for his immediate, positive response to a jet-fighter crash on the outskirts of the village of Eiersheim, Germany, on Oct. 16, 1975.

He reacted by taking a fire extinguisher and running to the centre of the crash site to find and render assistance to the downed crew. He "completely disregarded his own safety amid the flames and small explosions, and demonstrated commendable composure in a stressful situation," according to the citation.

Chief of the defence staff commendations are awarded to the members of the Canadian Forces who, beyond the call of normal duty, perform a deed or an action worthy of commendation.



CPL. Gaudreau, a mobile equipment operator at CFB Valcartier, Que., was cited for his immediate response and appropriate actions, without regard to his personal safety, in extinguishing a gasoline truck fire near Gaspé on April 8, 1975. "CPL. Gaudreau's prompt actions in this extremely hazardous situation prevented serious property damage as well as possible injuries or loss of life," the citation stated.

## Olympic Medallions/Scrolls For COJO Servicemen

Ottawa — Four thousand members of the Canadian Forces who worked for COJO, the Olympic Organizing Committee,

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during the XXI Olympiad this summer, have been honored by the president of the organizing committee and commissioner-general of the Games, Roger Rousseau.

Each member was presented with either a bronze medallion or a scroll. Medallions went to 450 who spent more than three months with COJO, while scrolls were given to 3,600 who were there for a shorter period.

Over 18,000 Forces personnel contributed to the Games, but only those who worked under

## "Good Show" Awarded



The base commander COL. M. D. Gates presents CAPT. R. W. Stone of 429 Sqn. with a "Good Show" Award. CAPT. Stone displayed good judgement and procedure in safely landing a T-33 with defective landing gear. (BASE PHOTO)

## Loneliness Is . . .

Alert, N.W.T. — Loneliness is a single posting 450 miles south of the North Pole at Canadian Forces Station Alert.

direct assignment from COJO were eligible for the awards.

The recipients included those who worked in protocol, operations, transport, games results, telecommunications, supply and other support services.

The medallions were presented "as a gesture of appreciation for the excellent services rendered during the Games."

They bear the Olympic symbol on one side, and an engraving of the Olympic stadium, with the inscription "XXIe Olympiade Montréal 1976," on the other.

And for the 200 or so men of the Forces serving a six-month stint in the world's most northerly permanent settlement, the greatest morale booster is the ham radio shack.

It provides direct personal contact with wives and lovers at home through regularly-scheduled phone-patches to most of the major cities in Canada.

Master Warrant Officer Jack Whittingham, 42, of Kingston, the station warrant officer (SWO) and chief ham operator, says that the station — VE 8 RCS — makes an average 300 phone-patch calls a month.

"But on special days we handle many more. I handled 177 phone-patches on Christmas Day, 1969, on a previous posting," he said.

SGT. Glen Ritchie, 34, also of Kingston, is station sponsor and president of the Polar Amateur Radio Club, which operates the station.

Twenty operators man the equipment and place calls at regularly-scheduled times to cities from Vancouver to Gander, Nfld.

In order to place a call, a man puts his name on the "sked-sheet," indicating the phone number and the first name of the person to be called.

At the appointed hour he shows up at the radio shack and the operator calls a ham operator in his home town, who then tries to contact his party through the Bell Canada system.

If the patch is successful, the man and his family can chatter back and forth for a maximum of 10 minutes.

SGT. Ritchie says that mail day, usually a much-awaited event, can also cause heartbreak for anyone who is missed.

"When that happens, the man figures there must be trouble at

See LONELY Page 3, Col. 1

## Message From The MND Mr. Barney Danson

It is with particular pride that I join you as minister. It is a tribute to our country and our armed forces that one can begin as a private soldier (rifleman, in my case), rising through non-commissioned and commissioned ranks, and ultimately become minister of national defence.

We are fortunate to have men and women of high calibre and deep dedication to their country and their service. No other nation has a voluntary military force that matches ours in professional skill. No other nation has quite the same relationship between the military and civilian population. Your reputation is high because of the manner in which you have served a variety of tasks with which Canadians identify and respect.

From strictly fighting tasks to

peacekeeping to assistance in civil situations, you have acquitted yourselves with efficiency, dignity and sensitivity, often under very difficult conditions.

I assume my role at a time when we can look forward to receiving the very finest in new equipment, when you will be called upon to undertake new, challenging and interesting tasks.

I look forward to working with you and for you, knowing I can count on your loyalty\* and support, which I assure you I will reciprocate.

Further, we can all continue to serve our country and the world community in the cause of principles and way of life we all cherish.

Yours sincerely, Barney Danson.

Wonder What He Meant By  
"Started As A Rifleman?"

### South Site Community Council Begins Beautification Program



MAJ. Bert Leggett (left), Deputy Mayor and WO. Ken Mattes (right) Councillor, flank the Base Chief gardener, Den Amy, as the first tree is planted in the South Site Beautification Program on 3 Nov 76. The program is designed to improve the living conditions for members of the military community.

### FIRE PREVENTION IS OUR BUSINESS



### Early Warning Can Save Lives

The Fire Prevention Branch has received numerous enquiries reference fire detectors, and in this respect we provide the following information:

Early warning residential detectors which can detect a fire before there is actual flame are saving hundreds of lives around the world. Installation of these devices in homes today is considered by fire prevention personnel an absolute necessity. The type of detector employed is usually referred to as a smoke detector and is activated by the presence of particles of combustion in the atmosphere. To understand completely how the detector works requires some knowledge of the theory involved, and this can be obtained from the reputable company's merchandising the product.

It is unwise to specify the amount and type required by any home owner without looking very closely at each situation. Since there is no way of knowing where a fire will start in a home, maximum protection can only be

## Locally Yours UNDE

By Michel J. Koster

Wow! It actually happened after all these years. Too bad you weren't there to witness the event. Local 705 Winnipeg of UNDE (Union of National Defence Employees, civilian) set a precedent by finally electing a charming lovable lady as its President for 1977. She is none other than Miss Stephanie K. Shuper who works at the Base Comptroller's Section in building 84. So what if she was elected by acclamation, which does not always mean that nobody else wants the position. The occasion was the annual election of officers on the evening of Monday, 15 November 1976, held at the wonderful Canex Facility in the Rec Center of CFB Winnipeg.

It was Mr. Clinton Hornby, the new 2 i/c Regional Representative of the PSAC Public Service Alliance of Canada, at 902 St. James Street in Winnipeg, who very nicely conducted the nominations and election of Officers for the coming year. The following is the new slate of

achieved by installing a number of detectors in strategic areas. The head of the basement stairs, the top of the stairwell between floors, the living room and between all sleeping areas would provide adequate protection for a typical dwelling.

How much does it cost? This again depends on the type and number required.

Smoke detectors are steadily winning favour with Canadian home owners and are highly recommended by fire departments.

Early warning in the event of a fire is a vital importance.

## HELP

CFB Winnipeg Ladies Curling Club are in desperate need of curlers Tues & Thurs afternoons at 1:15 p.m. Dependants of Regular Forces, Retired, RCMP and DND employees welcome. Contact Shirley Hansen at 885-2472

Executive Committee Officers:— President Stephanie K. Shuper, Vice-president Robert A. Drummond, Recording Secretary Thelma LaFontaine, Secretary-Treasurer Evert Ogren, Chief Shop Steward Ben Eisner, Social Committee Chairman Jules N. Vandal, Publicity Chairman Michel J. Koster, Sick & Welfare Chariman Miss Linda Razmus, Sergeant-at-arms Meinard Dielschneider, Past president Frank T. Martens who is also our new Regional Vice-president in Manitoba of UNDE.

There were 2 guest-visitors present from CFB Portage La Prairie, who did a very fine job as election scrutineers, and they are Mrs. Chris Foster, president of local 702 Portage, assisted by Mrs. Edna Adamson, vice-president of same local. Many thanks to all who attended and helped out. Everyone present had a good time obviously, and of course, the steaks and wine were delicious. It is sincerely hoped that the same location would be made available to us again in November of next year, along with the same MP

bar-man who took care of us all so very well. Our new president Stephanie Shuper (former Social chairman), deserves a great deal of credit and honourable mention for her work in arranging all requirements re this gala Annual Meeting. It was quite an event plus some humour freely given by Base Hospital's Mrs. Mary McLeod. Adios for now and until next time which will likely be in Jan or Feb 77. For those who participate, the next Labour-Management Relations Committee meeting will be held at 1000 hrs. in building 86, Base HQ, on Tuesday, 7 Dec. 76.

### Next Voxair Deadline

2 P.M. TUES. 1 DEC. 1976

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# AIRCOM HQ Contemplates The Future Of The Staff Car



book to CAPT. Tiny Crooks, BTNO CFB Winnipeg. Behind the car can be seen the AIRCOM commemorative stone. Any illusion that the car might be too small is quickly banished by the second photo in which CAPT. Crooks is seen wearing his forage cap and having more than enough leg room. For those over 6-feet tall, the sliding roof will even allow them to wear their winter hats.

The vehicle admittedly carries only two with luggage but with average load factors of 2.3 this shouldn't present too much of a problem most of the time.

In the third photo the MSE managers of AIRCOM put their reputations and prestige squarely behind the trial vehicle. From the left after SSOTN is CAPT. Geoff Seccombe, CWO. Dave Douglas, MAJ. John Rasmussen, SGT. Rick Tweed, WO. Stan Keays, and MWO. Robbie Robillard.

Just to demonstrate that the SSOTN staff at AIRCOM HQ believes what Treasury Board says about fuel conservation measures, one of the hottest selling sub-compacts on the market was obtained for field trials.

In the first photo LCOL G. Waddell turns over the vehicle log



It also has aided Italian explorer Guido Monzino in his trek to the North Pole in 1971. The alert station was his backup, and handled all his communications.

No radio station would be complete without its antennae, and VE8RCS has three. They comprise one TH-6 Tribander, one Wilson five element mono-lander, and an inverted-V antenna. This antenna is for 7 $\frac{1}{2}$  and 49 metres, and the beams can handle all bands in the amateur radio HF frequency spectrum.

## Lonely Cont'd From Page 1

home, and he rushes to us to try to get a phone-patch," the sergeant says.

"Because of the mix-up in the mails, one man was here for two months without any mail, and he was a regular caller home to find out what was wrong.

"After two months he got a pile of delayed mail, but was so pleased with the success of the phone-patches that he continued to make them on a weekly basis until his tour was over."

Generally, the phone-patches are joyous long-distance reunions, but they can be sad as well.

One young lad learned his grandmother had died, and his call home to Winnipeg was anything but happy.

MWO Whittingham and SGT. Ritchie are proud of their station, which they claim is one of the best equipped ham shacks in the country.

The equipment is valued at about \$10,000, and really includes two complete stations.

One is a complete Collins S-line 2000 watts PEP (Peak Envelope Power). The other is a Heathkit SF series of 1200 watts PEP.

The station operates in the 20-metre band at 14,165 KHz.

