

**Base
Commander
CFB Winnipeg**



COL. M.D. Gates

As we approach the Christmas holiday and the year's end and pause to reflect on the year past I know that you will all agree with me that it has been a busy year for all people on the Base. In spite of many difficulties and often a shortage of people, we have met our goals in our training and support activities. There have been extra hours of work for many, and many others have served for lengthy periods away from home, in Montreal, Alert, Danaca and Cyprus, and still others forfeited leave. All of us can be well satisfied with our work, with an extra measure added for those efforts that contributed safety and well being to our fellow men. Our work on the floods helped prevent disaster right here in our own community, and many hours were given to searches for missing people. The Olympics were free of troubles, and Cyprus and the Middle East continue to be peaceful. All of these achievements should help you to know in full measure the joy of Christmas.

But it must be that those same contributions mean some of our members will be absent from home at this time of family gatherings and celebrations. I know that all of you who are together as families join me in regretting the absence of others and in consoling them with the thought that their efforts ensure the continued peace and hope of many hundreds elsewhere in our troubled world.

To all of you, wherever you may be, may I wish you a happy and peaceful Christmas.

**Happy
Holidays**



December 22, 1976

CANADIAN FORCES BASE, WINNIPEG

Vol. 25, No. 22

CHRISTMAS MESSAGES



**Our Sincere
Best Wishes
For a**

*Merry
Christmas*



**Commander
Air Command**



L GEN. W.K. Carr

In addition to being the most significant religious holiday of the year, Christmas is a time when our thoughts turn quite naturally to our families and friends. It is a time of good fellowship and a time of fond memories. It is a time for reunions with loved ones, for some, not seen since the previous Christmas or even before.

To those of you who, through the "exigencies of the service", will be unable to spend this Christmas with your loved ones I extend a special greeting and my assurance that your personal sacrifice and devotion to duty is appreciated.

In looking back over 1976 we should all be proud of the progress Air Command has made. I am very proud too, of the contribution made by all of you toward this progress. A real team effort!

In looking forward to 1977 I see a year that offers new challenge, new opportunities and the prospect of still further progress.

To all of you and your families, my wife and I extend sincere best wishes for a happy Christmas and a New Year which will be the best yet.

Thank you and God Bless you.

**Have a
Joyful
New Year**



**Basic Navigation Course 7602
Graduation Ceremonies**



On 19 Nov. 76 BGEN. R. Russell Barber presented wings to the graduates of Basic Navigation Course 7602 at the graduation ceremony held in 16 hangar. Among the dignitaries attending the ceremony COL. M. D. Gates Base Commander, the American Consul General the Honourable Mister Thomas R. Hutson. The graduates were L to R LT. Don McLeod, LT. Don Nicks, LT. Rêjean Bossé and LT. Gary Cherwonick. The Air Navigation School Commandant LCOL. R. H. Sparling is standing next to LT. Cherwonick. The graduation of course 7602 has historical meaning since it is the first course of Officer Cadets to graduate since 1969. This picture was taken in front of the fireplace in the Officers Mess during the reception held after the graduation parade.

(BASE PHOTO)



ABSENT ON DUTY

AS ALWAYS THERE ARE SOME OF OUR SERVICEMEN AWAY FROM HOME AT THIS HOLIDAY SEASON. TO ALL OF YOU FROM CFB WINNIPEG BE ASSURED THAT OUR THOUGHTS ARE WITH YOU AND YOUR FAMILIES AT THIS SPECIAL TIME OF YEAR.

