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### MND Announcement

## CF Units to Relocate

Ottawa - Defence Minister Barney Danson announced the re-alignment of some military formations to achieve a more effective and efficient distribution of available land force resources, and steps to establish the best use of property in urban areas surplus to DNDs' requirement.



Barnett J. Danson

These decisions complement those reached a year ago at the conclusion of an extensive defence structure review and include:

- The closing of the Avenue Road site of CFB Toronto over the next two years;
- An assessment of what best use can be made for urban development of DND surplus land at Downsview, the main portion of CFB Toronto;
- The retention of CFB London;
- The reduction of Griesbach Barracks at Edmonton by moving the Canadian Airborne Regiment to CFB Petawawa.

Mr. Danson said that in reaching these decisions, the Government was particularly aware of the need to make better use of valuable land in urban areas. He said that he would be consulting with his colleague, the Minister of State for Urban Affairs, and in turn with Provincial and Municipal authorities and community

groups, to ascertain what best use can be made of land areas and facilities being declared surplus by the Department of National Defence in the Toronto area.

The major unit at the Avenue Road site in Toronto, the Canadian Forces Staff School, will be moved to existing facilities at CFB Kingston. Other smaller units at the Avenue Road site will be moved to facilities elsewhere in the Toronto area. Among the alternative uses that would be considered for the Avenue Road site are a senior citizen development or a special school for children with learning difficulties.

At Downsview, the department already has declared large tracts of land as surplus to its requirements. Mr. Danson said that while this surplus property was the immediate basis for considering proposals, he expected discussions with Provincial and Municipal authorities would include other portions of the Downsview site which could be made surplus.

Mr. Danson believes that the size of the Downsview property, the existing development in the area and the proximity of the subway, provides an excellent opportunity for Downsview to be used as a controlled urban development project.

With respect to CFB London, Mr. Danson stated that he had examined the closure of the base very carefully, and while it might save money and release some support personnel for operational activities, there were other factors affecting the deployment and effectiveness of the land forces which have caused the Government to retain CFB London, with the 1ST Battalion, The Royal Canadian Regiment, as at present.

In this regard Mr. Danson added that the closure would have completely eliminated the only

See UNITS  
PAGE 12 COL 3

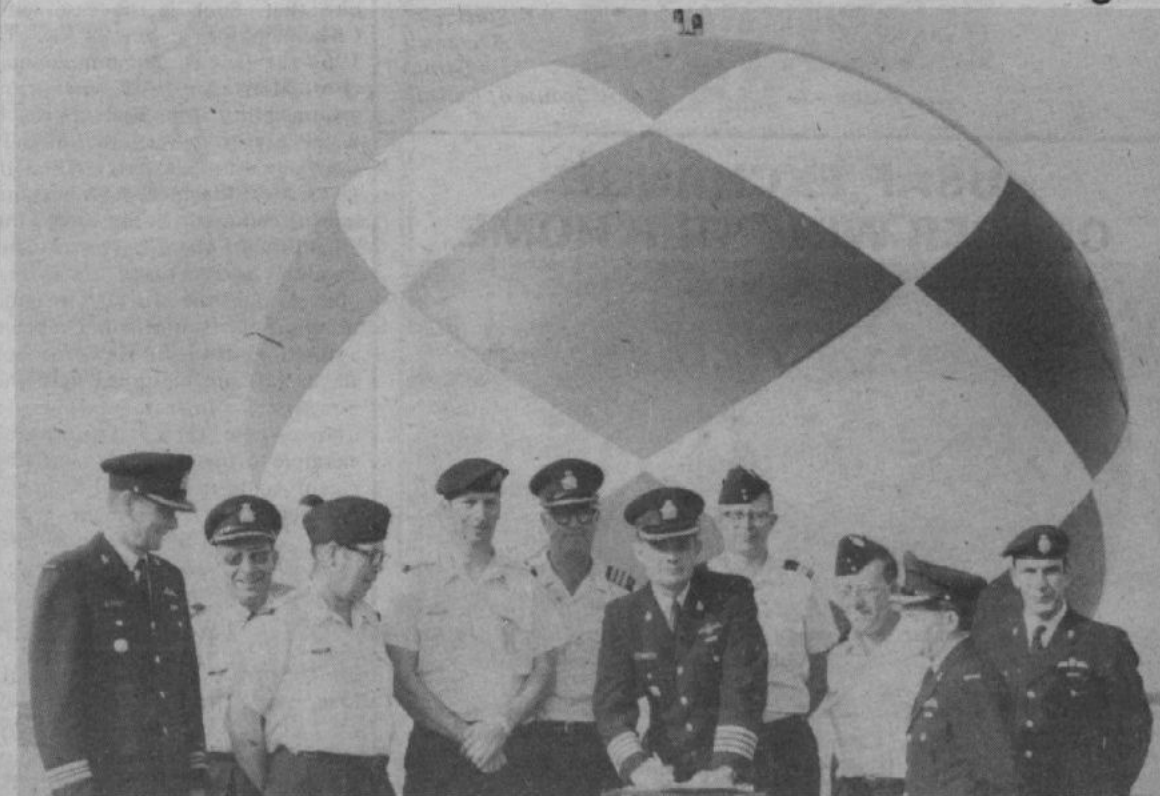


DECEMBER 8, 1976

CANADIAN FORCES BASE, WINNIPEG

Vol 25 No.21

## Precision approach Radar (PAR) Installed At CFB Winnipeg (see story on Page 2)



From left to right: Major T. W. Pollard, Major S. White, WO. G. H. Bjornson, SGT. G. Douglass, LCOL. J. E. McNeil, COL. M. D. Gates, CAPT. Binnie, MAJ. D'Entremmont, CAPT. J. J. Young and CAPT. R. E. Robinson.

BASE PHOTO

## Search And Rescue Aircraft Donning New Colours

OTTAWA—Bright yellow, visible in all seasons and in all weather, is the new dress for all Canadian Forces aircraft whose primary job is Search and Rescue (SAR).

The new yellow birds are designed to be more readily spotted in the various colors and weather conditions of Canada's four seasons. The colors were selected by experts in color

dynamics, after studies at DCIEM, (Defence and Civil Institute of Environmental Medicine) in Toronto.

Aircraft to be repainted include eight Twin Otters and six Buffalo fixed wing aircraft, and six Labrador and three Voyageur helicopters.

The repainting will be done during the normal schedule of

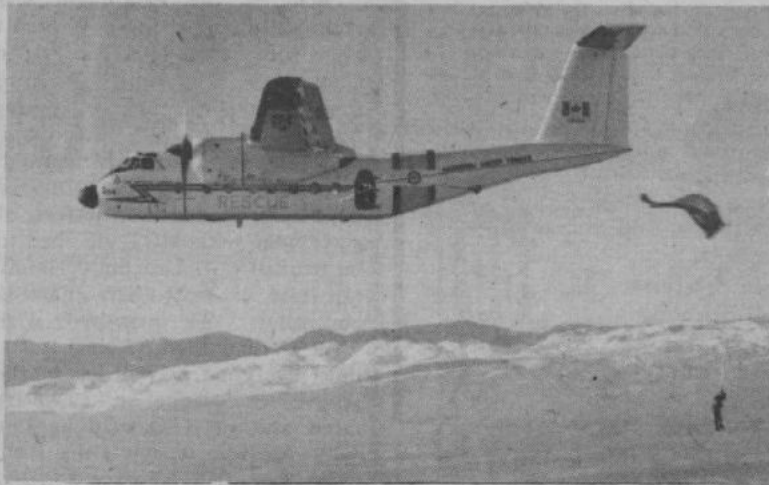
repair and overhaul, which includes a paint upkeep program, and will be completed over the next 2½ years.

At present, a variety of color schemes are used on search and rescue aircraft, including red, white and blue for some, and wartime camouflage designs for others.

Although the predominant color of the SAR aircraft will be yellow, the solid color is broken by a wide red band amidships, and black trim with the words RESCUE AND SAUVETAGE in large black letters on each side.

In addition to new paint, the helicopters are also being equipped with an ejectable ELT (electronic locator transmitter) and a powerful light called Nite Sun. The light, which has both a searchlight and floodlight capability, will give the helicopters the ability to search at night, a facility not now available.

The light has remote controls and may be rotated fore and aft, as well as sideways, to give maximum visibility.



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See page 8 and 9

# Letter To The Editor

Dear Editor:

I wish to take this opportunity on behalf of the 51st Group Boy Scouts of Canada to thank you for your excellent co-operation in providing Voxair coverage for our Venturers, Scouts, Cubs and Beavers.

The 1976/77 Scouting year looks like a good one for the North Site Community Group. A large registration, excellent leaders and a new Group Committee has put new life into Scouting for our boys.

Parents or interested members of the community are invited to visit the meetings Mondays, Tuesdays or Wednesdays when they will see the Beavers, Cubs and Scouts in action. The senior Venturers are working with the cubs and scouts all the time and the enthusiasm is really high.

A bottle drive and pocket book drive was held by the Group on Saturday Dec 4th. The books will be sold at the Wednesday Base Bingo by the Ladies Auxiliary and the sale of bottles helps pay for books, badges and equipment for the Group.

Again many thanks to the VOXAIR staff for their good work for Scouting.

Sincerely,  
Secretary  
51st Group  
Boy Scouts of Canada

## USAF EXCHANGE OFFICER WINS TRIP HOME



Colonel M. D. Gates, Base Commander CFB Winnipeg took this photo of PTE. Joanne Riel (Base Photographer) as she drew the winning ticket for the Champagne Week-end trip to Minneapolis. The winner was Major Shenk (USAF Exchange Officer) from CFANS. Enjoy your trip home JIM. PHOTO BY MOE

## PAR Installed At CFB Winnipeg (continued from Page 1)

In the accompanying photograph, taken last Aug 13th, COL. M. D. Gates, Base Commander of CFB Winnipeg, is shown officially accepting the "new" Precision Approach Radar (PAR) from members of the AMDU team who installed it along with the assistance of our own radar technicians.

Did I say "new"? Someone once said, "there is nothing new under the sun..." or something like that. Such is the case with CFB Winnipeg's new PAR. In 1964 the D.N.D. decommissioned the Military PAR and the responsibility for final approach was given over to M.O.T. (Ministry of Transport). Then in 1973 MOT decided PAR was no longer required because of the reliability of the ILS (Instrument Landing System) and so it too phased out the PAR. (Imagine thinking electronics could replace a PAR controller). However not all aircraft are equipped with the necessary instrumentation to utilize the ILS. The prime example being Canada's relatively recent acquisition, the F5; hence the renewed requirement for a PAR facility in Winnipeg.