Over the years the station has built up numerous contacts across the country, but its most faithful has been "Shorty" MacDonald of Vancouver, who has been running phone-patches daily for the last 15 years from his station VE7AZ.

Another faithful southern contact is Dr. Morris Haycock of Ottawa, who operates station VE3LC. Another is Ron Belleville, Maxine St., Ottawa (VE3AUM), and many more too numerous to mention.

The ham station is a medical backup for Alert as well. Through its operation it put the medical aid NCOs at Alert in touch with a medical doctor in Kingston, who advised the aids how to treat a special problem case.

Its also an entertainment feature for the operators, who enjoy DX-ing with foreign station (DX stands for long distance contacts).

SGT. Ritchie had one of the longest DX contacts when he reached KCHUSN by long-patch communication. Those call letters are for the Admiral Byrd Station, just 1000 yards from the South Pole, and is the longest possible communication in the world.



"WOW! 92cm., 62cm., 92cm."

## Moving to Trenton?



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# cfans news corner

NAV By T. G. BREMNER SQN

It would seem that Major Al Kilpatrick picked a most auspicious exit date - thanks to a diligent researcher (You know Wayne can dig up almost anything with 24 hours notice.), it has become known that Major K is the FIRST "Three Time Gold Award Winner" of our now-famous Wrong Way Corrigan Award. All the incriminating information was kept in strictest confidence until the day of the Mug Party when it was dumped on the unsuspecting victim without prior warning. His "sins" were detailed minutely during the reading of the "commendations" for all in attendance to hear and applaud - ranging from the loss of a topo (Out the aircraft window) during a Search mission, to the reverse application of drift. (Almost sounds like a student nav, doesn't it?) Gracious, as ever, our departing NSC accepted his just desserts in the jovial manner in which it was intended and led the advance on the bar after the speeches. As we said in an earlier column, we're sorry to see Major Kilpatrick take his leave from Winnipeg and we wish him well in his new position.

Dick Wannamaker has rejoined the staff on a temporary basis now that he has completed his course at Staff School. Although posted to 437 Squadron, Dick has been sentenced to a few weeks on attached posting with CFANS because he didn't do well in ditches while on course - he says that there was a land element type in his syndicate that was supposed to be responsible for that part of the exercise. Regardless, we're very happy to see Dick back in the Standards section for a bit - there are a couple of dirty, little jobs left to do yet. (He left them behind when he left the first time.)

The gourmet diners around the base should be happy for a little while. A recent CFANS training flight was the vehicle for nearly half a ton of the precious piscine cargo inbound from the East coast again. Fried, baked, boiled, broiled or raw, it's still good - depending on how hungry and/or fussy you happen to be. (I've even seen it stored on the roof for months at a time in the northern settlements-guess it's like art, improving with age). As with all things these days, the cost has gone up since the last load-but it was still a bargain compared to other, similar commodities.

This is the last pre-party warning!! Don't forget about the CFANS Christmas Party coming up on December 4th. Lorne Sayell is still accepting reservations but the cut-off date is fast approaching so get the word to him FAST! A full (You should pardon the pun- evening is planned with cocktails (Beginning at 1900 hours - 7:00 p.m., girls.), dining, dancing and all the rest of that festive season stuff. Also included in the program will be a number of practical demonstrations by various staff members: Mel Walker will present

his version of changing diapers with one hand while resolving a Most Probable Position given two hyperbolic curves on a time shared basis with a random format; Wayne Crowell will demonstrate the functional check of the student swivel/tilt seats for the ANPT consoles while juggling the North Site Community Council budget and disabling 892 light bulbs; Bob Hill will custom fit tartan cumberbunds (24 hour delivery) and simultaneously amend thirteen volumes of CFAOs (He will NOT demonstrate "How to Win at Curling", as previously announced.); Major Stan Toole will present a concerto entitled "Rolming Thro' The Realm" in two parts - "piano" (software) and "forte" (hardware - or "Computer Mind-Bending With A Two Pound Hammer"); and finally, Win Koch and Gord Dow will act out a two part scenario entitled "Beauty and The Beast", otherwise known as "Double-Rum-and-Coke-in-a-Beer-Glass-For-Me, My-Friend-Drinks-Sody-Pop". The newcomers on staff are especially encouraged to treat the wife to a night out at the party. The Christmas Smash is probably the outstanding social event of the year for the whole school. It has a reputation of being an unbeatable evening and just about every staff member and wife/fiancee/friend make a point of being there - hope to see each and every one of you there, with bells on!!!

Everybody is working like crazy again with no time to get into trouble, so there are no "war" stories to be told this issue. The up-coming graduation party and mess dinner should provide ammunition for the next go 'round. The gang over at 429 has been pretty busy too so there hasn't been much flack from that direction. If anyone else goes on leave or TD though, Lou Paproski could wind up as the Acting CO and that could be lots of fun.

Enuff awready, gotta go for lunch!



## FOOD FADS - FACT OR FICTION

The word "Fad" comes from the old word "Faddle" meaning "to play with". Thus, a fad is something one "plays with" for awhile. Some fads are short-lived, while others are pursued indefinitely with great enthusiasm.

Nutritionists today are very concerned with the problems arising from mass allegiance to basically unsubstantiated nutrition information.

The consumer wants to be properly informed. Yet so much incorrect and misinterpreted material is dispensed that the homemaker has great difficulty in separating fact from fiction.

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for Christmas

Food misinformation can be harmful for a number of reasons:

1. Food fads may be dangerous to the health. Self-diagnosis and self-treatment of a disease through the use of health foods can lead to a false sense of security and a delay in obtaining proper medical assistance.

2. Large amounts of money may be spent on supplements or food items which may be harmless, but provide no greater benefits than a well-balanced diet.

3. The perpetuation of half truths and fraudulent claims hinders the development of society's understanding of scientific progress.

4. Faddists who encourage the use of expensive health foods, often do so by sowing the seeds of mistrust in the minds of the public regarding the food market and current food technology. This may lead to rejection by some persons of the wide variety of good quality, attractive, nutritious foods available to today's consumer.

The claims made by food faddists may touch many areas of concern. For example they may attribute to certain foods the ability to cure specific conditions, (eg. cancer, arthritis, diabetes, etc.). They may denounce certain foods as harmful and suggest that these foods be omitted from the diet. They may rave about the effects of certain food combinations in reducing diets. Or they may claim that only "natural" organically grown foods can meet body needs and prevent disease.

What can you, the consumer do, to help prevent food fads from harming the public? Don't be gullible! Be discriminating about the information you read, hear and believe. And remember that no one food, food combination, or supplement has magical properties. A balanced diet, based on the recommendations of Manitoba's Food Guide, will provide all of the nutrients you require for healthful living.

### DID YOU KNOW?

1. Overweight is only occasionally a result of glandular disturbances. Less than 1% of overweight cases are caused by glandular disturbances. A doctor can tell you whether or not glands are the cause of your overweight.

2. Middle-age spread is not inevitable! As a person grows older his activities slow down but his food patterns remain the same. When physical activity decreases, fewer calories are needed. If the quantity of food eaten is not reduced to match the smaller needs, the extra calories will be converted into fat.

3. Many women gain weight during pregnancy, but pregnancy need not add pounds permanently. The body needs extra nutrients during the last three months of pregnancy, but physical activity may also decrease at this time. Therefore a great deal more food may not be

## Base Supply Pin-up



CPL. Debbie Skinner is presented with her stripes by MAJ. Bill O'Callahan base supply officer. (BASE PHOTO)

### There Is Just No Stopping You!

If you don't wear seat belts

necessary. Follow your doctor's advice concerning weight gain during pregnancy. Just remember, it's not how much you eat, but what you eat that contributes most to good nutrition during pregnancy.

4. Small adjustments in food habits can result in significant weight loss. Reduce butter or margarine intake by one pat a day and you will lose 5 pounds a year! Cut out two 12 ounce cans of beers a week and 5 pounds can be lost in a year.

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# ASC news news news

## ASC 29

By CAPT. MEL WALKER



Back Row Left to Right:

Cpts R.J. Brown, D.J. Jardine, M.J.A. Guile, B.A. Stannard, R.W. Fletcher, J.K. McKenzie, L.R. Bunce  
R.A. Irving, A.K. Josefowicz, D.G. Cooke

Front Row Left to Right

Cpts T.A. Bailey, D.J. McNair, J.D. Franko, Maj J.A. Boone, Maj F.H. Mueller, Cpts P.D. Sharkey  
C.E. Lundhild

Peripatetic personnel return from kill classes. And we all went down to the land of you alls to find out how SAC do it. SAC for those of you not familiar with the U.S.A.F. alpha-bits stands for Strategic Air Command of the Yew Nited States Air Force. An boy, you all had better be impressed. I was.

We also went mountaineering, actually spelunking, in Colorado Springs to find out about invaders from outer space or intruders into airspace. ASC 29 learned lots and now I have to mark all their reports to prove it.

SANC in the meantime went off in the other direction so we now have a side by side comparison Ottawa vs. Hull. But I told you all about SANC last column. This week we have a special deal. Finally after many iterations and printings and typings and developings for you, one 8 by 10, glossy (judiciously reduced by Brazeau of Aerospace Systems Course 29 and you only had to wait two months.

Calling roll in the traditional manner we have, starting at the rear from the left tout d'abord: Bob Brown.

The last time I saw Bob he was sliding into my old desk at Defence Research Establishment Atlantic (do you think there's a message there somewhere). Before that he was a member at the Comox golf and country club otherwise known as VP 407. And next? Well Bob, you see I have this desk that I'm trying to clean off and ..... Dave Jardine is this years sole CELE and also a past resident of Vancouver Island but a bit further north, CFS Holberg to be exact. Before that he was at Beaverlodge. Not bad for radar sites. Mary Guile comes from the other end of a radar site; radar-guided Voodoos to be exact. Marv flew with 409 at Comox and then stepped up one to 410. Barry Stannard only had to step up one floor to get here. Barry's a transport type via the downstairs route. Barry qualifies

as second shortest course member this year. Which, leads us naturally to Bob Fletcher but you don't want to tangle with this little guy. On a course devoted to the art of kill, Bob is our only armaments type, a real mechanic. Why he has a hundred ways to kill you an' they all work. With a smile like that how can Jim MacKenzie be anything but a lover not a fighter. He must be since wife Pauline just delivered a 5 lb. 14 oz. lad tad on the 7th named Stephen James. (Sneaky aren't I combining two pieces of news in one).

'Take a paragraph break here before we move on to Larry Bunce. He's an AERE who's spent most of his time fixing transports including Buffalos in Egypt. Rob Irving's a westerner who's somehow managed to stay out there with VP407. Well of course every maritime flyer has to do a little penance in the east but Rob's managed to minimize that. Which should guarantee a posting to MP and EU.