Signed: COL M.D. GATES
BASE COMMANDER

CYPRUS:

Maj Edward Graham

CFS ALERT:

Sgt Bert Vandepol
Cpl Norman Blount
Cpl John O'Neil
MWO John Bolen

ISMAILIA

Capt Marcel Guy
Capt Larry Lashkevich

WO Leonard Poetker
WO Gordon Schmidt

Sgt Milton Matthews
Sgt Paul Murphy

MCpl Jack Bignell
MCpl Robert Campbell
Capt Joseph Phillips
MWO Michael McNeil

MCpl Alexander Matchett
MCpl Jack Neilson
MCpl Arthur Timkow
Cpl Robert Bran
Cpl Michael Mihalus
Cpl Julien Paradis
Cpl Leslie Scott
Cpl Gerry Searle

Pte Paul Perry
WO Paul Macala
Capt Victor Young



CDS Clarifies Army New Re-Structuring

Canada chief of the defence staff, Gen. J. A. Dextraze, says recent decisions to shift army elements within the country is a move to achieve a better balance to meet military requirements. He says he did "not believe that the posture of army field formations in Canada was in balance with military requirements".

The GEN. made his remarks to reports in Brussels, Dec. 7, where he is attending a NATO Defence Planning Committee Meeting with Defence Minister Barney Danson.

GEN. Dextraze said that the adjustment of army formations

"is a result of a military appreciation of a military requirement", in planning Canada's total land-force structure requirements, and that it will result in more flexibility and manpower savings, by diverting more punch to the sharp end.

He made the statement to clarify reaction to the decision to move the Canadian Airborne Regiment next summer from Edmonton to CFB Petawawa, Ont.

The GEN. described as "undesirable" the current troops. He said that it will also

structure whereby a combat group and an airborne regiment is located in the west, a small combat group in the centre, and a combat group in Quebec, with an independent battalion in the maritimes. He said the problem will be resolved by redeploying the land forces in a more balanced posture, permitting "better use of total force capabilities".

Under the new structure, a brigade group still be stationed in Calgary; one in the east, at CFB Valcartier, near Quebec City; and a quick-reaction regimental combat group in the centre, at Petawawa.

He explained that the regimental combat group in central Canada, at Petawawa, "will be an airborne and air-portable formation, and will be formed by combining units of the current airborne regiment with those of 2 combat group", already at Petawawa. By amalgamating these two formations, he explained, a manpower saving in the support area will be achieved, which will be distributed to the "sharp end", meaning combat



General Jacques Alfred Dextraze
CBE, CMM, DSO, CD

result in "more efficient support" to the new formation than currently is available to either of the two existing formations.

The defence chief pointed out that he is "responsible to the government and people of Canada to maintain operationally-effective forces" to defend Canada, and also discharge this country's international commitments.

"At the same time", he added, quote I am also responsible to my troops, to ensure that they are organized, equipped, trained and postured to best accomplish their missions."

He said the plan he had developed "fully discharged" his responsibilities, and that he intended "to stand by it."

He said that he had recommended the move "only after due consideration to all of the relevant factors" he must consider "when planning Canada's total land-force structure requirements."

Because the "move had infrastructure implications", he said that he "asked the minister of national defence to obtain government concurrence to implement the plan".

He expressed surprise at the opposition to the plan in some quarters, saying that he had "spoken openly about it on numerous occasions" in public, in speeches across the country, to the conference of defence associations last January, and to the officers and men of the Canadian Airborne Regiment.

GEN. Dextraze said that "it would have been easy to disband the airborne regiment and disperse the men to other formations. However," he said, "we have a