It was decided last February to go ahead with the installation and a target date of mid Aug was projected for completion. Many hours of overtime by AMDU personnel from Trenton, our own radar technicians, and unexpectedly good weather kept work on schedule and the radar was accepted Aug 13th - two whole days "Ahead" of schedule (eat your heart out Jean Drapeau).

The most visible part of our new equipment is the orange and white styrofoam igloo (pictured behind COL. Gates and all in the photo) which houses the radars antennae protecting both the equipment and the technicians from the elements while still allowing the radar signals to pass through uninterrupted.

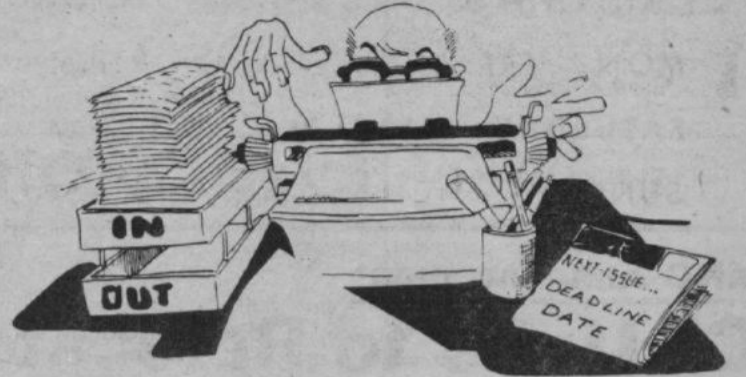
The working end for the controllers (that is the scope you saw in Airport) is remoted into the Administrative Bldg at the Int'l Airport where we work alongside with MOT's Area Control Centre and Terminal Control Unit.

Whether the equipment was technically "new" or not was of little concern to us as Air Traffic Controllers. We were all more than anxious to get back to our fundamental job of controlling. However more work was required. Types of approaches, missed approach procedures, letters of agreement with MOT etc. had to be worked out. Last but certainly not least we had to have qualified controllers. We practised with VFR (Visual Flight Rules) traffic until everyone was "back in the groove" or "competent" as we are rated and on 1 Oct 76 became fully operational operating from 0700 - 2300 hrs 7 days a week, and on one hour call the rest of the time.

Naturally we've had many new faces join us this past year so here is a quick resume of what's happened in the past six months or so; MAJ. "Joe" Morfitt replaced MAJ. "Tom" Pollard at the helm as BOpsO. WO. "Barney" Bjornson from Cold Lake as WO. i/c ATC. Also from Cold Lake MCPL. "Jack" Laberge

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## NEXT VOXAIR DEADLINE CHRISTMAS ISSUE



Tuesday 2 P.M. 14 DECEMBER  
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and CPL. "Earl" Taylor, from Namao MCPL. "Ron" Benson, from Bagotville MCPL. "Mike" Murphy and all the way from Summerside MCPL. "Ken" Shortridge. More new faces. Our radar technicians led by SGT. "Gary" Douglass from Trenton, MCPL. "Doc" Docker from Comox, CPL's "Ed" Graham from Namao, "Gene" Rousseau from Trenton, "Jack" Reid from Kingston and "Doug" Livingston from Summerside. To all of you

and your families a belated welcome to CFB Winnipeg; Alas! only one promotion to report but a well deserved one. Congratulations to "SGT." Bob Moquin.

Well that about does it for news from ATC and although we were a little late getting into print, it will not be so with season's greetings. To all of you, from all of us here in Base Ops and Radar we wish you and yours a very Merry Xmas and a Happy New Year.



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Colonel M. D. Gates, (CD)

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### 3 Air Reserve Changes Command



Colonel Robert James, CD.

Winnipeg - On 16 Nov 76 a change of command parade was held at Canadian Forces Base Winnipeg to mark the hand over of command of 3 Air Reserve Wing from Colonel E. J. "Ernie" Harris to Colonel R. J. "Bob" James. The Reviewing Officer, Brigadier General Richard R. Rohmer of Toronto, the Commander of the Air Reserve Group, inspected the parade and witnessed the hand over ceremony.

Colonel Robert James, CD, was born and educated in Brandon,

Manitoba where he was a member of the 82nd Air Cadet Squadron.

From 1949 to 1954 he served in the Royal Canadian Air Force as a telecommunications technician during which he served with the Support Unit of 402 Squadron. After leaving the Regular Force he joined the Royal Canadian Air Force Auxiliary as a Sergeant in February 1955. Since that time he has served with units of 3 Air Reserve Wing.

In 1961, Colonel James was commissioned in the Telecommunications Branch.

Subsequently he served as Chief Group Instructor and Chief Administer Office before assuming command.

Colonel James is married to the former Stells Myskiw of Warren, Manitoba and they have three children, Cheryl 22, Randy 10 and Roxanne 13. The James family have resided in the Westwood area since 1973.

Colonel James is presently employed with the Department of Manpower and Immigration as a training consultant.



### Personnel Selection Officers' Course

Among students attending Personnel Selection Officers' Advanced Classification Training held recently in CFB Trenton were Major G. W. Small, SO Individual Training, Air Command Headquarters, and Captain E. L. Stenton, Base PSO, CFB Winnipeg.

Twenty-five Personnel Selection Officers (PSOs) from across Canada and Canadian Forces Europe attended the

intensive eleven-day course, which was designed to increase PSOs knowledge by providing them with skill practicums which would assist them in completing their duties and tasks more effectively and prepare them for employment in senior positions. The course consisted of nine seminars and five briefings, ranging from one half to two days in duration plus six evening sessions.

Subjects covered included

Human Relations; Measurement of Behaviour; Interviewing; Counselling; Vocational Guidance; Trade Evaluation; Social Influences; Relocation; Organization and Development; and the Future of the PSO Classification. During the course, working visits were made to 426 (TRG) SQN, 2 AMU and LOYALIST COLLEGE in Belleville.



PERSONNEL SELECTION OFFICERS ADVANCED COURSE - (Left to Right) Front Row. Capt CN Schofer (Comox), Capt DS Horton (Chatham), Capt FP Wilson (Kingston), LCol CRJ Lafleur (NDHA/DPHR), Maj JR MacDougall (DPAR), Capt DS Crooks (Toronto), Capt JM Leblanc (St Jean), Capt RA Rodgers (Ottawa), Capt JE Doyle (Petawawa), Capt OA McGill (CFRC Montreal). Middle Row: Capt DM Dower (Halifax), Capt MR Mosher (Chilliwack), Capt JB Archibald (Esquimalt), Maj DAL Lefroy (CFTSHQ), Capt RA Dickenson (London), Capt JP McMenemy (CFRC Kitchener), Capt TJ Christopher (NDHQ/DSDS), Maj GW Small (Air Comd HQ), Capt JG Hins (Montreal). Back Row: Capt EL Stenton (Winnipeg), Maj JL Perreault (FMCHQ), Capt PJ Dalrymple (Borden), Capt KJ Parks (Lahr), Capt WS Black (NDHQ/DRS), Capt JW Gaudet (Valcartier), Maj JA Jean (Gagetown), Maj WF Anderson (RZHA Toronto), Capt EH Bain (CFPARU Toronto).

(CFB Trenton Photo)

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# 429 SQDN BISON BREW

Howdy Herd! In this issue of the Bison Brew anything you read about people should be taken with a grain of salt; I probably made up the "Squadron Happenings"; the "Rumours" may have come from the Loadmaster Leader; The "Jam Trip of the Month" probably will not happen and you will not read one cheap shot aimed at Navigators.

**PEOPLE IN THE NEWS:**

**LCOL. Tettelaar** is back in Winnipeg after becoming a Herc pilot. Somebody overheard him saying that he was dying to fly a few Nav Details. He'll be all right!!!! **MAJ. Tex** (Four Wheel Drive) Deagon argued that the heading for this article should indicate that the Canadian Forces Instrument Check Pilot School (about an 8 out of 10) is actually an important part of 429 Squadron. We agreed, so Voila, the ICP Crest makes the headlines!

**CWO. Jim Jamieson** was seen muttering about cars and cold weather. Seems he needed four boosts in two days. He's running a close second to me! His Toyota beat his Pontiac 3-1. The Squadron sends it's "Get Well Wishes" to Shirley's Mom, who is recovering from an operation in the Health Sciences Centre.

The Squadron recently welcomed **Cathy Watson**, the CO's new secretary, to our fold. Cathy seems to enjoy her job and always has a smile on her face. More about Cathy in future issues.

Somebody noticed that **Leo Quinlan** is wearing a Service Issue parka. Stranger things have happened I guess!

From this day on, **Vic Charlebois** shall be known as "The Great Bow-Tie Dipper!" Thanks to **Bob Hawes** for dragging mine home.

**Bob McCreadie** and **Claude Mikkelson** have been slaving away in Gimli, constructing a building to house their para-jump club. Bob says that if you haven't tried roofing a building with the North wind blowing up your kilt, don't!

**Glen (Mr. Chips) Morgan** recently built a mounting board for two clocks in the Squadron Ops section. Zulu and local time at a glance. It's pilot-proof!

**JAM TRIP OF THE MONTH AWARD:**

The award this month is a toss-up between a trainer to California and a trainer to Georgia. A toss-up because at time of writing neither trip had been flown. I hope that the trip to Georgia turns out the best because i'm part of the crew!

**SQUADRON HAPPENINGS:**

The Squadron trainer/airlift to Norway returned to Winnipeg recently. The crew is alive and well although **Warren Everett** thought there should have been more than one "Hey you" along.

Roughly 90% of the squadron officers turned up for a Mess Dinner last month. A truly enlightening experience and that includes **MGEN. Theriault's** speech. **Ron Phillips** says it was 42 minutes 28 seconds long, but who's counting! Actually the General's thoughts were worth listening to.

**FLASH!** Our curling team beat an ACHQ team 9-6. All is not lost!

**RUMOURS:**

The rumour is that if I keep writing these rumours I'll be seeing much more of the Pilot Leader. Oh well! The loadmaster leader says that he heard a rumour that the Airborne Regiment was being moved from Edmonton to Ontario. Somebody tell him! See you next time.

## Fuel Savings

**ALERT, N.W.T.**—Thousands of gallons of diesel fuel, aviation gas and aircraft flying hours will be saved by new construction and installations at Canadian Forces Station Alert, the most northerly permanently inhabited spot in the world, 450 miles south of the North Pole.

Designed under the supervision of **A. F. MacRury**, of Trenton, project manager for Trelar (Alert Reconstruction), and built by the Canadian Forces Construction Engineering Unit, Winnipeg, it includes new barrack blocks and installation of a new building for the transmitter site at the station.

A new heating-cooling system in the transmitter building will save 18,730 gallons of diesel fuel annually.