Tony Jozefowicz (yeah that's how it's spelled ask him how it's pronounced) anyway Tony Jo is a tutor tooter from Moose Jaw. Dave Cooke, the guy next to Tony Jo used to drive helicopters in Europe. Between them they've started on the ASC tours twenty thousand word pyramid sharing credit for: question of the briefing, question of the day, question of the week and we're all waiting to see who gets question of the year award.

Tom Bailey has tracked around the east coast for a few years. Keeps muttering something about runway 22 and ships and funny things like that. The Maritimes do that sort of thing to you. Dave McNair was ordered to sit down otherwise this photo would've cut his head off. Dave started out as an AI Navigator but bolted to the pilot fold. Once they'd unfolded him out of a T-bird, they found that a Herc was the only aircraft large enough to carry him. Dave has one other claim to fame; he

owns his own personal Hewlett Packard computer. Line forms on the left John. Now Jim Franko I could tell you a few things about. However this is a family newspaper, so if you want to hear tales of our course Franko - phone, please attend the bar some Friday night. For those of you who can't quite figure out the shading of that uniform in the centre, it belongs to Jimmy Boone, our new resident you all. Jim is the Arkansas traveller and has been hired by the ASC as the bilingual officer to translate all the speeches of that they're new American President. Herr Major Mueller ist der course senior. Another example of Bilingual skills. Fred (Fritz??) is a German major with a major in German. Well he's a Canadian like the rest of us actually ('cept of course Jimmy) and his skills certainly helped in his last posting; flying NF 5's on exchange with 313 Sqd'n of the Royal Netherlands Air Force. If you think I'm jealous, you'd better believe it. Don Sharkey came to us from piloting AD's with 425 Squadron at Bagotville. (maybe he got out in time) and is an avid Ham. No dear, OSCAR is a satellite not one half of the odd couple.

Finally we have Nick Lundhild (how does he get "Nick out of Claus Eric). Nick just came back from being an orbital analyst with NORAD in Colorado Springs. Any guy who lists computer analysis as a hobby has to be a natural for the course.

Well it took a while but we finally proved that ASC 29 is real and not a myth. Maybe if we're lucky we'll wake up and find last nights election results were a myth and not real. I doubt it.

Mel

*Nowadays a kid thinks he's roughing it if the school bus doesn't pull in to the curb!*

**MOTORIST BEWARE:** Now is the time to watch out for school children. Most of them are driving cars!

**Happy Birthday!**  
**Have you had your dental check?**

circumstances were far different. One woman (that's all I could see from my vantage point), was injured, laying face down on the roof of the automobile. She was alive. Her hand was moving. We did hear the following day that another woman in the same car wasn't so lucky. The day was a clear one. Driving conditions were excellent. Traffic wasn't excessive. Then why the accident? Why was a life snuffed out? Does it really bother us that lives are lost every day through traffic accidents? Maybe we'll hear what the causes were in this particular accident and then perhaps we will not hear just what happened nor why.

In another instance a short time ago, two other cars were in collision on an avenue adjacent to our PMQs. People were again injured in this accident. The odds against being involved in a vehicle accident and not being injured are extremely high. Read the statistics some time, there are all kinds of them.

Who is going to be the next statistic? Will your friends or acquaintances be injured in yet another accident? What are you doing about this driving situation? There is something you should be doing you know.

Are you driving defensively and giving that little extra consideration to the other fellow - that pedestrian at the cross-walk - that child on a bike - that boy running across the road.

When was the last time you fastened your safety belt? For that matter have you honestly intended to make use of them? They afford absolutely no protection whatsoever just laying next to you. Accident scenes as described above (and there are many many others) should tell us something - to those who will listen. Some people would rather not be told they must wear their safety belts and to drive defensively, so I would urge you to give it some serious consideration. Possibly - just possibly the fact that you did decide on your own to wear your safety belt and to improve your driving habits - your action prevented an accident from happening or prevented an injury to someone.



**THIS SAFETY ARTICLE IS FOR YOU!**

Were you one of the injured in any of those recent vehicle accidents in the city? I hope not. I had occasion to come upon an accident scene just the other day shortly after it had happened. It's quite the sight. The crowd fast gathering, police and ambulance attendants doing their thing trying to give immediate attention to the injured and others involved in the accident, controlling traffic and keeping back the crowd. Not especially wanting to add to the congestion, I didn't stick around. People in one of the cars were able to walk around, they were only slightly injured. In the other car, the one resting on it's roof,

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# 429 SQN BISON BREW



Howdy Herd! Another issue of the Bison Brew coming to you from 5½ miles above the ground. Somebody told me that Navigators are not very perceptive people. I disagree! Why just the other day a Nav opened a box of Cheerios at breakfast, turned to his wife and said, "Hey, donut seeds".

**PEOPLE IN THE NEWS:**

**LOCOL.** Tettelaar is still slugging it out in Trenton on the Herc OTU (Performing night three engine landings with BGEN. MacKenzie). He's due back in Winnipeg on the 6 Dec. Marg Desjardins has been promoted and will move to ACHO. One of the nicest people you'll meet, Marg will move to the Air Operations shop in headquarters.

Vic Charlebois had an interesting interview with Air Canada. During the discussions Vic told the personnel manager "If you don't hire me I'll kill you and all of your family". The man replied "You're obviously a stable individual, I think you'll do".

Chub Hezely was seen in Winnipeg during the French School Mid-Course Break. Chub couldn't understand how some of the professors at the school (drawing Government of Canada pay cheques, I might add) could be highly vocal Separatists. Strange!!!!

**PEOPLE IN THE NEWS**

Jim Humphrey was seen in Winnipeg recently on a visit from Thunder Bay. (Sic)

John Lumley returned from Staff School and was shipped off to Edmonton to enjoy a week in the simulator. His wife is getting tired of taking the garbage out!

Hal Steffler is down in Trenton on the C130 Aircraft Commanders Course. Nothing could be finer than to be in the South Pacific in the winter.

Jim Tomlinson visited his cadets in Thunder Bay recently. He went with Bill Jack so it was probably a quiet trip.

Lew Lewellyn is still playing bachelor in Winnipeg, although he is thinking of moving his family up during the Christmas School Break.

Glen Morgan tells me that the CFB Winnipeg Woodwork Shop is back in operation. Call him for details.

**JAM TRIP AWARD:**

The ICP School is planning a visit to the Oakland Air Traffic Control Centre in Los Angeles. Hutch is the organizer and some people are saying that he'll organize a Herc to take everyone down, although it looks like Dak and T-Bird.

**SQUADRON HAPPENINGS:**

Jim Anderson and Crew recently put in a rather long day airlifting water pipes to Edmonton via Goose Bay and Trenton. The pipes were to go immediately to Alert, NWT to patch up their busted water system. The crew may have exceeded the allowable crew day hours but it was within the AIB guidelines.

Four squadron members and their lovely wives attended a Nav Grad recently for Course 7602. Great party! Congratulations to the graduates!

The Sports officer reports that our Curling Team has lost games recently by default. Not performance! The participation for the Volleyball team seems to be ok except we still lose. Cest la vie!

**RUMOURS:**

It is rumoured that Major Brown is going to open a fish market? Rumoured that LCOL. Tettelaar's new secretary is going to be the same one he had in Ottawa. Very interesting! Rumoured that Claude Mikkelson really didn't want to go to Edmonton? Rumoured that Rene Levesque's Air Force is now hiring!. Rumoured that Fred Scott is going to build an airplane? See you next time!

IF YOU SAW IT  
IN VOXAIR —  
TELL OUR  
ADVERTISERS

MAN does not partake of the current fad of commercially exploiting violence (no, there is no demolition-derby car chase through the streets of New York!). The camera work is top-notch, the editing precise, the music supportive, and all the acting very good. Of all the terror-inducing scenes, the "old-locked-in-the-bathroom" scene must be an award winner. Though there is not much humour, the scene of Puerto Rican gang robbing the apartment is very funny, at least in that it brings relief.

Because the film is of such high calibre it must be looked at with greater scrutiny, and so it becomes clear that it is not without its weaknesses. There is a problem in using a real-life place like the streets of New York for a fictional thriller-drama. As audience we have expectations of what will happen when certain things take place on city streets, but in fiction these things do not happen. When a film uses a fictitious setting, the audience reacts as to a play, by entering through imagination into this pretend world where things happen according to their own rules. In MARATHON MAN the streets of New York present a difficulty in staying with the atmosphere of the movie.

Dustin Hoffman's performance is another problem, for it is like "Straw Dogs" re-visited. In other words we have seen him do this anti-hero/victim role before, particularly in the film "Straw Dogs", and that takes away from the originality of this film.

The ending also presents some problems, but since William Goldman did the movie script from his own book, we can only lay the blame in his lap. Towards the end of the movie, as audience, we expect a conclusion in at least one place: a street mob scene in which the villain "gets his", seems in order. But no; things go on. The ending seems to be a fading of the story, a going down the drain (re-inforced by the final setting). Our marathon man is ineffective even here. We can almost believe the villain, who calls him weak. And then the villain . . . well, enough said. Even weak endings shouldn't be given away.

## Attention Babysitters!

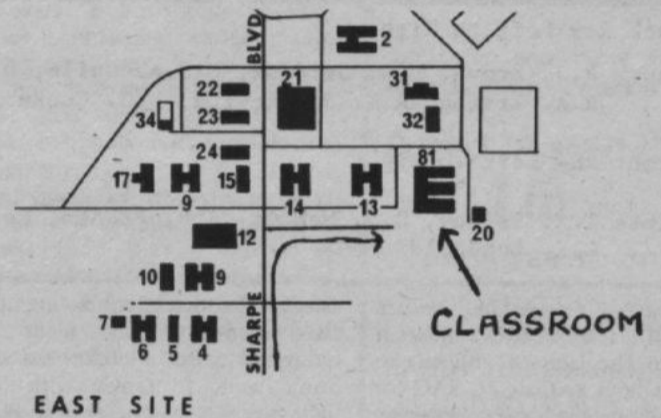
1. Do you Babysit?
2. Will you be prepared to handle an emergency when YOU'RE IN CHARGE?
3. Have you ever attended a Babysitter Course of Instruction?

If the answer is NO to questions 2 and 3, now is the time to register for the upcoming Babysitter Course to be conducted by your Base Fire Prevention Section. This course will consist of lectures and films dealing with Child Care, Security and Fire Prevention in the home. The duration of this course will be 6 hours, to be held 6th and 7th December 76 from 1815-2015 hrs in Bldg 81, east side of the airfield as shown in diagram.

On completion of course, students will receive a wallet size card identifying them as having participated in the Babysitter Course held at CFB Winnipeg.

Due to past response, this course will be limited to 30 students on a first come basis.

Registrations will be accepted until 3rd December 76 by phoning Loc 501 or 774.



## MOVIE REVIEW

by Ken Bernard

**"RUNNING FOR YOUR LIFE"**

This time the movie ads do not exaggerate. We have become so accustomed to not trusting the movie ads that there is some surprise in the low-key approach that has been taken with the excellent film by director John Schlesinger. MARATHON MAN (now in its 7th week at Northstar Cinema 1, in downtown Winnipeg) is a thriller of the first order, and if exciting movies of international crime and intrigue activate your cinema taste buds, this is one not to miss. (If you wait till it comes to TV in a couple of years you can bet it will only be wrecked by commercial breaks!)