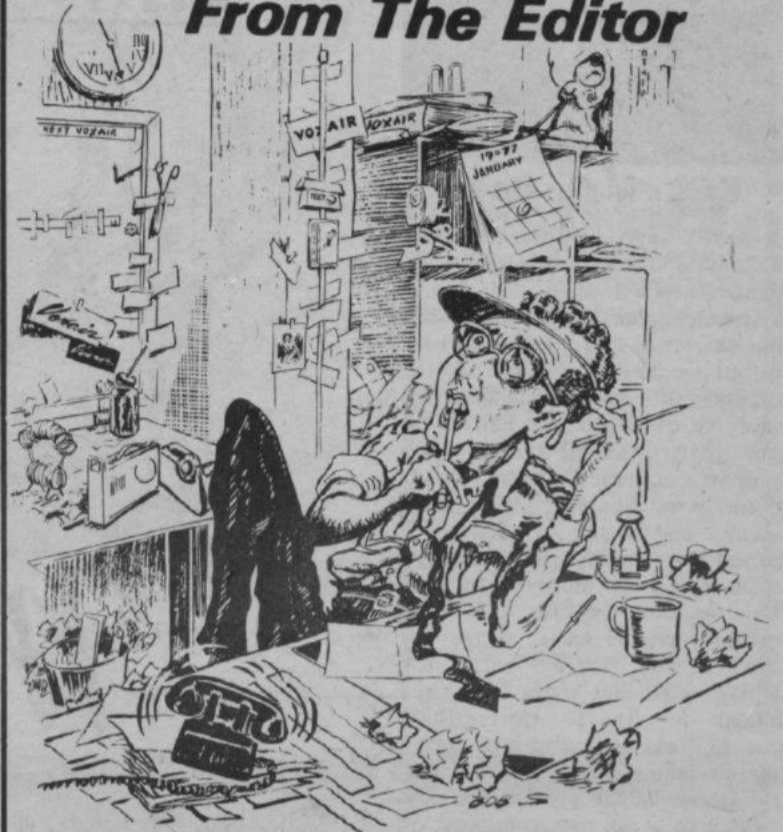
Season's Greetings

AND

BEST WISHES

FOR THE NEW YEAR

From The Editor



And The Voxair Staff

requirement for an airborne component, as one element in our general-purpose force package."

"We have achieved a high level of expertise in this field over the past eight years," he said, "but an airborne regiment is extremely costly to maintain if dedicated solely to handle quick-reaction situations that require light forces." He said that he wanted to make clear that "parachuting is only one method of inserting troops into operations", and that he could not, in his judgement, "afford to have any one Canadian Forces formation become unduly specialized."

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Frank Miller, Real Estate Manager, Manitoba is pleased to announce the appointment of An Saulnier to the Real Estate Division of The Canada Trust Company as a Sales Representative.

An Saulnier



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In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs.

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Christmas Message From Your Chaplains

All the Chaplains of CFB Winnipeg would like to take this opportunity to wish all of you joy and peace this Christmas and in the New Year serenity and hope.

Many things are written and said at this time of year about the meaning of Christmas. Some people tell us that Christmas is a family day or that it is a day for the children. In a sense they are right. It is a time when families get together, when the joy of family life seem to rise above the mundane things that disrupt family harmony and cause distress.

Christmas is more than all this. It is more than festivities and celebrations: it is more than Santa Claus and presents. It is more than sick stomachs and sore heads. It is the remembrance of that one event that is the watershed of history; that one event that divides history between B.C. and A.D. It is the remembrance that one event wherein the infinite and eternal broke into space and time in the person of a peasant baby born in a barn. The infinite and eternal God broke into human history in the person of a flesh and blood Jesus of Nazareth.

This Jesus went on to reveal to mankind the length, breadth, height and depth of God's love. It is a love that would bear a cross and forgive: it is a love that offers hope to those in despair, comfort to those in distress, joy to those who sorrow, peace to those who are in a turmoil. It is a love that loves us when we are most unloving; it is a love that, if we accept it, makes us love ourselves when we are least inclined to do so.

As we once again come to this Christmas celebration, may the love of God revealed in Jesus Christ fill us all with love, joy, serenity and peace.



CHRISTMAS SERVICE THE CHAPEL OF THE GOOD SHEPHERD (NORTH) Corner: Whytewold & Silver

Christmas Eve Candlelight service at 7:30 p.m.
Christmas Eve Holy Communion at 11:30 p.m.
Christmas Day (at South Site, St. Andrews' Chapel) Holy Communion 10:00 a.m.
Sunday Dec. 26th Service at 11:00 a.m.
Sunday Jan 2nd Service at 11:00 a.m.
On Dec. 26 & Jan. 2 the Sunday School classes will be cancelled. Children invited to attend chapel service.