**Gordon MacDonald**, base utilities officer at CFB Trenton, who designed the system, said that it will save many Hercules flights toting fuel, as well as a great saving in aviation fuel, because it takes one gallon of "avgas" to transport two gallons of fuel to Alert.

The low temperature of the outside air is used to provide cooling, Mr. MacDonald explained.

This method eliminates the requirement for refrigeration compressors, resulting in a saving of over 30 electrical horsepower, and up to 70 gallons of fuel a day during peak periods.

Heat recovery coils provide a means of heating incoming Arctic air with the warm exhaust air from the system.

This not only represents a fuel saving, but also provides insurance against snow blockage of fresh air dampers.

The new barrack blocks — one completed and occupied, and the other expected to be ready for occupancy by mid-November — will provide even greater savings.

**Mr. MacDonald** explained that the new blocks use maximum insulation and efficient heating systems, so that the daily consumption of fuel will be only 70 gallons.

This compares with one GP (General Purpose) hut using 50 gallons a day and housing one-fifth of the personnel.

One barrack block houses the equivalent of five GP huts, and the daily saving is 180 gallons, for an annual saving of 69,350 gallons.

The total saving in Hercules flights "will be amazing," says officials. The thrice-yearly resupply flights — one of which takes place in November — now carry up to 400,000 gallons of oil. This requires over 100 Hercules flights from Thule, in Greenland, to Alert.

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LAUGHING AT OURSELVES



by John Semeniuk

THIRST THINGS FIRST

1. Two drunks went out to play golf. The first drunk didn't bother to tee the ball up, he just threw it on the ground. "By golly, Ray, it looks like I got a half a dozen balls down there." "Then, you shouldn't have any trouble hitting them," replied the second drunk, "With all those clubs you have in your hand!"

2. One hour later, the same two drunks were stumbling up the seventh fairway. One drunk turned to the other and said, "Ray, I'm going up and tell those two women ahead of us, either to

get the devil off this golf course or let us play through! We'll be all day finishing here!" He ran up the fairway and, when he almost reached the ladies, he turned around and came back. "Good Lord, Ray, I almost got trapped! exclaimed the drunk, "One of those gals is my wife and the other my mistress!" "I'm new around here," snapped the second drunk, "I'll tell them!" The second drunk raced toward the ladies, almost reached them and (like the first souze) immediately turned around and came back. "Wow, John," exclaimed the second drunk, "It's a small world, isn't it?"

**WO & SGT'S Mess**

DECEMBER ENTERTAINMENT CALENDAR

Friday, December 10, 17  
TGIF

Wednesday, December 15

PMC Turkey Draw and Christmas Bingo

Jackpot 55 numbers - \$400.00 (if Jackpot didn't go in November). clothesline - garbage can - a can a card. Dancing and dining follows bingo. At press time we have booked a 17 piece orchestra for your added Christmas Season entertainment. First game 8:00 p.m. Entrance \$2.00 per person. (Surprise Door Prize!)

Thursday, December 16

ANNUAL PARAPELEGIC CHRISTMAS PARTY

- 1400 to 1800 hours. Volunteers required to assist patients.

Saturday/Sunday, December 11-12, and 18-19

DANCING IN YOUR NEW CLUB

Band and Singer provided. Bary Tyson and his Ensemble on all of the above dates. Bring your guests out on the weekends and enjoy your Mess during the festive season. Dancing each night from 9-1.

Friday, December 31

New Year's Ball  
ALL SEATS RESERVED!

Advance tickets available for members only from 1 December to 10 December during noon hour in the Upper Lounge. Open ticket sales from 13 to 17 December if any tickets remain after 10 December for members wishing to bring guests. Cost of tickets \$20.00 per couple for members and \$27.00 per couple for guests. (includes corsage, hats, noise makers, smorgasbord dinner, wine, etc.) Supper served 9 to 11 p.m. Dancing 9 to 1 to Bud McIntosh's Orchestra.

Saturday, January 1

OFFICIAL LEVEE  
1000 hrs. to 1200 hrs. Uniforms to be worn.

Saturday, January 1

MIXED LEVEE  
1400 hrs. to 1800 hrs. Dancing in Upper lounge.

NOTE!! The Mess will close at 17-- hours on Friday 24 December and will remain closed until 1200 hours 26 December (Boxing Day).

**Jr. Ranks Mess**

ENTERTAINMENT CALENDAR

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.

TICKETS FOR NEW YEARS EVE MAY BE PICKED UP AT THE JR. RANKS OFFICE FROM 12 P.M. to 4 P.M. DAILY.

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While you're there mention that you saw their ad in Voxair.

3. A drunk staggered into a Barber Shop and said, "I haven't got much time, I'd like a fast shave and a manicure." As he was being shaved, the blotto noticed that the manicurist was an exceptionally beautiful woman. "Honey," said the drunk, "Hows about you and me going out tonight and really living it up?" "I can't, Sir," replied the manicurist, "I'm married." "Ah, what the heck," exclaimed the drunk, "Call your husband up and tell him you'll be working late tonight!" "You tell him," replied the lady, "He's shaving you!"

\*\*\*

ATTENTION...

BOYS and GIRLS BETWEEN AGES 13-18



WE HAVE AN OPENING FOR YOU IN THE ROYAL CANADIAN SEA CADET CORPS

QU'APPELLE

The Royal Canadian Sea Cadet Corps QU'APPELLE still has openings for boys and girls between the ages of 13 and 18 years. It is suggested those interested act NOW, as there is a December 31st, 1976 deadline for those who wish to join and go away to summer camp next year. For first-year cadets, a two week general training course is held at HMCS Quadra on Vancouver Island, B.C., and you must enroll before the December 31st deadline to be eligible to attend.

QU'APPELLE specializes in OUTDOOR ADVENTURE TRAINING with the emphasis on survival techniques. An intensive training programme is carried out from the beginning of September to the end of May each year, and covers a large variety of nautical subjects from sailing to seamanship. RCSCC QU'APPELLE is also a Participating Group in the Duke of Edinburgh's Award in Canada, and in connection with an active sports programme, also takes part in the Canada Fitness programme. Why not come down and look us over. You can do this any MONDAY evening at 7:00 P.M., or SATURDAY afternoon at 1:30 P.M. We are located in the Sea Cadet Quarters, HMCS Chippawa, 51 Smith Street in downtown Winnipeg.

You can obtain further information by calling LT. G. A. Moore at 889-1592, or CAPT. D. R. McLaughlin at 247-5955.

Remember, THERE IS NO COST INVOLVED. There is no enrolment fees and no charge for uniforms.

ACT NOW



THE SEA CADET

AND ACCEPT

CHALLENGE

NOTICE

JUNIOR RANKS CHRISTMAS DINNER

The annual Christmas Dinner for the Junior Ranks is a tradition that has been observed since the earliest history of our Canadian military forces. In our modern military organization many of the older traditions and ways have given way to more efficient methods and techniques, and rightly so. However, it is essential that we make an attempt to retain those traditions and customs that make our modern force a part of the age old Profession of Arms. The annual Junior Ranks Christmas Dinner is just such a tradition.

Modern transportation facilities and our current CF leave policy now make it possible for the majority of servicemen and women to be with their families at Christmas. As a result the Christmas dinner is being held before Christmas leave begins. This event provides an occasion for the senior military staff to meet many of the men and women who provide the basic strength of the CF, in a relaxed and informal atmosphere. It also gives the, an opportunity to express their thanks to the Junior ranks for the years' efforts.

All single, living-in service men and women are invited to the dinner this year. In addition, married persons on TD over the Christmas period are invited as guests. Personnel that are not on ration strength that wish to attend may do so but are requested to first purchase a ticket (\$2.00 at the Base Mail Room) sometime prior to the event. The Junior Ranks Dining Hall will be appropriately decorated, the tables will be heavily laden and your boss will be there to provide excellent table service, so plan to attend.

All attendees are requested to assemble at 1130 hours on 16 December in the Junior Ranks Lounge. Dress is S3's and you will have the afternoon off to attend. Your section representative on the Junior Ranks Dining Committee has all the details (if you don't know who it is, perhaps its time you asked). Once again, thats: TIME: 1130 HOURS - APPROX. 1330 HOURS, 16 DECEMBER 1976; PLACE: JUNIOR RANKS LOUNGE; DRESS: S 3s.

give a Voxair subscription for Christmas

THE PUZZLE PALACE (?) - Two Privates were reporting on a posting to NDHQ. The two knew the building to which they were to report, but weren't sure which side of the street it was on. The Privates hailed a passing Sergeant and asked, "What side is NDHQ on?" The Sergeant thought for a moment and replied, "Ours, I think!"

\*\*\*

SIN BUSTER'S BIRD - A dignified old clergyman owned a parrot who had an appalling vocabulary of cuss words picked up from a former owner. Although the clergyman was very fond of the bird, he decided to have his pet destroyed by the local vet. A lady in his parish, suggested a last chance remedy. "I have a female parrot," said the lady. "Who is an absolute Saint. She sits quietly on her perch and does nothing but pray from morning until night. Why don't you bring your parrot over to see if my bird's good influence doesn't reform him?" The clergyman thought it was worth a try; hence, the next night, he arrived with his parrot at the lady's house. The clergyman's parrot took one look at the lady parrot and chirped, "Hi, Doll. How's about a little loving?" "Come to Mama," cried the lady parrot gleefully, "What do you think I've been praying for all these years?"

Locally Yours-

UNDE

by Michel J. Koster

Greetings again! Members PLEASE NOTE! Your new Sick and Welfare Chairman is Miss Linda Razmus, and she can be reached at extension 551. In the event of a sickness or death of any of our members, please call Linda and she will send out appropriate cards or flowers.

Meanwhile, just a word or two about our 1977 general meetings. There will be only 4 of them plus the Annual meeting in November. The dates and locations will be mentioned in this column of the wonderful Voxair which we should all be reading just the same.

Merry Christmas and a Very Happy New year to All. 'Bye for now - see U in 1977.



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HANDY TO CFB WINNIPEG NORTH SITE

### Protestant Chapel News

#### GETTING IT TOGETHER

Had enough? - of the Christmas race, I mean. It seems to get worse every year. A mad dash to the wire, then total collapse, and vow not to do it next year. But next year is the same race played over.

We seem to spend the bulk of our time in motion without meaning - running to take the wire, not for the accolades of the crowds, but simply because running is what we have been programmed to do. Because everyone else is in the race, we have to be too - never mind the feeling that Uncle Charlie really needs those red socks!

A very common ailment in our society is one of alienation - the feeling that no matter what we do, we are detached from our surroundings. We are strangers in the race - individuals striving for an undefined goal, running to beat those others we don't know and don't care about. The result finally is that we become strangers to ourself. We run - we shop - we decorate - we cook and we clean - and all the while feel a strange detachment from the whole process. It is as if someone else is doing it.