MARATHON MAN stars Dustin Hoffman, turning in his usual excellent, if familiar performance, and co-stars Lawrence Olivier, whom you will be slow to recognize in his deliciously sinister role.

Excitement is not long in coming in MARATHON MAN, for

what seems to be a humorous beginning, within minutes explodes into breath-catching action. The key on the chain which appears early in the film is more than a visual pun, for it does point to a literal development of the story, which unfolds in New York, in Europe, and in South America.

In MARATHON MAN we have the re-appearance of the anti-hero, who is of course Dustin Hoffman, hoping, practising, and unrealistically expecting to be a marathon runner. Hence the title. The metaphor takes care of itself as the story unfolds.

No James Bond character is our hero. Rather he is small, unpretentious, unwittingly caught up in events; things are beyond his control; he is victim, (and he suffers inarticulately and gloriously!); he doesn't even win in the end, for the evil undoes itself while he watches.

John Schlesinger is a serious filmmaker, and so MARATHON

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A PRIVATE'S BUDGET...



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- 137 Goulet Street ..... 233-4911  
(Goulet Shopping Centre)
- 3010 Portage Avenue ..... 880-0942
- 1120 Grant Avenue ..... 453-7637  
(Grant Park Plaza)
- TRANSCONA: 107 Regent Avenue West ..... 222-4283  
(next to Snowdon's Hardware)
- SELKIRK: 218A Manitoba Avenue ..... 482-6211  
(next to "Janis Lynn Ladies Wear")

# A Retirement From 73 COMM GP



Captain M. S. Mykytyshyn presents a Retirement Scroll to Mr. W. J. Laking. Looking on is Mr. R. D. Coutts, Telephone Services Officer.

Mr. Laking first came to the Civil Service in 1946 after a term of service in the RCAF. He was employed with RCEME, Prairie Command until integration in 1967 at which time he transferred to 73 Communication Group Headquarters. He retired as Telephone Services Supervisor in Sep 1976.

All members of 73 Communication Group join the Commanding Officer in wishing him a long and prosperous retirement.

## Tank Regiments Affiliated

Ottawa - Two Canadian tank regiments - one regular force and the other militia - have become the first Canadian military units formally affiliate, under a new provision adopted by the Forces.

They are The Royal Canadian Dragoons (RCD), stationed in Lahr, West Germany, and Toronto's The Governor General's Horse Guards (GGHG).

The new provision permits ships, regiments, battalions and squadrons to adopt formal affiliations.

To qualify for affiliation, units must have historical or geographical ties, and the commanding officers must agree that it is in the best interest of their units. The Chief of Defence Staff, General Dextraze, is the approving authority.

The ties between The RCD and The GGHG have been long standing. Each holds the distinction of being the senior armoured regiment in its respective regular and reserve component.

For years, the home of The RCD was Toronto's Stanley Barracks, and during the Boer War, many Guards officers and men joined the Dragoons. Both regiments are affiliated with the famed British armoured regiment, the "Blues and Royals".



## SOUTH SITE GUIDE & BROWNIE XMAS BAZAAR

11 DEC 76  
1-4 P.M.

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(HOUSE TRAINED BY BROWNIES)
- CAKE DECORATING CONTEST  
(GUIDE ENTRIES ONLY)
- CAKE AUCTION AT 3:00 P.M.
- FISH POND ~ REFRESHMENTS

during the winter, give us a call. All we really need is a few people to keep an eye on the kids to make sure that no one gets hurt or overly exuberant. Even if you can't spend a whole afternoon supervising, you're still welcome to come out with your children and play with them for an hour or two - there's still room!

*Daffynition: Stagnation - A country without any women.*

all our new Council members have still not become available. In the interim, while we chase the remainder over to the photo section, the following list of Council members is included for your information and convenience.

## North Site Community Council News

The November meeting of Council was held in the CFANS building on Wednesday, November 10th. Numerous items of routine business were discussed and resolved by Council prior to the introduction of the new business.

Captain Wayne Crowell, President of the North Site Community Council, took a few moments to advise Council that he wished to formally commend MCPL. Hank Gillich for his outstanding, voluntary contribution to the community. MCPL. Gillich, almost single-handedly, at his own request, took on the operation of the Westwin Minor Ball Club for the past season. His personal efforts to provide a healthy sportsman-like atmosphere for the youngsters are much appreciated. Further, he took the time and trouble to appear personally at a Council meeting to explain in depth the need for new and additional equipment for the teams to ensure a safe, productive season. Council is pleased to add its endorsement to the President's commendation.

At the same meeting, the draft of a proforma letter regarding pet control was tabled and approved by Council. This letter will be sent out by Council to the owners of pets that have been identified as a hazard or nuisance to the Community in general. It is hoped that by using a formal method of warning, pet owners that permit their animals to roam unchecked will take heed and correct the situation before remedial action by higher authority becomes necessary. If you are a pet owner look to your responsibilities - if you are a resident with a "pet problem", contact your Ward Councillor by telephone or memorandum and we will try to help eliminate the problem.

At the request of the Base Physical Education/Recreation folks, Council has been providing supervisory assistance in the gymnasium for the weekend sports activities for the youngsters. The Councillors who have already attended one or more of the Saturday sessions

report that the kids are really having a ball and are turning out in droves, packing the gym to near capacity. As is usual with this type of activity, very few parents have come forward to offer their assistance - we aren't really sure why this is so. If YOU can spare just ONE Saturday afternoon

### NORTH SITE COMMUNITY COUNCIL REPRESENTATIVES

NAME	USUAL FIRST NAME	WARD	COUNCIL POSITION	WORK PHONE	HOME ADDRESS	HOME PHONE
M/Cpl M.C. LAWRENCE	Michael	1		404	67 Jameswood Drive	885-3476
Sgt A.L. DELONG				549	38 Leicester Sq.	885-3444
M/Cpl J.O. DAIGLE	Joe	2	Scouts & Guides	888-0118	69 Leicester Sq.	832-3055
Cpl R.A. HAY	Ron		Treasurer	513	30 Leicester Sq.	885-2448
M/Cpl MacFARLANE	Doug	3		359	10 Jameswood Drive	832-4069
Sgt H.G. PRITCHARD	Harold		Asst. Secretary	266	553 Whytefold Road	832-5054
Cpl M.J. LaFRANCE	Jim	4		404	90 Cornwall	885-2976
Capt T.G. BREMNER	Terry	5	Pub. Director	454	37 Silverwood	888-2291
Capt D. OLEXA	Dave		Asst. Pub. Dir.	837-6055	71 Braintree Cres.	889-3870
M/Cpl D.S. HUNSINGER	Dave	6	Asst. Sports Dir.	511	101 Braintree Cres.	889-6742
Sgt A.W. WATSON	Al		Welcoming Dir.	747	172 Braintree Cresc.	885-1583
Cpl W.L. CRAIG	Wayne	7	Sports Dir.	243	108 F. Canso	889-3604
Sgt. R. Hall	Rick			204	107 H. Sabre	832-3925
Sgt G.E. TANNER	George	8		888-3585	102 A. Comet	889-8371
M/Cpl C.A. MIKKELSON	Claude		Coun. for Wards	349	105 B. Canso	885-3703
Capt P.J. KENDELL	Pete	9	Cultural Activ.	504	493 Conway St.	885-4209
M.W.O.F.M. PELLE	Milton		Teams & Playground Pre-Teen	611	448 Conway St.	888-0612
Cpl B.J. VASS	Bonnie	10	Secretary	226	467 Moorgate St.	888-1875
Capt W.S. CROWELL	Wayne		President & Base Conservation	474	424 Sharp Blvd.	889-3359

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- Built-in blind stitch for professionally tailored hems
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- Twin-needle two-color sewing
- Calibrated needle plate
- Built-in enclosed motor for safety and styling at its best
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Brother 2010

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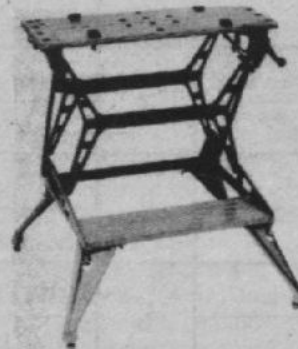
Brother Sewing Machine 661

BX REG. PRICE \$92.49 RED SEAL SPECIAL

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B & D All New Portable Folding Work Centre

It's a Foldaway Portable Giant Vice and Sawhorse . . . all in one!



Giant 29" vice with 4" jaw opening. (Up to 10" opening utilizing swivel pegs) Vice jaws operate in parallel or with taper action. Lightweight — easy to carry yet holds up to 400 lbs. Legs fold in to offer a choice of working heights. Feet adjust for stability on uneven surfaces. Opens to working position, or fold away to the size of a suitcase in seconds. Wide or awkwardly shaped objects can be held securely by the vice pegs provided.

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B & D 3/8" Drill Kit with Custom Molded Case

Kit contains: 1 — 5731 1/2" 2-Speed Drill, 3 — Drill Bits, 1 — Rubber backpad, 1 — Arbor, 1 — 3" Wire wheel brush, 5 — Assorted sanding discs, 1 — 3" Medium grinding wheel, 1 — Key holder, 1 — Chuck key, 1 — Molded Blue carrying case.

BX REG. PRICE \$26.99

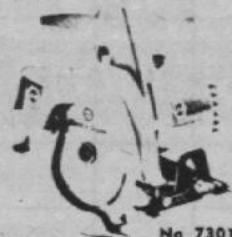


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B & D 7 1/4" Utility Power Saw

Excellent blade visibility from either side. Wrap-around sturdy steel shoe for added support. Burnout protected motor. Handle placement gives excellent balance and control. Accepts optional 91914 Rip Fence. 7 1/4" combination blade included. Safety approved for 7 1/4" and 6 1/2" blades. Smaller blade is safely covered by extra-wide guard. Keeps sawdust away from cutting line. Cutting depth 90 degrees 2 1/4", 45 degrees 1 1/2". 120V AC; 9 amps.; 4900 RPM. Shipping weight: 15 1/2 lbs.



No 7301

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WE NOW HAVE A GOOD SELECTION OF BLACK AND DECKER POWER TOOLS. AN IDEAL GIFT FOR DAD- SHOP NOW WHILE THE SELECTION IS GOOD.

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Big savings on colourful BASF Rainbow cassettes! High fidelity, distortion-free quality. Take advantage of this special offer now to Try the Red Ones! In C60, C90 and C120 lengths.



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**BUY ONE BASF 8-TRACK CARTRIDGE ... GET ANOTHER ONE FOR ONLY HALF PRICE!**



**... GET ANOTHER ONE FOR ONLY HALF PRICE!**

- Low noise, extended range
- Engineered to deliver full brilliance and super fidelity
- Compatible with all modern 8-track systems

In 45 - 64 - 90 minutes!