CFB Ottawa's two flying padres prepare for a flip in a vintage 1935 Miles Hawk, owned by Father (Major) John W. MacGillivray, 53, (right), of Antigonish, N.S. Left is Captain Greg Milne, 41, of Princeton, B.C., who owns a 1947 Piper Super Cruiser. Major MacGillivray recently has been named 1976 winner of the Canadian Owners and Pilots Association (COPA) award for his contributions to private and general aviation. (CANADIAN FORCES PHOTO)

Jr. Ranks Mess ENTERTAINMENT CALENDAR

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.

Jan 1st - OFFICIAL LEVEE 1100 to 1300 (UNIFORMS WILL BE WORN)

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

CWL (South) News

Nearly everyone is caught up in the Christmas rush at this time but for some of our CWL members it even busier this year than usual. We have many activities planned for this time of year.

At the end of November we obtained, through some of our contacts, furniture for the Sister Leslie Project, which will in future be referred to as Rossbrook House. We also arranged for the transportation of this furniture from the Fred Astaire Dance Studio to Rossbrook House. Two of our husbands were good enough to donate their time and one also donated the use of the family van to this worthwhile project.

Sunday, December 5th, we had a very stimulating meeting. We were very happy to welcome three non-members who were interested in seeing how the CWL worked. Two of them have decided to join our ranks. Besides the usual business; reports from the different committees and plans for future projects, we had a presentation, including slides and a record, on the Advent Liturgy and the true spirit of Christmas. It was a good reminder as many of us tend to forget it in the commercial whirl that surrounds us.

To enliven our social hour we invited a speaker from the

Macrame Hut to come and give us a lesson on macrame. We all found it very interesting and several of us are planning to take more lessons after Christmas. The ladies worked on their projects with such enthusiasm that many did not reach home until nearly midnight causing some husbands to wonder what had happened to their wives. CWL meetings don't usually last that long.

On Thursday, December 9th, eight of us got together to pay a visit to the veterans at Deer Lodge. We brought them a record player, donated by Angela Murphy, the daughter of one of our members. We also brought them several records, one of Christmas music. They were very happy to see us and showed their appreciation upon receiving these donations. We hope to visit them again before Christmas.

This week, December 15th, to be precise, we will be bringing our donations of money, books and comics, playing cards etc. to Rossbrook House. Further mention of this will be made in the next Voxair.

We will also be holding our Christmas party this week.

May I take this opportunity to wish all of our members, their families and all our readers a very Merry Christmas and the best for the coming New Year.

NEXT VOXAIR DEADLINE- Tuesday 2 P.M. 4 January



UNCLE VOX Wishes You & your s - The BEST Christmas EVER & A HAPPY NEW YEAR

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Season's Greetings



It is a pleasure for me to extend warm Season's Greetings to all my constituents in St. James - Assiniboia.

Christmas is a season for Joy and Good Will, of Singing and Merriment, of Generosity and Brotherhood. Christmas is a season of concern for the need of others, a season of helping each other.

My family and I join in wishing all of you a Happy Holiday and Best Wishes for the New Year.

Yours sincerely,
Stephen C. Patrick, M.L.A.
ASSINIBOIA CONSTITUENCY

cfans **news corner**
 NAV By T. G. BREMNER SQN

Despite my departure from the scene to catch up on a little leave, there doesn't seem to be an awful lot of news lying around loose. Nobody even puts cryptic little notes on my desk anymore. Therefore, there will be no news this week - we'll stick to old rumours, forecasts and outright lies. Mel and I will really have to produce this time around to make up for the total lack of CFANS input to the last VOXAIR - I didn't tell him that I'd be away and he didn't tell me that he wasn't writing either. Sorry 'bout that, Editor, hope you weren't discomfited. (Or did we leave you enough space for something else for a change?)