Relax - the cure to this sense of ill-being, this feeling of detachment, is simple really. "To thine own self be true" was the advice given to Hamlet, and it is something for us to consider. You are the greatest - you are uniquely you - and to be a whole person you must see yourself as being whole. No amount of preaching, or of therapy, is going to do it for you.

You must decide that, if the race is the thing, it is because you want to take part. And while you are racing, this time as a free individual, aware of the world around, think about these words:

"A happy life is not built on tours abroad and pleasant holidays, but of little clumps of violets noticed by the roadside, almost hidden away so that only those can see them who have God's peace and love in their hearts; it is one long continuous chain of little joys; little whispers from the spiritual world; little rays of sunshine on our daily work."

Quotation from the diary of: Edward A. Wilson of the 1912 Scott Expedition to the Antarctic

## From The Chaplain (R.C.)



### R.C. Chapel News

Here we are again preparing ourselves to celebrate the great festivities for the Birth of Christ. Christmas Day, is a day of joy and happiness. The mystery of the Incarnation took place, it means that Christ the Second person of the Blessed Trinity, Christ God from all eternity assumed to Himself the Nature of man. His Mother Mary gave birth to Jesus in the little town of Bethlehem, which means the Town of Bread. What a marvellous privilege we Christians have to believe in Jesus as God made man. The Chaplains on this Base are proud to have you join them in attending the Liturgical Ceremonies. We wish you all a Christmas full of spiritual happiness and a New Year full of hope to fill your heart with gladness spiritual and temporal. Here is the Program for the Christmas Season.

#### SACRAMENT OF RECONCILIATION

##### NORTH SITE

6th Dec at 7:00 P.M.  
23rd Dec from 6:30 to 7:30 P.M.

##### SOUTH SITE

8th Dec at 7:30 P.M.  
22nd Dec from 6:30 to 7:30

#### CHRISTMAS MASSES

24th Dec at 7:00 P.M. and Midnight Mass  
25th Dec at 11:00 A.M.  
26th Dec at 11:00 A.M.  
31st Dec at 5:00 P.M.

Christmas Midnight Mass and Christmas Day at 10:00 A.M.  
26th Dec at 10:00 A.M.  
31st Dec at 5:00 P.M.

#### HAPPY NEW YEAR

1st Jan 1977 11:00 A.M.  
2nd Jan 11:00 A.M.

1st Jan 1977 10:00 A.M.  
2nd Jan 10:00 A.M.

#### MARRIAGES

1. Candidates for marriage who are 19 or younger must consult with the Chaplain at least three months before the proposed date of their marriage.

2. The Chaplain may not accept to marry the couple nor set a date for their marriage until both bride and groom have been interviewed (and where possible their parents) and unless he is satisfied of their readiness to enter marriage.

3. These younger candidates for marriage must follow a marriage preparation course.

4. The Chaplain may not officiate at the marriage of persons under 21 without the knowledge of their parents or against their reasonable wishes.

5. These requirements may be dispensed from only in special circumstances and for weighty reasons.

**MERRY Christmas**

... and all good wishes for your health, happiness and success in the New Year.

**RALPH FLEMING**  
(Sgt Ret'd)  
Res 783-1761

**HARRY BAUER**  
(Sgt Ret'd)  
Res 633-4047

## NOTICE

### CHAPEL OF THE GOOD SHEPHERD (NORTH) CHRISTMAS SERVICES

24 Dec. Christmas Eve, Family Service at 7:30 p.m., Midnight Service, Holy Communion at 11:30 p.m.  
25 Dec. Holy Communion Service at 10:00 a.m.  
26 Dec. Service of Worship at 11:00 a.m.

St. Andrews Chapel  
(South Site Protestant Chapel)  
SUNDAY SERVICES 10:30 A.M.

#### BAPTISMS

6 Dec 76 Cindy Lynn Stubbs, daughter of CPL. and Mrs. Roy Stubbs.

#### MARRIAGES

27 Nov. 76 - CPL. Kenneth Willerton and Marilyn Gospodyn  
3 Dec. 76 - Mr. Leslie R. Lye and Cathleen L. Houle  
4 Dec 76 - PTE. Cecil N. Boulter and Deborah M. Zastre.

#### CHRISTMAS SERVICE

24 Dec. 7:30 p.m. family candle light service  
24 Dec. 11:30 p.m. midnight communion service  
25 Dec. 9:00 a.m. Holy communion service  
26 Dec. 10:30 a.m. Divine service.

Our choir is still in need of a few vocalists, male or female. Like to give it a try? Drop around to the Chapel any Tuesday evening at 7 p.m. and 6 p.m. for juniors or phone 489-6238.

## Air Command R.C. Chaplains Conference

On the 23rd and 24th of November, R.C. Chaplains from Air Command met and successfully concluded a two-day Seminar. The theme of the Seminar was "The Sacrament of Marriage in Contemporary Society."

The speaker and catalyst at the Seminar was Father Steve Dunn, O.P., a professor from the School of Theology in Toronto. His views regarding marriage were very future-oriented. In his view, Vatican II got rid of much triumphalism as well as much legalism within the Roman Catholic Church. There has been a switch in emphasis from things to persons and the sacredness of persons. Today, priority is on persons and values rather than things and laws.

Father Dunn spent much time discussing the difference between sense of duty and the ethics of responsibility. He contended that contemporary society is moving from a morality of duty to a morality of responsibility. According to him,

the sense of responsibility is open to all values and so is not as clear-cut as the morality prompted by a sense of duty. It would appear that the approach coming from a sense of responsibility is a more mature and adult approach.

As contemporary society shifts in emphasis, so too must all members of that society. The Chaplain must recognize what is happening and make the transition in his own thinking if he hopes to be relevant to present needs. This means adaptation on the part of Chaplains.

If Chaplains are to be leaders within their community, they must be relevant to present-day situations and not be answering questions that are no longer being asked. From this point of view, the recent Conference was of supreme benefit to the Chaplains attending.

Congratulations must be offered to Father Bussey and Crew for engineering the procedures of this past week.  
H.E. Nowakowski, CAPT. CHRC

## Catholic Women's League (North)

At the time of writing this article there has been a flurry of activity in that all the Catholic ladies of the CFB Winnipeg Married Quarters were contacted by phone to contribute baked goods for the annual CWL Bake Sale held during the weekly Bingo 1 Dec. It's always a treat to buy home baked pastries that are someone else's particular special delicacy! The Bingo was surely enhanced by this event! A special thanks to all the ladies who contributed! The money raised will be used for charity.

The Religious Retreat at Villa Maria in St. Norbert mentioned in our last article was most beneficial and the ladies who attended recommended that the experience be repeated next year sometime. It was a pleasurable week-end spent in comfortable and welcoming surroundings. It was only regretted that more ladies were not able to participate! Approximately 90 boxes of

clothing, skates, shoes, etc., were brought to 3 RSU for delivery before Christmas to Fr. Darveau's Mission in Brochet, Manitoba. A special thank-you to all ladies and 1 gentleman who helped pack the boxes!

December 12th after the 11:00 A.M. Mass, the Parish Council with the help of the CWL have organized a Parish Xmas Social. It will be held in Bldg. 90. We hope the parishioners will feel welcome to go there for a little lunch and refreshments. The children have been remembered in a special way!

We would also like to remind you of the Annual Christmas Carol Festival held in Bldg. 21 at 1:30. Some of our members will be helping in serving the refreshments. In between all the Xmas parties we hope to see you in Church, the CWL wish everyone a Merry Xmas and a Happy New Year!

## GIVE TO CHRISTMAS SEALS.



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ONE HOUR MARTINIZING

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as a Flower in Just 1 HOUR



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# PATRICIA REPORT

The 15th of November was the start of many changes within the battalion; the Cyprus vets returned from leave and reorganization began in earnest. The dust has not yet settled, but preliminary reports indicate that the battalion will have a headquarters, three rifle companies, a Headquarters Company and a Support Company. On the surface this would appear to be straight forward. However, the influx of new faces over the summer posting season, combined with the transition required to go from a UN Peacekeeping/Rear Party organization to a conventional battalion organization, makes for a massive shuffle. Added to this is a new sub-unit. "B" Company is forming a Sniper Platoon, which is reminiscent of the old Battalion Sniper Section which faded out twenty years ago.

On the subject of the wheel turning, you may have noticed the appearance of the old red and white PPCLI shoulder flash on our work dress. After an absence of many years, resulting from the introduction of the CF uniform, we are returning to Regimental insignia. This shoulder flash was introduced to Commonwealth infantry regiments by the Patricia's first Commanding Officer, Lieutenant-Colonel F. D. Farquhar, DSO, in November 1915, so it is fitting that we return to it during this month.

There have been a number of postings within the battalion, and one promotion. On 15 November, the Commanding Officer announced the promotion of MCPL. E. R. (Ernie) Grant to SGT. and I am sure that all ranks

join me in offering him congratulations. On Friday, 26 November, the WOs. and SGTs' Mess mugged out a number of its members; WO. G. H. Smiley to Germany, SGT. D. J. Best to retirement, SGT. J. M. Eagle to Suffield, SGT. R. King to Newfoundland and SGT. A. Sutton to Thunder Bay. Waiting in the wings for their turn are the RSM, CWO. W. R. E. Bruce (to Prairie Region HQ) and SGT. R. E. Lowry (to Kamloops).

As can be expected, the pace of social life within the battalion has increased. Since 15 November the Officers' Mess has held two successful parties and one Garrison Luncheon. The WOs' and SGTs' Mess has held a Garrison Luncheon also, and on 19 November the Mess members were hosted by the WOs' and SGTs' of the North Site. In return, a small group of our North Site brothers attended a luncheon in our WOs' and SGTs' Mess on 26 November. The Junior Ranks Club has held dances on both the past weekends, and these functions have been enthusiastically supported. It looks as though all messes are going to be very active in the future.

One final note before ending this column. The Commanding Officer and RSM have, for the second year running, won the "Cock of the Walk" trophy. This is an annual competition between the four Patricia battalions, in which a team composed of the CO and RSM uphold their battalion's honour in a small arms competition. Well done, gentlemen!



## School Of Met Graduates Meteorology Level 5A Course



Base and School staff are shown with the graduates of Met. Tech TQ5A Course 7602. The course graduated from CFSMET on 22 Oct. 76.