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Exciting prizes in an exciting contest! You could win the daring new Triumph TR7... or a fabulous Caribbean holiday for two. To enter the BASF "Try the Red Ones" contest, see the full contest rules and pick up your entry form in our audio tape department now. Contest closes

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The distinctive red symbol on every BASF cassette, 8-track cartridge, reel-to-reel tape and other BASF audio products guarantees that you're getting the finest audio products that money can buy. Try the Red Ones! You may be a lucky winner!



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# ELAC



## Miracord 650

The ELAC Miracord 650 is a very popular turntable and offers the same quality and reliability as the Miracord 50H II - but at a substantial saving in cost.

The tonearm is patterned after that of the 50H II. It is dynamically balanced to track precisely in all planes. The counter-weight is elastically isolated and damped to suppress unwanted resonant frequencies. The tonearm will track precisely down to 0.5 gram. Stylus tracking force is adjustable by means of a continuously variable, gram-calibrated scale. The anti-skating force is continuously adjustable so that it can be set correctly to correspond with the tracking force used.

ELAC's unique gentle-touch push-button control system lets you start-stop-play single records automatically or, in multi-play operation, repeat one record of a stack without dropping the next record. For manual play, simply lift the tonearm and place it on the record. To play the same record repeatedly, just operate the Miracord 650 with the single play spindle inverted.

To ensure "velvet touch" treatment of your stylus and records, the cue control is silicone damped to float the tonearm down gently. In common with other ELAC turntables, the Miracord 650 is covered by a two-year warranty for parts and labour.

## Miracord 625

A dependable, practical performer, that's the ELAC Miracord 625 with the stylish PZ20/PH10 base and cover combination.

The Miracord 625 is a solidly constructed automatic turntable, backed by a full two-year warranty both parts and labour. The PZ20/PH10 base and cover combination is very attractive and practical in use. A single record may be played with the cover completely closed. If you prefer to listen to your favourite records being played one after the other automatically, a stack of up to ten records can be accommodated with the cover half raised, about as shown in the picture.

The tonearm of the 625 is statically balanced and does not depend on spring tension for tracking force.

adjustment. Variable anti-skating assures even pressure of the stylus against both groove walls. The silicone damped cue control allows the tonearm to be floated down gently to ensure that "velvet touch" treatment of your stylus and records.

The high-performance asynchronous motor brings the 3 pound platter to correct speed in a fraction of one platter rotation and ensures rock-steady speed under varying load conditions and line voltage fluctuations.

ELAC's pushbutton control system is the model of operating simplicity. Select the speed and, for manual operation, just place the tonearm on the record. For automatic operation just push a button and walk away. The Miracord 625 starts itself and also shuts itself off.

### ELAC 650

BX REG. PRICE \$149.00  
RED SEAL SPECIAL

**\$117.77**

(ONE ONLY)

### ELAC 625

BX REG. PRICE \$133.00  
RED SEAL SPECIAL

**\$103.79**

(ONE ONLY)

### Sanyo Turntable

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RED SEAL SPECIAL

**\$49.97**



Balanced tone arm. Heavy-duty turntable handles 33, 45 and 78 RPM records. Walnut-finish base, smoked acrylic dust cover and connecting cords. Size: 7 1/2 x 15 x 13.

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The Goldeyes 76-77 Novice Skin Diver Class. Standing L-R: Gord Hornbeck, Chief instructor, Ron Abram, Robert Kushner, Laurel Wood, Kim Lessard, Liane Laas, Alain Mathieu, Ed Champagne. Kneeling L-R: Leon Saucier, Ken Sawich, David Niles, Don Champagne, Richard Champagne. Missing: Brad Cunningham, Randy Johnson.

**CFB WINNIPEG SERVICE WOMEN'S FASTBALL TEAM**



BACK ROW: CPL. Belliveau M.E.L., PTE. Martinez J.; MCPL. Gorden G.; PTE Uenker K.; PTE. Robson H.; PTE Lung S.L. FRONT ROW: PTE Kozakawaki E.A.; PTE Hann S.; PTE. PRINGLE M.; PTE MacKay S.; PTE Glover K.

**DO YOU NEED...**

- . Skis
- . Boots
- . Poles
- . Bindings
- . Goggles
- . Waxes

**WANT TO TRADE OR SELL?**

**CFB WINNIPEG SKI CLUB SWAP SHOP SKI EQUIPMENT**

A swap shop will be held in the Westwin Recreation Centre 29-30 Nov 1, 2 and 3 Dec. Equipment will be on sale at the Sports Store during normal opening hours (0800-1000 and 1430-1630 hrs), and from 1900-2100 hrs on 29 Nov and 01 Dec in the hallway adjacent to the sports stores. If you have any ski equipment that you want to sell, drop it off at the Sports Stores preferably the week of 22-26 Nov.

**CROSS-COUNTRY SKIING**



So far the response to the X-Country Ski Club has been outstanding. This article may be out a bit late for our organizational meeting and clinic on 24th Nov. But just in case you read this in time, and are interested, it is in the new lounge of Bldg. 90 (next to snack bar) starting at 2000 hrs.

We hope to be selling memberships at the meeting and any time after from the contacts below.

As a club we will have the most to offer the beginning skier in the form of ski clinics and instruction. Our plans at the moment are to hold a waxing clinic within a week or two of the 24th Nov. For the expert skier we hope to offer competitive skiing. We also plan to organize over night outings if the interest is there.

If you feel that the club has anything to offer you please contact any of the following people for further details. CAPT. Les Putland Local 334, LT. Dick O'Ree Local 715, WO. Mike Cashin Local 394.

**CFB WINNIPEG 100 HOUR SWIM**

Results of CFB Winnipeg's Inter Section/Unit Competition

BRANCH/UNIT	NO. OF PARTICIPANTS	NO. OF LENGTHS	NO. OF 12 MILERS
Base			
- BADMO	13	1515	1
- BTECHSVCO	4	1209	2
INTEGRAL - HQ AIR COM	9	4754 (Winners)	5
- 429 SQN	1	845	1
- CFSMET	2	30	
- CFANS	3	489	
Loger			
- 1 CEU	10	870	
- 2 PPCLI	1	128	
- 401 CFSTD	1	427	
- 3 RSU	1	143	

The following personnel will receive the CFB Winnipeg Award of Athletic Achievement for swimming the maximum 12 miles:

L/COL. Ackert	Air Com HQ	CAPT. Philips	429 Sqn
L/COL. Lewis	Air Com HQ	SGT. Abram	BAMEO
MAJ. Kasanda	Air Com HQ	MCPL. Carson	BTNO
MWO Vowles	Air Com HQ	CPL. Boulanger	BERO
MAJ. Waite	Air Com HQ		

A word of congratulation goes out to CPL. Ray Boulanger of the PERI staff for breaking his own record by swimming the 12 miles in 8 hours. His previous 1975 record was 11 hours.

Also, the statistics show Air Command Headquarters as the winner of the trophy for the Unit/section with the most lengths swum and for the most 12 mile swimmers.

A special note of commendation must also go to those swimmers who struggled through length after length some who prior to, had never swum a complete length or more than five or six lengths at one time. Your lengths helped in the over-all score for the Base.

**NEXT ISSUE - RESULTS OF THE AIR COMMAND 100 HOUR SWIM.**

**HOW DID WE MAKE OUT?**

**WESTWIN FIGURE SKATING**

The first test day for the Westwin Figure Skating group (Badges 1 to 8) will be held on Friday, December 3, 1976. There will be no pre-test this year and all children will be tested on test day.

There will be no skating lessons on December 24th and 31st. Classes resume again on the 7th of January.

A big thank you to the volunteer coaches who have made the program such a success this year.

Helen McSween  
889-0248

**WHY WORRY?**

WHY do people worry? There are only two reasons for worry: You are either successful or you are not successful. If you are successful, there is nothing to worry about. If you are not successful, there are only two things to worry about: your health is either good or you are sick. If your health is good, there is nothing to worry about. If you are sick, there are only two things to worry about: you are either going to get well or you are going to die. If you are going to get well, there is nothing to worry about. If you are going to die, there are only two things to worry about: you are either going to heaven or you are not going to heaven. If you are going to heaven, there is nothing to worry about. If you are going to the other place, you will always be so busy shaking hands with old friends, YOU WON'T HAVE TIME TO WORRY.

So, why worry?

**If your heart can't do the job who fills in for it?**



Participation  
The Canadian movement for personal fitness  
Fitness. In your heart you know it's right.

**ICE TIME**

**For Fitness Training At St. James Arena...**

Available each Wed from 1400 - 1600 hrs for Unit/Section fitness training.

Units/Sections wishing to use the ice for Fitness Training, ie; hockey, broomball or skating may call the Rec Centre 511. Equipment arrangements may be made at that time as well.

**RING-A-LING**

BUY-ING  
SELL-ING  
RENT-ING

837-7553  
24 HOUR

**LING REALTY**

58 AMARYNTH CRFS  
MEMBER MULTIPLE LISTING SERVICE

**Inter-Section Broomball**

STATISTICS AS OF 16 NOV 76

TEAMS	PLAYED	WON	TIED	LOST	POINTS
ALPINES	7	4	2	1	10
ICEU	8	4	2	2	10
BAMEO	7	2	2	3	6
CFANS	8	1	2	5	4

BY LAND —  
BY SEA —  
BY AIR —



Welcome to the "BIG A" — Entertainment and Dancing 9 p.m. to 1 a.m.

Your Host: Norm Webb

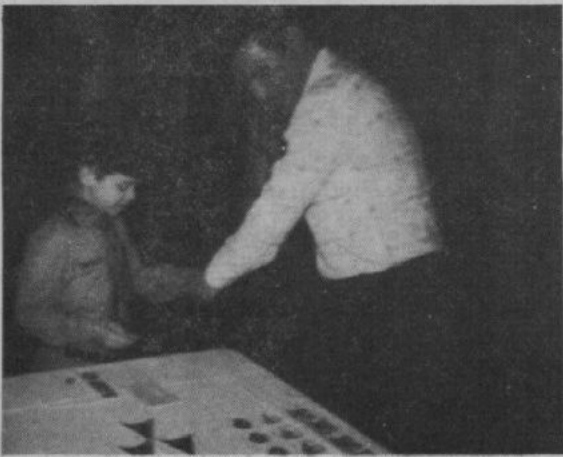
**ASSINIBOINE GORDON HOTEL**

1975 Portage Avenue

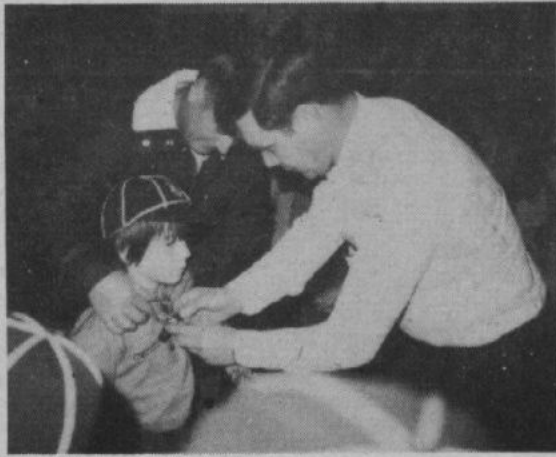
Phone: 888-4806

# Boy Scouts Of Canada

## - 51st Group



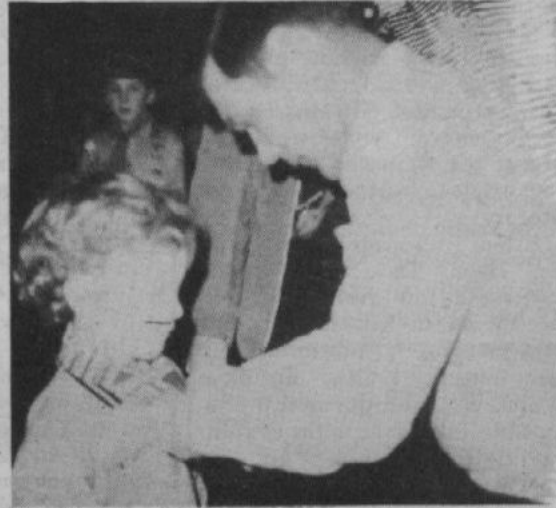
Scott Shortridge receives his badges upon completion of his investiture by the cubmaster.