We've thinned the ranks a wee bit again now that 7602 has finally left the fold - if the loss of four can be called thinning? At least there is one empty classroom and a few "liberated" instructors to take the pressure off of some of the others who are caught in the periods of very heavy flying and synthetic training. Obviously though, there is some sandbagging going on somewhere - Reaume keeps making the rounds through our end of the hall looking for volunteers to take the night and week-end details. (Maybe he's heard of the Transport SOP? You know, the one about the mushrooms that are kept in the dark?) 7603 and 7604 are now busy fighting it out to see which is the "senior" course. '03 is a bunch of grey-haired, decrepit old cross-trainees and naturally stick to the old saw of age taking precedence to beauty. On the other hand, '04 is actually ahead in the training program because of the lead-off that they had from the last couple of summers on phase training - then too, most of them were my students last year and they all know what a mean . . . I was - they think all instructors are like that, so they work like crazy. The new year may show which wins out.

The recent Mess Dinner was a pleasant change of pace from the usual five-day grind and a fine time was had by all. There were lots of the new tartan cumberbunds on display amongst the black, white, red, gold, etc., etc., etc. I'm still trying to figure out why the multi-coloured version is so expensive. Three times the cost of the black satin job that I bought a few years back, and it doesn't even have an adjustable waistband. Despite the design deficiencies and the cost, I must admit that the tartan is distinctive and eye-catching. Now, if we can figure out how to add a gold belt diagonally across one shoulder, gold encrusted shoulder boards, three inch silver trim down the pant legs and large rowelled spurs for our jack boots we may have a real space-age tuxedo.

The annual CFANS Christmas Party was, I mean, it really WAS! I'm sure that it was 'cause I had "that certain feeling" on Sunday morning and I happen to know that a lot of other people shared the sentiment. Unfortunately, the Party Co-ordinator, Lorne Sayell was unable to attend and so missed the fruits of his labours. Sorry you couldn't make it, Lorne, it was a very, very pleasant evening. WELL DONE! There were only a few minor injuries - Mel Felts, Wayne Reaume, Glenn Nelson, Gord Dow, Bob Hill, THE BOSS, part of Course 7604, Al Steele, Jim McBride, Pete Kendell and yours truly all (at separate moments) tangled with the hole in the dance floor with resultant lower extremity trauma. We should have expected it, but the hole has moved since the last dance - as soon as one spot gets glued down again, it pops up somewhere else.

It would appear that all the required "duty days" and special flights over the holiday period have been manned to everyone's satisfaction (more or less). The duty telephone answerers will undoubtedly find it strangely quiet around the place, but should have no trouble finding some useful work to keep themselves busy. Most of the flight crews won't have too much in the way of excitement either as many of the flights are to the same old places, but they will have the satisfaction of knowing that they are helping to get a lot of people home to see their families over the festive season. There will be one or two jam trips to such exotic spots as Elmendorf, but as luck would have it, these specials are pretty well dedicated to the transport augmentation crews. The selected staff members are now required to maintain an operational category, thus necessitating a check ride and regular continuation flying.

My typewriter is slowly disintegrating due to old age and overwork and they're here to take it away to wherever old typewriters go. If you don't hear from me again (STOP the cheering!) you'll know that they wrote the old beast off and didn't give me a replacement.

Y'all have a nice holiday now, hear? Keep 'er safe, watch for drunks, trucks, hydro poles and ALERT checks!!
MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR!!!!



Navigation Graduate Presented Wings By His Grandmother



LT. Don Nicks had his wings presented by his grandmother Mrs. Louise Nicks, under the eye of father CAPT. Al Nicks (retired). Mrs. Nicks had presented her son CAPT. Nicks with his wings during the war. (BASE PHOTO)

**CHANGE OF COMMAND
 73 COMMUNICATION GROUP HEADQUARTERS**



LCOL. A. D. Yerxa is shown signing the Change of Command Scroll accepting Command of 73 Comm Gp HQ. Looking on is LCOL. W.M. Osborne the outgoing Commanding Officer, Major J. Woods, Commanding Officer of 731 Comm Sqn Shilo and CAPT. R. E. Robinson, Commanding Officer of 733 Comm Sqn Winnipeg.