Front Row L to R: CPL. M.F. Brown (Course Senior), MCPL. R.P. Walton (Instr.), SGT. K.A. Goldsworthy (Instr.), CWO. F.S. Dodd (BSM), COL. M.D. Gates (BComd), Mr. P. Kowal (Comdt), MWO. D.M. McLean (Standards), WO. G.J. Inglehart (Crse Co-ord), SGT. N.J. Gravel (Instr.);

Middle Row L to R: SGT. T. Antoniuk (A/BSM), trainees Hogg, McLean, Laderoute, Drew, Blanke, Lefort, Southwood, Chartier, and Eilke, MWO. F.M. Pelley (SWO);

Rear Row L to R: Trainees Shaw, Desmarais, Desjardins, Anderson, Mathieu, Allard, Malenfant, and Demarbre.



PTE. R. M. Drew, 22nd NORAD HQ, North Bay, is presented with a Certificate of Military Achievement by COL. M. D. Gates, Base Commander CFB Winnipeg. PTE. Drew recently graduated from Met. Tech TQ5A Course 7602 held at the Canadian Forces School of Meteorology, CFB Winnipeg.



COL. M. D. Gates, Base Commander, CFB Winnipeg presents a Certificate of Military Achievement to PTE. J. Eilke, CFB Chatham, upon her graduation from Met. Tech TQ5A Course 7602 on 22 Oct 76.

### All Photos By Base Photo



PTE. C. L. Hogg, CFB Edmonton is presented with a Certificate of Military Achievement by COL. M. D. Gates, Base Commander, CFB Winnipeg. PTE. Hogg recently graduated from Met Tech TQ5A Course 7602 held at CFSMET.

Don't judge a man's future by his past - experience may have taught him a lesson.

\*\*\*



## SOUTH SITE GUIDE & BROWNIE XMAS BAZAAR

11 DEC 76  
1-4 P.M.

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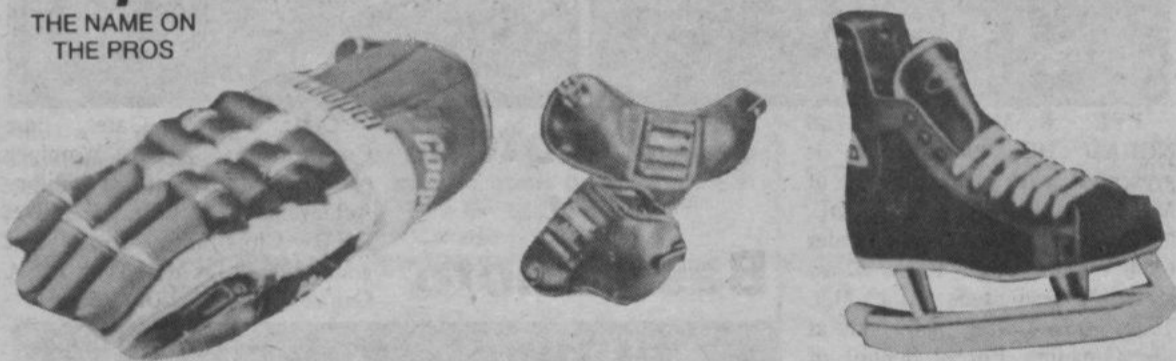


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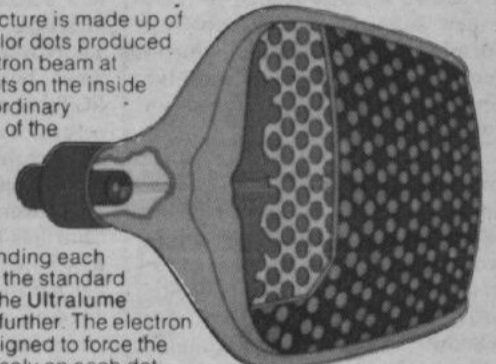
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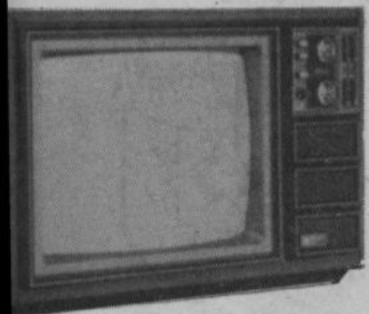
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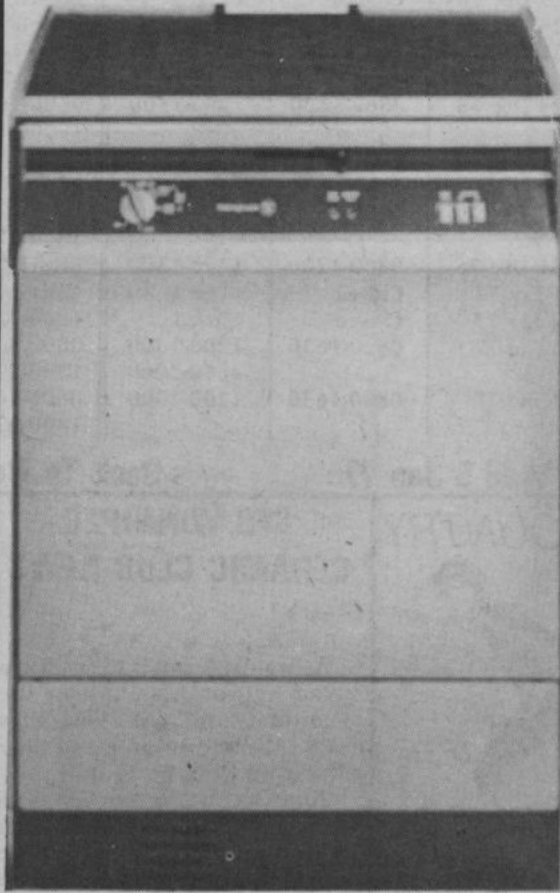
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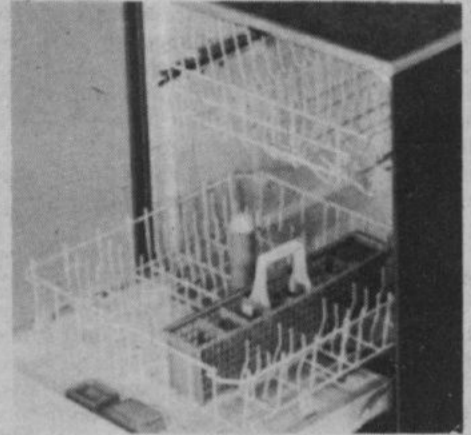
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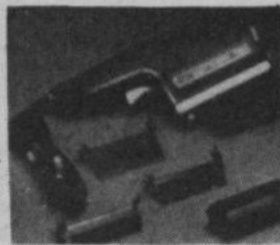
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Elegant case holds power wand plus 12 grooming attachments and triple-head shaver. Microscreen for 'extra-close' needs. Accessories for manicure, pedicure, callous removal massage and skin care.

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**CFS HOLBERG  
WINS AIR COMMAND 100 HOUR SWIM**

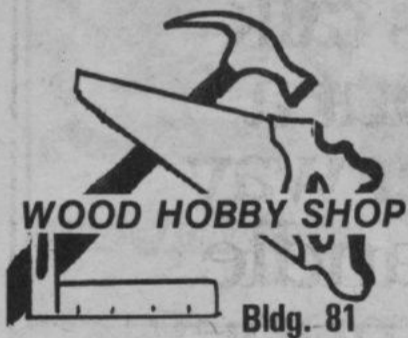
CFS Holberg will be awarded the Air Command Champion Trophy for their first place performance in the Annual Air Command 100 Hour Swim. Not unlike most of the small stations who enter the competition, CFS Holberg developed a carnival atmosphere around this event. They opened the pool twenty-four hours per day over the one hundred hour period, maintained a skeleton operational station staff to permit maximum military participation and solicited a great number of dependants to count laps, serve hot drinks and to assist in the general administration of the swim.

Out of a station strength, approximately one hundred and eighty personnel, one hundred and twenty-two swimmers participated, accumulating a total of six hundred and seven miles. An astounding number of fifty-eight personnel swam the maximum distance of twelve miles.

How we fondly remember our small station postings where every event was a major one. Everyone proudly marched to the same tune in order to offset the boredom of isolation. There was a certain esprit de corps which bonded all elements together to fight a common goal. However, when we look back in retrospect, we realize that it was not a fight at all but an environmental situation which fostered and developed friendships both socially and operationally, contributing to the overall effectiveness of the unit as a whole, in all endeavours. We salute you CFS Holberg on a job well done and at the same time thank you for reminding us of the pleasant atmosphere of small station living.

Alas, lacking the intimate spirit of a small station but enjoying the privilege of driving the wife all over the city shopping, chauffeuring the children to hockey, ballet, figure skating or piano lessons, moonlighting, to chase the almighty dollar, or attending the many and varied social functions available to us in a large metropolis, we of CFB Winnipeg posted a second last place out of the nine units that entered. The distinction of coming last went to CFB Ottawa, the only other large base to enter.

Congratulations are in order for the thirty-one participants from CFB Winnipeg, who swam one hundred and thirty-eight miles, of which there were nine twelve milers. CFB Ottawa won the CPERO 12 Miles Trophy on the basis of a formula which divided the number of twelve milers into the number of participants.



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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.



**camera club**

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

**IF YOU DON'T  
WATCH YOUR  
FIGURE  
NO ONE  
ELSE WILL**

**Your Loss  
Is Your Gain!**

**CROSS-COUNTRY SKIING**



"THINK SNOW"

The cross-country ski club held its first general meeting on 24 Nov 76 and had a good turn out (approx 35 people). The first item of business was to elect the volunteer executive: President - CAPT. Les Putland Local 334; Vice-President - WO. Mike Cashin Local 394; Secretary-Treasurer - LT. Dick O'Ree Local 715.

The constitution was then discussed and accepted. After a discussion on what people wanted from the club, the club fees of \$3.00 per single or \$5.00 per family was accepted using the people who attended as the typical member, the energies of the club will be aimed at the first season skier. As a result, on the 1st, 8th, and 15th of December there will be ski maintenance and waxing clinics open to club members. These clinics will be held in the dungeon of the Rec Centre starting at 1930 hrs. Enter the Rec Centre by the doors next to the Curling Club. If you wish to attend but are not a member, please come anyway and bring monies.

As soon as the snow comes all members will be advised of the days and times when skiing instruction will be offered.

The executive is looking into discounts for club members when purchasing in quantities. Members will be advised and canvassed by 15 Dec.

If you would like any further details about the club, please feel free to contact any of the executives.