Patrick Martin being presented with his neckerchief by his Father the cubmaster.



Glen Sentner receiving his Tawny Star.



Ricky Pollock being presented with his neckerchief



The Pack listening intently to an address by MAJ. Selwyn.



The pack participating in an enjoyable game.

Tuesday evening the 16th Nov was the fourth meeting for this season of CFB Winnipeg's Wolf Cub Pack and what a grand evening. The highlight was the Investiture of New Chums. Twelve new boys were officially invested and how grand they looked in their brand new jerseys and caps. The honours were performed by Major E. Selwyn the Group Committee Chairman, assisted by this year's Cub master Lorne Shropshire.

The following boys were invested as Cubs: Troy Garrison; Steven Cantera; Paul Butler; Mark Matthews; Mike Bowman; David Roberts; Paul Powers; Scott Shortridge; Robert Mullen; Ricky Pollock; Dave Holtz; Patrick Martin.

Glen Sentner received his

tawny star completing all five star requirements. Congratulations Glen.

The following Cubs received one year service bars as indicated: Glen Sentner - one bar; Billy Shropshire - two bar; David Henschell - one bar; Steve Hanson - one bar; Danny Kelly - one bar; Dale Hummie - one bar.

The emblem "Trees For Canada" was presented to Cubs who participated in this 1975 project. Chad Gottfried; Dale Hummie; Wesley Kopp; Steve Hanson; Billy & Robin McClung; Alastair Raeburn; Glen Sentner.

A special thank you to all the parents is in order as a 100 per cent parent turn-out was witnessed. Also deserving of a Cub thank you is Chief Scout Chris Selwyn who ably participated in

the presentations, and Scout Leader Karl Mercer who so graciously volunteered to photograph this event.

The Cub Pack meets every Tuesday evening at 1830 hrs in Bldg 81.

The 51st Beaver Colony investiture was held on Monday night, Nov 15th under the direction of Pat Halstad, Beaver Leader and Lynda Mosley assistant Beaver Leader.

Beavers Gordie Mosley, Donald Emery, Duncan McDonald and Eric Roberts were invested by Beaver Leader Pat Halstad. All the parents of the boys were in attendance at the investiture.

Jennifer Swanston, Assistant District Commissioner for Beavers attended the investiture and invested Lynda Lee Mosley as an

### Scouting News

At a presentation of a Scout cup and saucer set to Miss Martin in appreciation of six years of dedicated service to the 51st Group, Mr. Jamieson, the Group Secretary spoke. He pointed out that had not Mrs. Martin and the Group Ladies Auxiliary come to the financial assistance of the Group they would have been lacking in funds to complete their years activities. As a result of the work by the Auxiliary the Group were able to start off the year in a good financial position and look forward to the 1976/77 scouting season with a great deal of optimism. Mr. Jamieson in thanking Mrs. Martin expressed the appreciation of the past President, Mr. Roadley, the whole Scouting Group and the community for her excellent work, well deserving of credit by the community.

The Group Committee meeting held Sunday 14 Nov 76, was well attended and the Scoutmaster Bob Vass, Cubmaster Lorne Shropshire and Beaver Leader Patricia Halstad were all in attendance. The new Treasurer, for the Group and Assistant Scoutmaster Karl Mercer was in attendance to take over his new office. Mrs. Mildred Martin, Ladies Auxiliary, Major Ed Selwyn, Chairman and Jim Jamieson, Secretary completed the Group attendance. Mr. Clyde Martin also attended the meeting as an interested parent.

The 51st Scout Troop reported five scouts were invested in October and that Fred Bourgeois had taken over the Venturer Company as their advisor. Camping and outdoor activities are being stressed by the Scouts this year and additional scouts may be registered Wednesday nights in Bldg 81 from 7 to 9 p.m.

The next bottle drive in the Married Quarters area for the Group was announced for Saturday 4 Dec 76 and another in the New Year on Saturday 8 Jan 77. Householders will be asked to provide pocket books for the Ladies Auxiliary sales during the bottle drives. Notices will be delivered in the 51st Group Area before each drive.

Your Group Chairman is Major Ed Selwyn - local 221 or home 832-1241; Secretary, CWO Jim Jamieson, local 401 or 888-8063; Treasurer and ASM, MCPL Karl Mercer, local 455 or 889-8032; Scoutmaster, CPL. Bob Vass, 888-1088 or home 888-1875; Cubmaster, SGT. Lorne Shropshire, local 766 or 885-2694; Beaver Leader Mrs. Pat Halstad, 837-9390 or home 832-1125; Ladies Auxiliary, Mrs. Mildred Martin, 153 Braintree Cres.

**PROFANITY NEVER MADE A MAN OUT OF A BOY**

assistant Beaver Leader for the Colony of Beavers. Major E. Selwyn, Group President spoke to the parents, leaders and beavers after the ceremony.

The Beaver Colony still have room for some boys ages five to seven. A visit to have supper with Santa is planned by the Beaver Colony for Tuesday, December 14th.

Mrs. Mildred Martin, Chairman of the Group Ladies Auxiliary was honoured at the Groups Committee meeting held Sunday Nov 14th in the Scout Hall, Bldg 81.



### club

**OPENING SOON**  
CONTACT LT. READE,  
LOCAL 888-8960



**OPENING 1 DEC**  
CALL CAPT. GIBSON 685  
OR WO. GRIST 753



### INDOOR SOCCER

**WESTWIN GYM**

**Monday Eves.**  
**1800 - 2000 HRS.**

All interested personnel who wish to participate are to show up at 1800 hrs prepared to play.

For more information please contact CPL D THOMPSON at Loc 524.

### 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.

**Don't just sit there. Do something.**



# Voxair Variety

BY JOHN LAUDER

The MANITOBA THEATRE CENTRE is busy at both ends of the street this week. Edward Albee's *All Over* the second main stage production of the season, opened last Friday, and will run until December 11th. Tomorrow night, November 25th, the Warehouse Theatre will offer two one act plays by Canadian playwright Joanna Glass, *Canadian Gothic* and *American Modern*. These two will also run until December 11th.

As usual, VOXAIR deadlines prevent any immediate critic comment on either show. However, in all three there are first class casts, so lovers of live theatre should try and see them.

In *All Over* the "action" is the death of an unnamed man, never seen by the audience. A hospital screen surrounds his bed and serves as a constant reminder of his presence to the equally unnamed family members who have gathered for the deathwatch. Wife, Best Friend, Daughter, Son and Mistress all are forced to confront their own lives — and each other — with an honesty not normally seen in everyday life. The New York Times called this a very lively play about death, one of Mr. Albee's finest plays.

For further information call the Box Office at 942-6537.

Events at the Concert Hall this week include the World Adventure Tours film "Angola", with two shows on both the 24th and 25th, and the WINNIPEG SYMPHONY ORCHESTRA Concert on the 26th and 27th, which will feature Denis Brott, cellist, as the guest artist. On Sunday the 28th, Tammy Wynette and a gang of western stars will give shows at 6:30 p.m. and 9:30 p.m.

\*\*\*

A final footnote of the shows running in London these days. In late October I caught two excellent stage presentations, which will likely never be made into movies, unless there is a resurgence of musicals and farces to replace the horror and cops. The American *A Chorus Line* I would particularly recommend, and also Tom Stoppard's *Dirty Linen* and *Newfoundland* a very funny play kidding politics and sex. Both were sold out for several weeks in London. But if you get the chance, see these shows. No doubt MTC will eventually bring one or both here, but not for a couple of years.

## Canadian Artists Exhibit at Canadian War Museum



Ottawa artist Anne Campbell shows some of her Vietnamese art work to Vice Admiral Robert W. Falls, vice chief of the defence staff, at the official opening Thursday night (Oct. 28) of the "Through Artists' Eyes" exhibition at the Canadian War Museum. A total of 45 works by 22 Canadian artists are on exhibit at the museum until Jan. 28. Mrs. Campbell, who signs her work "Elizanne," visited Canadians on the International Commission of Control and Supervision in Vietnam in mid-1973, under the Canadian Armed Forces Civilian Artists Program (CAFCAAP). Begun in 1968, CAFCAAP involves the selection each year of a small number of Canadian artists who contract to paint armed forces activities in various parts of the world. The best are chosen for the war art collection at the war museum. Artists are provided with military transportation and accommodation, but do not receive payment for their work. Next year, the "Through Artists' Eyes" exhibit will be on display in a number of museums across Canada.

(CANADIAN FORCES PHOTO)

# Harry Sweeney

music reviews and syndicated columnist



## Helen Reddy

Australian-born Helen Reddy, is well on her way to adding another gold or platinum record to her already long list of RIAA certified award winning albums. This time around, it's "Music, Music" (Capitol ST 11547) and after only a couple weeks in release, the set seems destined to keep Helen in the solid gold category.

Helen, who made her debut at the Tivoli Theatre in Perth, Australia at four years of age, hit the shores of America shortly after winning a talent contest sponsored by a local television station. She won out over 1,358 hopefuls. First prize in the contest was a trip to New York, an audition with an American recording company and \$400 cash. Things didn't work out exactly like the Cinderella story, but she did get to New York, where she met and married Jeff Wald, an agent at William Morris, the agency that represents super-stars.

MR. KELLY'S  
Jeff took a job as a talent booker for Chicago's nightclub, Mr. Kelly's and Helen was able to do a few shows, cut some singles and when talent that was booked into the club didn't show, Helen would fill in. When a few firm offers were made for Ms. Reddy's talent, Helen and Jeff moved to California. The job offers fell through, Jeff went on the road managing Tiny Tim and Helen took courses at UCLA.