LCOL. Yerxa arrived in Winnipeg after a two year tour at the 1976 Olympics as the Director of Telecommunications. A native of Fredricton, New Brunswick and a graduate of RMC and CFCS Kingston. LCOL. Yerxa has in the past been employed in Gagetown, England, Kingston, Tanzania and Ottawa.

LCOL. Osborne has been posted to NDHQ Ottawa. (BASE PHOTO)

Moving to Trenton?



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North Site Community Council News



The last meeting of Council for 1976 was held on Wednesday, December 8th. Captain Crowell pointed out that the end of the year marked the "retirement" of two more members of Council who have almost completed their terms of office and extended his sincere thanks for their efforts. CPL. Wayne Craig, Sports Councillor, was warmly commended for his dedicated attention to all facets of minor sports - baseball, hockey, week-end recreation, etc. CAPT. Terry Bremner, Publicity Councillor, also leaves Council as of 31 December 76.

President's note: Terry has done an outstanding job linking Council to the community by means of the frank, informative, quality written Voxair articles. CAPT. Bremner's dedicated participation in all Council matters will be difficult to replace.)

SGT. Robertson of the Base Recreation section (BPERO) attended the meeting and gave a brief rundown on the proposed Winter Carnival that is presently in the planning stages. It is hoped that this event will be held in mid-February, running from Friday to Sunday. A week-end full of fun and entertainment, this year's effort will be intended primarily for adult participation and will probably involve competitions between the three messes of the North Site. The Community Council endorses the project and will undertake to support the carnival to the best of its ability. MCPL. Dave Honsinger, the incoming Sports Councillor will be the primary liason between Council and the "carnival committee" once it is established.

Council had earlier received its first official complaint regarding a pet problem in the community and took the opportunity to exercise the new control system. The proforma letter was sent to the resident involved and immediate remedial action was taken to correct the situation. The co-operation of the pet owner is sincerely appreciated. If all other animal owners in the community acted as quickly and responsibly, our neighbourhood would become a much more pleasant area.

Several members of Council commented upon the landscaping work that has been done in the BLHU areas in the past couple of months, with particular reference to the recent DRO entries regarding resident liability for the care of the new sod. It was pointed out that the contractor used a very poor grade of underfill, sod was often left stacked for days before installation, and, installation in some cases was generally poor with wide gaps left between sod strips. Council agreed that it seemed unreasonable to hold a resident responsible for grass that was already dead when it was laid, and has made a recommendation that the landscaping be inspected in the spring. In this way it is hoped that residents will not be unfairly penalized for lawn damage.

In response to a request from the Figure Skating Club, Council approved the expenditure of \$45.00 to defray the operating expenses of the club up to 31 December 76. The Council was very pleased to note that almost forty people are active participants in the Figure Skating Club.

The question of police patrols in the BLHU area was again brought up at the meeting. Recently, careless, negligent driving and improper parking have become more prevalent. Cases of vehicular traffic across lawns and through park areas are blatantly obvious when the tire tracks are literally torn into the grass. (We're not talking about driving onto the grass to wash the car, but high speed "shortcuts" almost onto the doorsteps of the residences.) Deliberate spinning of automobiles on snow-covered roads has also been witnessed. These practices are not only downright stupid, they're DANGEROUS!! The President will contact the City of Winnipeg Police Department and request that they begin to patrol the area as soon as possible. You, as residents, can do your part too by reporting this type of behaviour to the authorities. Note also, that illegal parking in no parking zones is a hazardous practice that must be stopped, especially in the winter months when roads are poor and visibility already reduced by the elements.

The Festive Season is almost upon us again and the President and Council wish to extend to all residents of the North Site Community their very best wishes for a safe and happy holiday. Please drive carefully, party with discretion and obey the principles of fire prevention - we don't want to find anyone of you listed among the casualties in the new year!