**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.

**RECREATION CENTRES HOURS OF OPERATION  
CHRISTMAS/NEW YEARS**

		Westwin		Lipsett Hall			
		Gym	Pool	Gym	Pool		
FRI	24 Dec 76	0800-1300	1200-1300	Closed	Closed		
SAT	25 Dec 76	Closed	Closed	Closed	Closed		
SUN	26 Dec 76	Closed	Closed	Closed	Closed		
Mon	27 Dec 76	0800-1630	1200-1300	0800-1630	0800-1300	Mil Trg	
Tue	28 Dec 76	0800-1630	1200-1500	0800-1630	0800-1300	Mil Trg	Rec Swim
Wed	29 Dec 76	0800-1630	1200-1300	0800-1630	0800-1300	Mil Trg	Rec Swim
Thu	30 Dec 76	0800-1630	1200-1500	0800-1630	0800-1300	Mil Trg	Rec Swim
Fri	31 Dec 76	0800-1300	1200-1300	0800-1630	0800-1300	Mil Trg	Rec Swim
Sat	1 Jan 77	Closed	Closed	1800-2200	1330-1530	Rec Swim	
Sun	2 Jan 77	Closed	Closed	0800-1630	0800-1300	Mil Trg	
Mon	3 Jan 77	0820-1630	1200-1300	0800-1630	0800-1300	Mil Trg	Rec Swim
Tue	4 Jan 77	0800-1630	1200-1300	0800-1630	0800-1300	Mil Trg	Rec Swim
				1800-2200	1330-1530	Rec Swim	

Wed 5 Jan 77

Back To Normal Routine

**CFB WINNIPEG  
CERAMIC CLUB NEWS**

Hi gals

As we draw closer to the Xmas season we would like to take this opportunity to wish you all a merry Xmas and a healthy prosperous 1977.

20th Dec. will be our last open night before St. Nick makes his appearance, so come in, pick up your articles and join us in exchanging greetings with your friends and co-workers.

The club will re-open on 3rd Jan. 1977, for members, and a slip casting and basic ceramic course will be held on 6th, 11th and 13th January, cost is \$10.00 plus supplies for the 3 lessons. Persons interested or wanting information can call Jan - 888-8653 or Marlene - 889-0754.

Anyone interested in visiting the Ceramic Club to look around and see what is going on? You are more than welcome and we will be glad to show you around our world of clay. Bldg. 81. Monday and Wednesday between 7-10 p.m. and Tuesday afternoon 1-4 p.m.

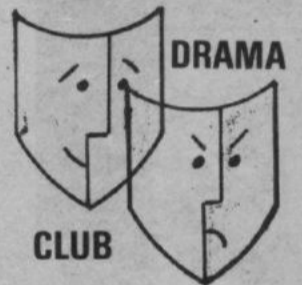
To everyone in the Voxair community we extend our "Best Wishes" from C.F.B. Wpg. Ceramic Club.

Jan

**Westwin Gym**

**FAMILY FUN**  
**SUNDAY AFTERNOONS**  
1:00 - 3:00 P.M.  
**A FAMILY THAT PLAYS TOGETHER STAYS TOGETHER!**

**STUDIO 22**



CLUB

INTERESTED ?

CONTACT

MCPL MURIEL MYMKO

AT 985 - 368 OR  
EVES 338 - 4320



**Classes At  
The Westwin Gym.**

**Mon. & Thur.  
8 - 10pm.**

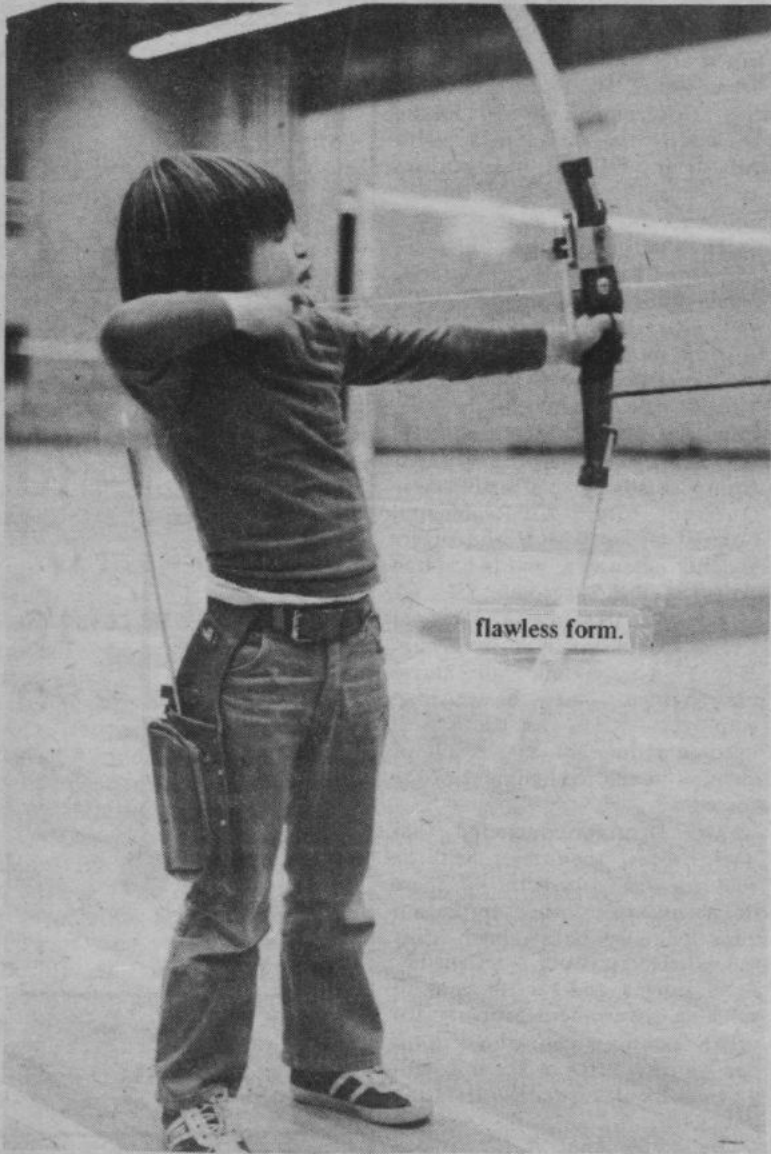


*A cheery  
"Hello" to you at Christmas*  
May this Christmas bring to  
all our good friends the  
fulfillment of their greatest expectations.

**Compliments of Pepsi Cola  
Canada Ltd. and Canada Dry Ltd.**

**1099 King Edward St.**

# ARCHERY CLUB BEING FORMED AT LIPSETT HALL



flawless form.

A great sport for youngsters -



CPL. Mike Lamb instructs Jennifer Pyke on the art of shooting.

## CFB WINNIPEG ARCHERY CLUB

Attention all archers, The time has come to unite. It is time for all archers and would be shooters to come out and join the CFB Winnipeg Archery Club.

To those of you who have archery equipment in moth balls, dig it out and again take up the friendship of the range, and the challenge of competition. To those who have never drawn a bow, but have always wondered what it was like, come on out and give it a try.

All servicewomen take note. This could be the sport that you are looking for. Give it a try you will love it. By the way, archery is now a Prairie Region sport for servicewomen.

Archery is a sport for the young and old, men and women, large and small. Come out to Lipsett Hall on Monday nights from 8:00 p.m. to 10:00 p.m. Qualified instructors will be on hand to help you get started. the future of this club depends on your support. SEE YOU AT LIPSETT HALL.



### SKYLARKS CHRISTMAS SHOW

The CFB Winnipeg Skylarks Synchronized Swim Club will be presenting a program of team routines, solos and duets on Tuesday, December 14 at 7:00 p.m. at Lipsett Hall Pool. Also on this night, synchronized swimming Star One badges will be presented, to Leanne Beaton, Sharon Brownridge, Jana Butters, Shauna Dinn, Shelley Dinn, Donna Harker, Alison Hayden-Luck, Laura Lemay, Wendy Lockhart, Carron Phillips, Sharon Dobson, Leana Samulaitis and Anne Merrett.

On November 21 fourteen members of the Skylarks attended a star meet competition at Margaret Grant pool. The club received three ribbons, Nancy Orlikow placed second in star one fifteen years and under, Alison Hayden-Luck placed third in star one fifteen years and over and Michele Robertson placed third in star two fifteen years and under. Congratulations to these girls and all the others who participated.

Five members of the Skylarks, Julie Wolfe, Debbie Mac Donald, Michele Robertson, Alison Hayden-Luck and Jana Butters will be representing the club at a competition in Thunder Bay, Ontario on December 10. The girls will be performing as a group in the novice team event and individually in figures events.

Once again, our Christmas display is on December 14 at 7:00 p.m. at Lipsett Hall pool. We hope that many of you will take this opportunity to see your neighbourhood synchro team in action. By the way, admission is free.

### BASE CURLING PLAYDOWNS



Dates: 10 Dec, 13 - 17 Dec inclusive (depending on the number of teams)  
Place: Westwin Curling Club  
Times: 0830 - 1600 hrs each day.

### WINTER CARNIVAL FOR CFB WPG?

## CHALLENGE!

The PERI Staff will take on any unit or section in a freindly game of Volleyball.

Call 511 or 509



We're getting better .....

### GOOD HUMOR RECIPE

Take 24 hours. Mix thoroughly with the milk of human kindness; add spice of life to suit taste, a little discretion, some common sense; knead with the hand of friendship and bake in the open hearth of life. Do not allow to cool too quickly by trouble, or become sour by affliction. Serve with generous sauce and a bright smile.

### IT'S YOUR HEART

Men in their middle years (45-64) die of heart attacks almost three times more often than women in the same age group, according to the Manitoba Heart Foundation. At age 50, men are five times more likely than women of the same age to suffer a heart attack.

### WINTER CARNIVAL WHY NOT...



The First Canadian Bank



Bank of Montreal

Portage & Whytewold Branch (North Side)

Claude H. Dufault Mgr. 837-8368

Tuxedo Park Shopping Centre Branch (South Side)

Gary Chase, Mgr. 474-1331

Courts of St. James Branch 2727 Portage Avenue

Henry Mayer, Mgr. 889-8850

Portage & Westwood Branch 3330 Portage Avenue

Blair Caithness, Mgr. 888-6770



# in vino veritas

by R. KOHLBERG

## CHRISTMAS CHEER AND CHRISTMAS SPIRIT

It is an enjoyable custom to visit relatives and friends during the holiday season and exchange not only gifts, but also hospitality. On these occasions, especially with larger gatherings, a punch or 'cup' can be served instead of hard liquor and mixes (A 'cup' is a punch with added carbonated water, like club soda). It is a pleasant change and quite easy to prepare. Keep it fairly simple, however: don't be tempted to throw in everything you have around the house in the way of left-overs. This may work for soup, but a punch that consists of odd amounts of Harvey's Bristol Cream, Johnny Walker and Calona Royal Red will do nothing for you or your guests but give everybody a headache.