After some lengthy negotiations on Jeff's part, Helen was finally signed to Capitol records by Artie Mogull where she recorded the Mary Magdalene song from Jesus Christ, Superstar, "I Don't Know How To Love Him". The song became a huge hit for Helen, and there's been no looking back.

Her string of hits, which started with "I Really Don't Know How To Love Him", now include: "Crazy Love", "No Sad Song", the multi-million selling "I Am Woman", "Delta Dawn", "Leave Me Alone (Ruby Red Dress)" and "Keep On Singing". Her album winners, such as: "Helen Reddy", "I Am Woman", "Long Hard Climb", "Love Song For Jeffrey" and "Greatest Hits" are all golden winners.

Helen's list of accomplishments are becoming legendary. She won a Grammy award for "I Am Woman"; she was named the "Most Played Artists" by the Music Operators of America; chosen the number one female pop vocalist by all three of the music industry's leading magazines — Billboard, Cash Box and Record World; received the NAACP's IMAGE Award as the "Best Pop Vocalist of 1973" and while the list goes on and on, it would take a book to cover the

complete story of Helen Reddy — Super-Star.

### MUSIC MUSIC

Helen, co-host of the popular "Midnight Special" has appeared on such major TV shows, as: Flip Wilson Show, Carol Burnett Show, Johnny Carson's "Tonight Show", The Grammy Awards Show and was Hostess of the American Music Awards Show.

In her latest album, Helen has again proven her ability with material that ranges from the title track, "Music, Music" through the beautiful "Hold Me In Your Dreams Tonight" to "Ladychain" and "Nice To Be Around".

It's an album of beautiful music and Helen's vocal styling and delivery as she touches on every aspect of the music spectrum, assures the listener of sheer perfection on an album that's bound to become a collector's delight.

**??**

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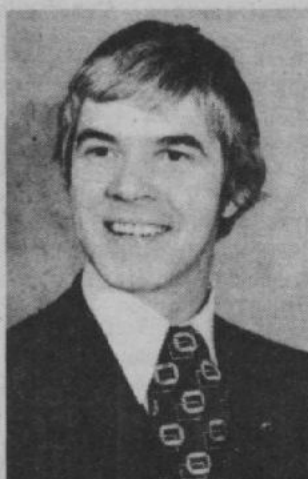

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THE MONARCH LIFE ASSURANCE COMPANY

# MANITOBA JOURNAL

ROSMARIE KOHLBERG

## HOW TO GET COFFEE FROM A MACHINE

### Foreword

It is generally assumed that anybody can get coffee from a machine. This is a common fallacy. There are several prerequisites to be fulfilled and skills to be mastered before one should approach Its Mechanical Highness, the Machine. If you think it is enough to saunter casually up to it with the right change, or with a quarter, think again — and bring both the right change *plus* the quarter, because its Highness has fits of greediness and may gulp down your two dimes without handing you the expected goods. CAUTION: When the machine refuses to return your coins and/or fails to yield coffee, avoid falling into another error of judgement: DO NOT KICK THE MACHINE! It will become infuriated and will kick you back. The same applies to hitting it with your fist. This action towards a superior being is unbecoming to a member of the human race. *Keep your cool* and follow the instructions given in OPERATING PROCEDURES below.

### Operating Procedures

In order to get coffee from a machine, proceed as follows:

1. Approach the machine frontally — never sneak up on it from the side. Many people do not realize that the side approach is the most frequent cause of dime-retention by the Machine. (Other causes are detailed in Section 2.)

2. Familiarize yourself with the inscriptions on the buttons. Each Machine has a different arrangement of content, which you should memorize. (Refer to the Check List, which will be issued separately in a handy pocket — or purse-sized mini-format.) Note especially the "Sold-Out" button which illuminates when the Machine has exhausted its supply, or when it is fatigued. When you see its red eye glaring at you, believe that it has run out. *Do not try to outwit the Machine.*

3. Organize your preferences, but, in the event you want coffee, black, be prepared to accept a second or third choice, as the Machine may run out of one item and may substitute whatever supply is in stock. You may receive one of the following: a. coffee, chicken flavor; b. soup, with sugar. CAUTION: When the above occurs, do not call the machine names. DO NOT KICK THE MACHINE (see Foreword.)

4. Insert two dimes in the slot marked "Coins", NOTE: You may substitute two nickels for one dime — some Machines will accept this. However, this practice is not recommended as nickels do not go down well in most Machines. (A new model is being developed which will only accept

metal tokens. These tokens can be obtained from another Machine which will accept nickels, dimes, and/or quarters, but not pennies.)

5. Press button marked with your choice of coffee, as follows: a. coffee black; b. coffee, sugar; c. coffee, light; d. coffee, sugar and light. If you want coffee with a normal amount of sugar and/or cream, press b, c, or d, respectively. However, if you desire more than the usual amount of cream and/or sugar, you must also press one or more of a different set of buttons, marked "Extra Sugar" and "Extra Light". Novices are advised to practise one-button choices first, and proceed to two-button selections only after two weeks of intensive on-job training. WARNING: Three-button experiments are not recommended for the uninitiated, and are dealt with in Part 3 of the Instructions.

6. Turn your attention to the opening in the centre of the Machine. At this point, a plastic container should tumble down into view and come to rest on a small metal grille, firmly to be gripped by two steel tongues. This is the most vital point in the procedure. Unfortunately the location of the opening is in the vicinity of most people's knees, so you must bend forward until your eyes meet the opening at an angle of 43 degrees, and your left hand extends almost parallel to your gaze, outstretched, your left arm bent at the elbow, and loose, but not swinging, in the shoulder joint. Keep your hand at a distance of 6.5 centimetres in front of the opening, while the cup descends. (Failure of the cup to descend is discussed in Emergency Procedures, Part 3.)

7. Pay particular attention to the speed (17 km/hr) and the final tumbling angle, which should not exceed 23 ( $\pm 2$ ) degrees. If this angle is exceeded, move your hand quickly and decisively towards the cup, ensuring not to touch the steel grippers, and assist the cup to come to rest in an upright position.

8. Withdraw your hand immediately to its position as described in para 6, while watching the coffee being poured. If the liquid that trickles into the cup in a thin stream looks like hot water, do not become alarmed: it IS hot water. You will notice that after approximately 2.3 seconds, the water will assume the color of beige. This signifies that a mechanical device in the Machine has measured a spoonful of instant coffee (plus whatever) into the dispensing unit, which then releases the coffee to join the water from the heating unit. (See Figure 2-7 for diagram of dispensing unit, and Figure 2-8 for schematic of heating unit.)

9. Remain in the position described in para 6 until the beverage has ceased to flow. One of the following results will be

## New DG Info Appointed



Brigadier-General Lawrence Farrington, 53, of Ottawa and Yarmouth, N.S., has been promoted to that rank and appointed director-general information at National Defence headquarters, Ottawa. He will be the principal public affairs adviser to the defence minister and senior defence staff.

(CANADIAN FORCES PHOTO)

observed. Your cup is: a. 37% full; b. 51% full; c. 98% full; d. 133% full.

In case of a or b, proceed to step 10. It is no use waiting any longer in the hope of getting a full cup at this time. You may, however, start over, omitting steps 1 to 3, and beginning with 4. DO NOT KICK THE MACHINE (see para 3), or you may get the result listed as d. In case of d, wait two more seconds, unfold a paper napkin, and proceed to step 10. In case c, which represents the optimum, proceed to step 10.

10. Extract plastic container from steel grippers with a firm hand, preferably holding a napkin or handkerchief in order to minimize hand burning.

11. At this time, in the event that you had inserted a quarter as described in para 4, check the coin return receptacle (marked "Coin Return") for a nickel. If no nickel is present in the receptacle, do not complete the sentence begun with "What the ...", but proceed to step 12.

12. Straighten to upright posture, turn 180 degrees, and proceed to the location in which the coffee is to be consumed. CAUTION: In case of non-co-operation on the part of the Machine, do not give the Machine a parting dirty look. Some Machines have a built-in camera, which feeds facial-expression pictures to the Machine's computer memory. Remember, the Machine NEVER FORGETS!

13. In order to become more proficient in Getting Coffee From A Machine, practise twice daily. Read also Part 3, which details Abnormal Machine Behavior and Emergency Procedures.

14. In the event that all steps have been completed successfully in accordance with instructions and with the co-operation of the Machine, expect the worst cup of coffee you ever had.



## Jr. Ranks Mess

ENTERTAINMENT CALENDAR

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.

December 3 and 4

Dancing to "C-Weed" Price for Guests - Fri. \$2.00 per couple; - Sat. \$4.00 per couple.

December 5

Childrens X-mas party with Santa Claus and Uncle Bob and Archie. Gifts to be given out by Santa so bring your kiddies. It will be held in the main lounge of the mess starting at 2 p.m. sharp. If you have not received a letter from the club with the form to fill out as to the number of children, their age and name please send the info to the mess secretary as soon as possible.

December 10 and 11

Dancing to the sound of "Honey" a 4 piece all girls band. So all you single guys get out there and check it out. Married people welcome too but watch it guys! Price per guests: - Fri. \$2.00 per couple, - Sat. \$4.00 per couple.

December 17 and 18

Dancing to Prairie. Price for guests - Fri. \$2.00 per couple, - Sat. \$4.00 per couple.

December 24 and 25

Everyone at home "Merry Christmas"

December 31st

New Years Eve dinner and dance. Dancing to Petite and Park Ave. from 9-2. Dinner will be baron of beef and all the trimmings served with red wine. Price members \$15.00 per couple. Guests \$30.00 per couple.

Dress will be formal

Corsages will be given out to all 400 beautiful ladies!

January 1

"Happy New Years"

New Years Eve featuring: "Petite and Park Ave" from 1 p.m. - 5 p.m. "Country Tigers" from 5 to 9, "Together" from 9-1.

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.

## WO & SGT'S Mess

ENTERTAINMENT CALENDAR

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).

WE TRAINED VERY HARD — but it seemed that every time we were beginning to form up into teams we would be reorganized.

I was to learn late in life that we tend to meet any new situation by reorganizing; and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralization.

—Petronius Arbiter, 210 B.C.

## Forces Swine Flu Program Begins



Master Corporal Bernice Hollingshead, of Sault St. Marie, Ont., serving at CFB Trenton, Ont., is inoculated against swine 'flu during the test program held at CFB Trenton. She is the daughter of Mr. and Mrs. Joseph Kehoe of 112 Weldon Avenue, Sault St. Marie. Administering the vaccine is W. K. Ing of the Connaught Laboratory staff from Toronto.

## CWL (South) News

Our monthly meeting, held November 7, was very interesting and differed in some ways from our usual meetings. We began by welcoming a new member, Chris Gardener. Chris, who has had a lot of experience with the CWL at other bases, will be a great addition to our group. Unfortunately we also had to say good-bye to two of our regular members. Marion Gallant, who has served as treasurer on the executive for nearly two years, is being transferred to North Bay. We wish her all the best. Also to Liz Powers who has been with us for several years.

Going through old business we decided to continue with our Sister Leslie project but to make a few changes. First of all we have inquired as to exactly what is needed and will work from there. Sister Leslie has requested playing cards, comic books and old furniture for the Teen Recreation Centre. She can also use all of the funds we can raise for her project. We are asking the cooperation of the community. Donations may be left at St. George's Chapel. All donations will be presented to Sister Leslie and her co-workers at the centre by representatives of our group and of our parish at a convenient time.

Inquiries into what type of volunteer work is needed at the Deer Lodge brought the information that visits to patients would be most appreciated. We are planning something for the Christmas season.

A Twenty-five year Service Pin was presented to one of our members, Yvonne Muir, who has given generously of her time and energy since she was a teen-ager. She has served many times on CWL executives and has also fulfilled various other functions. At present she is our Social Convener as well as contributing her expertise in cataloguing the many stamps we have received. Yvonne is also involved in many other charitable organizations.

To close the meeting we invited Rita Spencer, President of the North Site CWL to talk to us about their project to help Father Darveau and his northern mission. We offered our help with this project and some books, patterns etc., were donated. More donations will follow.

During our social hour we viewed two films on communication borrowed from the Wolsley Institute. The films were entitled; *The Weekend* and *Remember Eden*. They were very interesting and well suited to our theme this year, which is dialogue. Two of our husbands shared these films with us and also participated in the discussion which followed. We plan to include husbands in more of our future activities as they have much to contribute and add a dimension which is often missing at our gatherings.



"See this new bullet? It will penetrate six inches of solid wood, so keep your heads down!"

## AIRCOM RC Chaplains Conference Held



On the 23rd and 24th of this month some thirty RC Chaplains gathered in Winnipeg for their annual air command conference. In attendance also was the Chaplain General(RC) BGEN. F. H. Boucher. By this time, the Conference is well underway, moving into its final day.

This year's conference focused on the theme of "Marriage in Contemporary Society". It was a most timely topic for study, especially today when statistics show so many couples, both young and old, parting company and going their separate ways. What can be done? Is it possible to avoid or at least limit this heartache? Addressing himself to these and other questions was FR. Steve Dunn P.P., the key-note speaker at the conference. Fr. Dunn, a professor at the Toronto School of Theology, drew from the scriptures and the teaching of the Catholic Church in his approach to marriage in today's world. It proved to be a most worth-while conference. Putting it all together as he has done over the past number of years was LCOL. R. E. Bussey, Command Chaplain (RC) for air command.

Because of the high incidence of marriage break-up among young people, the Catholic Church has taken steps to insure that teenagers wishing to contract marriage are fully prepared. Minors need the consent of their parents, of course. They are required also to participate in a marriage course, and the documentation required is much more extensive than for older couples. "An ounce of prevention is worth a pound of cure." This old adage was never more true than in its application to marriage and especially marriage of young people, particularly in their teens. Much grief and heartache can be eliminated for young people, their families, their associates and our society as a whole, if preventative measures are enforced.

It should also be noted that on Wednesday, November 24th, a special co-celebrated mass will be offered at our Lady of the Airways Chapel. All chaplains involved in the conference will be participating at this 5:00 p.m. liturgy. This would be an excellent opportunity for anyone from CFB Winnipeg to come out and meet an old friend in the person of a former chaplain, someone they may not have seen for many moons. Come, be with us as we join in prayer, praying for the needs of air command as well as the needs of the world and our country of Canada.

## The Annual CFB Winnipeg Carol Festival Sunday 19 Dec. 76 Building 21

Look for Further Details  
in the Next Issue Voxair



### From The Chaplain (RC)

It seems rather early to be writing about Christmas at this time of the year, but like the Commercial says, "We can make preparations early."

From the point of view of the Chapels, the Christmas story is the "raison d'être", for our existence. By this we are not stating facts about commercialism, but about the birth of the Christ Child.

The Christmas Season has become one of high commercialism, and where this is not necessarily good, it is not completely bad. It is only a wrong emphasis. And it is only this in so far as we sometimes place more value on what we get for Christmas rather than on what we can give to others.

"To love, is to give of oneself." So said Plato.

"God loves the whole world so much that he gave his son." Thus said St. John.

We should be saying "How can we give?"

The answer is, that we try to help others less fortunate. This is our Christmas commitment; we

who believe in Christ. We give worship to the new-born Christ. We attend the witnessing of the anniversary of his birth. We give of our financial resources to aid others.

This year, you are being an opportunity to do this at the annual base Carol Festival. It is hoped that people will plan to attend the "Festival of Carols and Lessons" on Sunday, December 19th, and generously support offerings which are to be used for the "Municipal Christmas Cheer Fund."

We hope that you will also attend the Chapel or Church of your choice at Christmas as well as throughout the year.

Plan this in advance. Christmas is only five weeks away!

Unthinkable! A tired-looking man dragged himself through his front door and slumped into a chair. His wife came out of the kitchen and looked at him with misgivings.

"Busy day at the office, dear?" she asked sympathetically.

"Terrible," he answered with a heavy sigh. "The computer broke down in the middle of the afternoon, and we all had to think!"

# CHAR on Alert



CPL. Allen Russel, 29, of Halifax, standing, station master of CHAR Radio at Alert, NWT, discusses a record with PTE. Mario Voyer, 20, of Sherbrooke, Que., the duty disc-jockey.

(CANADIAN FORCES PHOTO)

Alert N.W.T. - In a world without women, the soothing tones of a girl vocalist over the airwaves help make a six-months isolation posting almost bearable.

This is one of the benefits from CHAR radio - "the Voice of the Chosen Frozen" at Canadian Forces Station Alert, the most northerly permanent settlement in the world.

A fully licenced radio station, CHAR is run by 44 volunteer station personnel on a 24-hour a day basis.

CPL. Allen Russell, 29, Halifax, is station manager, and does a DJ (disc jockey) trick himself from 6 to 8 a.m., in addition to his regular job as a supply technician here.

The 44 DJs can select from a record library of 13,000 45s and 2,500 LPs, including everything from Bach to boogie, country and western to acid rock.

"We try to provide balanced programming to meet the tastes of the young lads in their late teens, right through to the oldsters who dig the swing and sway of Samy Kaye," CPL. Russell explained.

Every DJ selects his own show, subject to the general rules of the station, and is given full rein to develop his own patter, under the direction of the program manager, MCPL. Ross Pease, 27, of Cold Lake, Alta.

No surnames or military ranks are permitted on the air, and there are restrictions on what may be said, for reasons of security. Otherwise, everything goes.

The station is supported by non-ublic and public funds, and its equipment is worth about \$80,000. The entire system was installed by the servicemen themselves.

Even the commanding officer gets into the act. MAJ. W.W. Dyke, MMM, CD, of Hamilton has a half-hour show on Sunday nights called "Report From City Hall."

"Its a good way to get general information out, a little fun-chucking, and also draw attention to some outstanding work done by one section or another," MAJ. Dyke said.

The station used to be an AM station, but there was difficulty with the signal bouncing off the ionosphere and being picked up down south.

In '74-'75 it was converted to a 45-watt FM station, and there are no other stations within the line-of-sight range of FM, just 450 miles from the North Pole.

In addition to its entertainment value and morale building, the radio station serves as a second line of communication during white-outs and storms, when everyone is locked in the hut they happen to be when the storm broke.

CHAR also operates a closed-circuit television system, CHAR-TV. There is a color television set in every hut, and the station provides four hours of TV viewing four or five times a day to accommodate the shift changes. The TV program changes every day, and features video-tapes of major TV shows aired down south. The video manager is CPL. Moe Girard, 23, of Ottawa.

Positions are always open for more DJ's, and about one in every five serving at Alert is a volunteer disc jockey.

Those who serve a minimum number of hours receive a plaque and a scroll in payment for their services.

## LAUGHING AT OURSELVES



by John Semeniuk

**A FREUDIAN FLIP** - A beautiful young lady lay on a hospital bed, draped only in a bed sheet. Two efficient-looking young men, dressed in white, approached, pulled back the sheet, and examined her with minute care. "Will you have to operate?" asked the girl apprehensively. "Sorry, Miss, but we're Interns going through for Doctors and are only consultants on this case," replied one, "Your Doctor will advise you what is required." No sooner had the two men left, when another man, clad in white, approached, pulled back the sheet, and proceeded to examine her. "I suppose," she said coldly, "That you are an Intern going through for a Doctor!" "No lady," replied the man, "I'm a painter going through to the Men's Room."

\*\*\*

**THE BRASS IS GREENER** - One of our Generals was trapped by a bore who lectured to him about the hereafter. "Do you realize," the lecturer said sternly, "That every time I exhale, some poor soul leaves us and departs to the Great Beyond?" "Really," said the General, "Have you tried Scope?"

\*\*\*

**DIDJA KNOW** - A boy who hesitates is lost; a girl who hesitates is won!

\*\*\*

**CREATURE FEATURE** - A professional big-game hunter was about to enter his jungle stockade, when he was suddenly accosted by a huge lion. The hunter had only one bullet left in his gun. He waited until the lion was ready to spring, took careful aim, fired, and missed. "I'm dead," he thought, but then a miracle occurred. The lion sprang too far, and landed fifteen feet beyond the hunter. Needless to say, the hunter promptly dashed to the safety of the stockade. The next afternoon, the hunter went into his back yard to practise a little shooting at close range. He heard a strange noise outside the fence and peered over it to see what was

happening. It was the lion-practising short leaps!"

\*\*\*

### RIDICULOUS RIDDLES

Q. What has 8 legs, wears feathers, and says, "Ba, Ba, Ba"?

A. An Indian quartet singing the Whiffen Poof Song.

\*\*\*

**INN DETAIL** - A Waiters' Manual suggest that any one of the following come-backs are appropriate when a customer complains, "What's that fly doing in my soup?"

1. The back stroke, I think.
2. Ssh! Every one will want one!
3. That's all right. How much can a fly drink?
4. Force of habit, our chef used to be a tailor.

\*\*\*

\*\*\*

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On the door of a Marriage License Bureau: "OUT TO LUNCH. THINK IT OVER"  
In the office of a psychiatrist: "WORRY NOW - PAY LATER"



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2010	Winnipeg	1655
2125	Ottawa	2040
	Trenton	

SF 715 (FRI)

0940	Comox	0900
1245	Vancouver	1025
1610	Edmonton	1330
2010	Winnipeg	1655
2140	Trenton	2055
0050/SAT	Ottawa	2210
0200	Halifax	0130
	Greenwood	

SF 711 (TUE, THU & SUN)

0800	Trenton	0715
1110	Ottawa	0830
	Halifax	

**WESTBOUND**

SF 712 (SUN, TUE & THUR)

1245	Halifax	1155
1400	Ottawa	1315
1630	Trenton	1455
1810	Winnipeg	1715
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