### May Wine Bowle

A wine that is perfect for a traditional punch — or Bowle, as the Germans call it — is May Wine, available in some liquor stores (the one on Portage and Ainslie has it). It contains the herb woodruff, which gives the wine a delightful fresh flavour. All you need to do is pour this wine over a block of ice in a punch bowl, four bottles for about 12 people, and add one or two sliced oranges, to be floated in each glass. Then, according to taste, add a large bottle of soda or sparkling wine. Some will enjoy it just like that. If you like a little more kick, add a cup or two of brandy.

Here are some more recipes for assorted holiday drinks. Cheers, Prosit, and a votre sante!

### GLUHWEIN (MULLED WINE)

The traditional après-ski warm-up. Makes you glow on any cold winter night.

- 1 cup water
- ½ stick cinnamon\*
- 4 whole cloves\*
- lemon peel\*
- ½ cup sugar
- 4 cups red wine
- lemon slices

Tie spices\* in a square of cheese cloth and simmer in water for 5 minutes. Then add and dissolve sugar. Add wine and heat, being careful not to reach the boiling point. (All the goodness will go out if it boils). Remove spices and serve wine with a slice of lemon. (If you don't like watering your wine, just heat spices with wine and forget the water).

\*Some fancy-food and gourmet shops sell the spices 'ready-made' in little sacks like tea bags.

\*\*\*

### FRUIT PUNCH BOWL

1 lb. fresh, frozen, or canned fruit (strawberries, peaches, or pineapple) cut into slices or bite-sized pieces (strain if canned)  
 4 to 6 tablespoons white sugar  
 2 bottles white wine  
 1 or 2 bottles sparkling wine (white or rosé)  
 Place sliced fruit into large bowl (a big soup tureen will do), alternating with the sugar. Pour half a bottle of wine over this, cover and refrigerate one or two hours. Just before serving, add the rest of the wine and sparkling wine (or soda). Serve cold.

\*\*\*

### ICE RING FOR PUNCH BOWL

½ lemon, sliced thin  
 ½ small orange, sliced thin  
 maraschino cherries or strawberries  
 1 - 28-oz. bottle lemon-lime carbonated beverage  
 In 6 to 6½-cup ring mold, arrange lemon and orange slices and maraschino cherries or strawberries in attractive design. Pour carbonated beverage (or water, instead, if desired) into mold to partially cover fruit. Freeze. When frozen, add liquid to fill mold ¾ full. Freeze. To unmold, place ring mold in a pan of warm water for a few minutes. Float fruit side up in a punch bowl. (Punch recipe can also be frozen into an ice ring not to dilute punch).

\*\*\*

### EGG BRANDY

Although nothing to do with wine, here is a recipe that is quick and easy and very good to serve to people who drop in for a short visit. One caution, however: this drink looks deceptively like an innocent egg nog. Like the well-known headache remedy, it is definitely NOT recommended for children.

Brandy gives this liqueur a particularly exquisite flavour, but vodka or another favourite liquor can be substituted if need be.

- 6 egg yolks
- 6 tablespoons white sugar
- 1 small bottle (12-oz. brandy)
- few drops vanilla extract (optional)

In a blender or with a rotary beater beat egg yolks and sugar (with vanilla) until sugar is dissolved. Gradually add brandy (slow setting on blender). Fill into bottle or decanter. It will look like a lot at first, but will diminish in volume once it settles. Give it a little time to blend and mellow, if possible.

## UNITS - Continued From Page 1

regular force present in that part of Canada, and moreover, one of the important roles of the military in urban areas is support of the militia and reserve components of the Canadian Forces. Urban centres are the recruiting base for these components, and to be effective, Militia and Reserve units must be given an adequate level of support.

CFB London at present provides support to some 15 Militia and Reserve units in Southwestern Ontario.

Mr. Danson also pointed out that while he would not compromise military efficiency for the sake of tradition, one had to recognize the historic association of the RCR with the London area, and particularly with Wolseley Barracks.

The Minister said that Edmonton, unlike London, has a large number of military units, and the move of the Canadian Airborne Regiment to another location would still leave a major military presence in Edmonton, while providing for a better deployment of the land forces more in accordance with national population distribution, as well as enabling the majority of the headquarters staff of the Canadian Airborne Regiment to be reallocated to operational tasks.

Edmonton will remain as the western terminus of the Air transport/Group of the Canadian Forces and will continue to have the only Supply Depot in Western Canada, which is the second largest in the Canadian Forces. In addition, it will be the location for the Western Canada NORAD Regional Operational Control Centre.

The move also will result in a reduction in the size of Griesbach

Barracks site of CFB Edmonton and could allow civic development of the area now located within the urban limits. Mr. Danson said that the Government was looking forward to discussions with Alberta and Edmonton authorities as to possible urban uses for the Griesbach site.

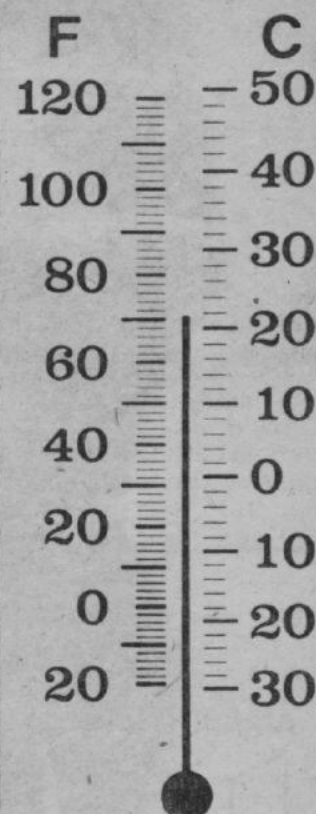
The move of the Canadian Airborne Regiment to Ontario, planned for the summer of 1977, will give the military a better posture in relation to the many tasks assigned to its land forces. The Army will now consist of a Combat Group with Headquarters in Calgary. Another Combat Group located at Valcartier, near Quebec City. A Regimental Combat Group with Headquarters at CFB Petawawa, and a training centre at CFB Gagetown, NB.

The Department of National Defence will make a maximum effort to obtain alternative employment for the civilian employees whose positions will become redundant as a result of changes in the re-alignment of the forces.

Mr. Danson concluded that while some economies will be achieved as a result of these decisions, two other important aims will also be attained. They are a better posture for Canada's Land Forces, and the releasing of valuable government property for urban development where it is needed, the latter in keeping with government decentralization policy.

He added that ... "We will continue to look at areas where modification to military facilities could be mutually beneficial to the Department of National Defence and other Federal, Provincial and Municipal authorities, and the communities affected."

## FAHRENHEIT VS CELSIUS



Weapons Technologies, and arms control measures. Also discussed were new technologies which could contribute towards sustaining a defence posture capable of maintaining deterrence and safeguarding the integrity of NATO territory.

Eight Defence Ministers in Britain, Canada, Greece, Italy, The Netherlands, Norway, United States and West Germany — met to review NATO nuclear strategy. It was their twentieth half-yearly conference.

Their next meeting will be in Canada next Spring.

Before returning to Canada on 20 Nov., Mr. Danson visited Canadian Military units in Germany at Lahr and Baden-Soellingen.

## MND Urges Strong Conventional Forces

OTTAWA (CFP) — The importance of maintaining strong conventional military forces in the nuclear age was emphasized by Defence Minister Barney Danson at a meeting of NATO Nuclear Planning Group in London.

The groups discussion focussed on the need to maintain an adequate defence and deterrent capability in the light of recent developments and deployments

over the full spectrum of Soviet Forces.

Also stressed was the importance of maintaining the essential linkage between the three elements of the NATO Triad-Strategic Nuclear, Theatre Nuclear and Strong Conventional Forces.

They drew attention to interdependencies between developments in the threat, New

### DEC. Program

Even. Mon. thru Sat. 19:00 hrs.  
 Sat. Mat. 12:45 hrs.  
 Sun. Eve. 19:00 - 21:00 hrs.

# Cinema Theatre

CANADIAN FORCES BASE

Telephone 888-6290

WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
SEASON'S GREETINGS				Th. 9 No Show	Fri. 10 Animals Beautiful People	Sat. 11 The Trouble With Angels	Sat. 11 Animals Beautiful People
Sun. 12 An Extraordinary Adventure Into the Unknown SHADOW OF THE HAWK	Mon. 13	Tue. 14 LOGAN'S RUN	Wed. 15	Thu. 16 No Show	Fri. 17 THE TEXAS	Sat. 18 KIDNAPPED	Sat. 18 THE TEXAS
Sun. 19 Come and get him. BURY REYNOLDS GATOR	Mon. 20	Tue. 21 PAUL NEWMAN BUFFALO BILL, THE INDIANS, OR SITTING BULL'S HISTORY LESSON	Wed. 22	Thu. 23 No Show	Fri. 24 Best Wishes FOR A VERY Merry Christmas	Sat. 25	Sat. 25
Sun. 26 CHARLES BRONSON THE ASSASSIN'S MANTISSA	Mon. 27	Tue. 28 GOLDENROD	Wed. 29	Thu. 30 No Show	Fri. 31 Happy NEW YEAR		

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

# Voxair Variety

BY JOHN LAUDER

If I were to come out with the flat statement that an unknown Canadian girl can write better plays than an established American dramatist, you probably (to use a meteorological word) would not believe me. Thus I urge people to go down to the Warehouse Theatre, located on Rupert Avenue, behind the Concert Hall, and see for themselves. Compare the two one-act plays by Joanna Glass, native of Saskatoon, with the MTC Main Stage play by Pulitzer prize winning Edward Albee, native of Washington, D.C., and see if you agree that Canadians do it better.

Covering two very diverse topics, the plays *Canadian Gothic* and *American Modern*, share common casts, and both are directed by Eric Steiner. The first is a tragedy of life on the prairies, where the people tend to be as bleak as the scenery, the second a comedy of life in the American suburbs, where day-to-day existence literally drives people nuts.

Irena Mayeska and Neil Vipond, who performed with great professional skill in both plays, were given very fine support by Janet Barkhouse and Tim Sileya in *Canadian Gothic*. All in all, it is an evening of fine theatre. The plays run until the end of the week, and the tickets are well worth the \$4.00 charge.

On the other hand, MTC's deathwatch play, *All Over*, now on the Main Stage, is certainly not everyone's cup of hemlock. While sitting through it, I was reminded of a movie line spoken years ago by that late great Canadian actor, Ned Sparks, "She probably talked him to death". The cast was given a huge glob of not-too-earth-shaking dialogue, and possibly the best lines of all were reserved for the central character, who was hidden behind a screen and never seen, who had nothing to say.

There was some fine acting, particularly by the two leading ladies, Anne Shropshire and Myra Carter, but dull material does not make for lively theatre. Author Edward Albee is remembered for *A Delicate Balance* and *Virginia Woolf*, but he probably will not be immortalized for this one.

\*\*\*

Upcoming at the Centennial Concert Hall during the rest of the month are two different concerts by the Winnipeg Symphony Orchestra. On the 10th, 11th and 12th the regular subscription concert, with guest artist Jorge Bolet, Cuban-American pianist, said to have a grand style; and on the 16th, 17th and 18th a Christmas Festival Fantasy. On the 21st the Explorer's Club will offer the film "Greenland: An Odyssey", with two shows, one at 5:45 p.m. and the second at 8:30 p.m. From the 26th to the 31st, the all time favourite Christmas entertainment will be provided by the Royal Winnipeg Ballet, with their presentation of *Nutcracker* - the updated version of the Russian classic, which is always worth seeing again.

## Cadenza

The last month of another year is once more upon us with its seasonal festivities and unique musical demands. We in the Air Command Band will be, over the next several weeks, performing at various places and functions throughout the Southern Manitoba tri-city area and it is hoped that we'll be seeing many of you during this time. It's beginning to look like a busy season indeed.

With 1976 going out with a likely substantial OPEC price hike in oil looming on the horizon, our dollar falling, the Quebec election results and all the implications that implies, not to mention the serious drought beginning to threaten our part of the continent... well, it's kind of hard to find anything very cheery in the news these days. However, there is the odd bit of good news getting through and we have one such item from port.

Hearty congratulations to WO. John Van Helvert on his promotion from SGT.! A most worthy recipient, indeed. Well done, John!

Returning from a successful five weeks at Jr. Leadership School at Borden are two of our CPL's Mike Dominy, and John Wills. Both looking very sharp and

shorn, it's sure nice to have you back, guys!

CAPT. Keith Swanwick is away in Ottawa for three weeks sitting in as a member of a board that is very close to all of us in the bands across the country. He'll be returning later on this month to once again take up the reins just prior to several of our bigger year-end performances.

Our first school concerts for the season are proving themselves to be very well received. The concert band and the 17-piece Stage Band perform at these concerts providing a very wide variety of music for the student's education as well as listening pleasure.

CWO. Cor Godri our Assistant Director of Music, has prepared, rehearsed and is conductor on this series which will extend well into the new year. CWO. Godri is ably assisted by SGT. Ed Philip who leads the Stage Band and SGT. Barry Tyson, our glib, golden-voiced Em Cee. Altogether the whole deal spells out success and we're happy to be providing it as part of our musical responsibility to the area in which we live.

Recording can be and is done right inside our studio on the base



tell voxair

### BEATITUDES FOR FRIENDS OF THE AGED

*Blessed are they who understand  
My faltering step and palsied hand.  
Blessed are they who know  
that my ears today  
Must strain to catch the things  
they say.  
Blessed are they who seem to  
know that  
My eyes are dim and my wits  
are slow.  
Blessed are they who looked  
away  
When coffee spilled at the table  
today.  
Blessed are they with a cheery  
smile  
Who stop to chat for a little  
while.  
Blessed are they who never say,  
"You've told that story twice  
today."  
Blessed are they who know the  
ways  
To bring back memories of  
yesterdays.  
Blessed are they who make it  
known  
That I'm loved, respected and  
not alone.  
Blessed are they who know I'm  
at a loss  
To find the strength to carry  
the Cross.  
Blessed are they who ease the  
days—  
On my journey Home in loving  
ways.*

(Courtesy Chatair)

and is handled, as is the sound requirements for concerts, by two stalwarts SGT's Vic Fritz and Mel Waddle. These two men have a great deal to do with almost anything the band ever does and last week it was recording. We recorded some works done by members of the band, namely, SGTS. Craig Ladd and Ed Philip. It is impossible for arranger/composers to know what they've written when they have to play their opus as part of the band and therefore don't get to really hear things out front. So recordings of this nature give them the chance to hear their work as you the listener hears it. This is a must if one wants to become even more proficient in the field of composition and arranging.

Our annual CFB Winnipeg Carol Festival will be held on the afternoon of Dec. 19th in Bldg. 21 with the Air Command Band in attendance. Please join us, won't you, and make this a part of your Christmas.

**Christmas Greetings**

**BOB MCQUEEN, C.D.**  
Sales Associate  
Canadian Armed Forces (A)  
Ret.  
5th Floor, Mercantile Bank Bldg.  
305 Broadway Avenue  
Winnipeg, Canada R3C 0R9  
Phone: (204) 943-6565  
Res. 257-4693

THE MONARCH LIFE ASSURANCE COMPANY

This Coupon entitles the bearer to a 20% discount on all merchandise in our store until Dec. 24, 1976. Military identification must be produced. This discount does not apply to sale item or items that have been reduced to clear. per: T. Syrota (manager)

**SYROTA BROS. LTD.**  
2082 NESS AVENUE WINNIPEG, MAN. R3J 0Z3  
PHONE: 837-7826 or 837-7959

MASTERCHARGE OR CHARGEX WELCOME

The Chapel Committee (P) & (RC) Presents

**The Annual CFB Winnipeg Carol Festival**

Sunday, 19 Dec 76  
Building 21 - Sharp Blvd gate

featuring the  
**AIR COMMAND BAND**

Musical Prelude 1:30 pm  
Carols & Lessons 2:00 pm

everyone welcome

To Better Serve You And Your Family

# Astra Credit Union Opens It's Newest Branch

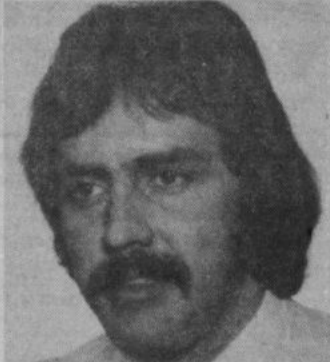
The official ribbon cutting was a group effort involving (From Left to Right) Mr. Steve Patrick, M.L.A., St. James/Assiniboia, CAPT. Don Hilton, CFB Westwin, Mr. Dan McKenzie, M.P., Winnipeg South Centre, Mr. Henry Wiebe, President of C.C.S.M., Mr. Maurice Gauthier of The Dept. of Co-operative Development, Mr. Wayne King of Co-op Trust Co., and Mr. Brian Butler of Cumis Insurance.

Mr. Ron Statham, General Manager announced the appointments of Mr. Dale Ward as Branch Manager and Jayne Wallace as Office Manager of the new branch, to be known as the "Sturgeon Creek Branch".

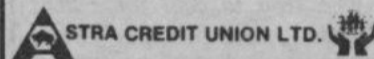


Astra's newest location in The Mall at 3143 Portage Avenue.

## ASTRA CREDIT UNION ANNOUNCEMENT



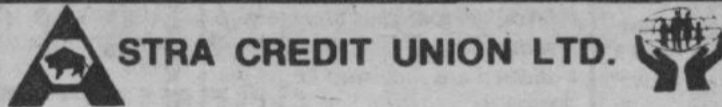
Mr. Ron Statham, General Manager of Astra Credit Union Limited, is pleased to announce the appointment of Mr. Dale Ward, as Branch Manager of their newest branch in St. James, located at 3143 Portage Ave. Mr. Ward is looking forward to assisting present members of "Astra" and extends a warm welcome to all residents of the St. James area. "Astra" is a community credit union and everyone is welcome to join."



The Board of Directors pose for a group photograph at the opening. Top Row Left to Right - Jim Parker, Sterling Crooks, Ernie Smith, Cal Shermerhoer. Front Row Left to Right - Bob Jackson and Orville Carnahan Vice President.



Mr. Henry Wiebe, President of C.C.S.M., presents an original painting by Noel Wuttunee of Winnipeg.



## STURGEON CREEK BRANCH OPENS

**Mr. Dale Ward , Branch Manager invites present Astra members and welcomes all servicemen and their families to utilize the "Full Financial Services"**



Such as:



- 1) FREE CHEQUEING
- 2) HIGH INTEREST SAVINGS ACCTS.
- 3) INSURED SAVINGS
- 4) TERM DEPOSITS
- 5) SAFETY DEPOSIT BOXES



- 6) RRSP & RHOSP
- 7) TRAVELLERS CHEQUES
- 8) MONEY ORDERS
- 9) A LOW COST PERSONAL LOAN & MORTGAGE SERVICE



**Why not call or drop in today?**

**3143 PORTAGE AVE. "Open To Everyone" 885-5518**

10 AM - 5PM MON., TUES., WED., FRI.

10AM - 8PM THURS.



Colonel M. D. Gates, Base Commander, CFB Winnipeg accompanied by the BMLO, CAPT. J. D. Dunsmore inspects the Parade.

### BML Formed Under Parade MWO - MWO J.N. McCarney



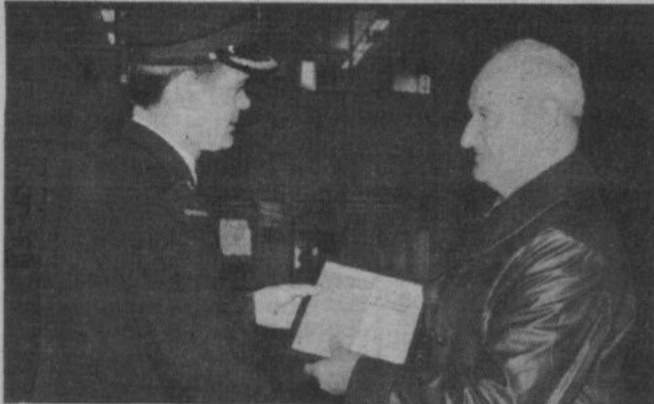
### Base Maintenance Land On Parade

The Base Commander's Annual Inspection of BML took place on 12 Nov 76. The parade afforded COL. Gates the opportunity to

meet the new members of BML who were posted in during the summer and, at the same time, review CWO. Kilburn's last

parade. CWO. Kilburn is retiring after over 35 years of service in the RCAF and CF. A popular figure on the base, CWO. Kilburn's co-operative spirit and dedication to a job well done will be missed by all who had occasion to work with him.

**All Photos By  
Base Photo**



Suggestion Award Certificate and cheque presented to Mr. V. Sutcliffe by COL. M. D. Gates. Mr. Sutcliffe earned the award with CPL. E. J. Dowling, formerly of BML, for a proposed modification to the emergency valve float test on aircraft refuelling tenders.




First clasp to the Canadian Forces Decoration presented by COL. M. D. Gates to WO. P. D. Goodmanson.



CWO. Kilburn poses with COL. M. D. Gates and CAPT. J. D. Dunsmore for his last official photograph as Workshop Superintendent of Base Maintenance (Land).





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Courtesy: Florida's Sunken Gardens



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