MERRY CHRISTMAS, and a very, very HAPPY NEW YEAR!!!

This Coupon entitles the bearer to a 20% discount on all merchandise in our store until Dec. 24, 1976.

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per: T. Syrota (manager)

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Q. Is lecithin useful for reducing body weight and lowering blood cholesterol?

A. Lecithin has not been found effective in lowering blood cholesterol or reducing body weight. Despite this fact lecithin continues to be promoted as a heart disease preventative and as an aid for weight reduction. Beware - lecithin performs no miracles or magic.

Lecithin is a phospholipid (a fat-like substance) and is found widely in foods (mainly eggs and seeds such as soybean). It is a natural constituent of all cell membranes and is manufactured for this purpose by the body.

All the lecithin we can use is made in the body. When an excess of lecithin is provided from outside the body, by food or pills, the body breaks it down and either burns it for energy or excretes it in the urine. Therefore money spent on lecithin pills is of no value.

Lecithin is involved in fat transport. However, lecithin does not, as some fad diets suggest, "keep fat moving right off you" or "simply shifts your weight around to where you want it," or "streamlines lumpy thighs".

Lecithin is an emulsifier. This means that it prevents oil and water from separating. This is the reason why many processed foods have lecithin added. However, using lecithin in this way is not harmful to the body.

A constituent of lecithin is choline, considered to be an essential vitamin for some animals. It is probably not a dietary essential for man because the body can make choline. If the diet is adequate in protein, choline can be made with help from one of the amino acids (methionine) found in protein. For this reason choline is not one of the "hardest to get" vitamins, contrary to popular belief.

In addition, a human deficiency of choline is unknown. No one has reported a person suffering from a choline deficiency. In fact, the best efforts to produce choline deficiency in man have failed.

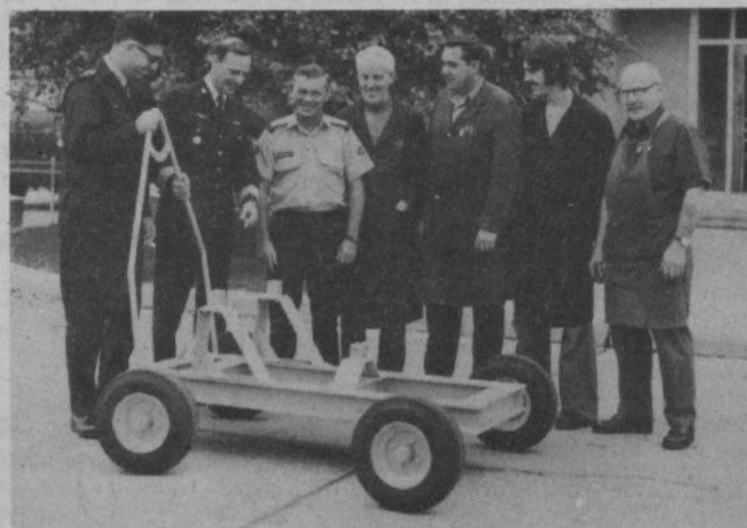
UNDE

Our new president informs us that the first General Meeting in the New Year will be held on the evening of Monday, 10th January 1977, at 7:30 P.M. in the Boardroom of the PSAC, 902 St. James Street. We will have the pleasure of a guest speaker Captain George Simmons who is the Base Drug Education Co-Ordinator. Captain Simmons will speak for approximately one-half hour. All your questions will be answered.

Copies of the Agenda may be obtained in the New Year from Treasurer Evert Ogren at Base Supply, phone 889-9174 and President Stephanie Shuper at Base Comptroller, phone 889-7653. Compliments of the season to all members of Local 705 from your Executive Officers and Shop Stewards. C'est tout for now and take care.



SUPPORT OUR ADVERTISERS



LCOL. McNeil (BTSO) presents the first of three T-55 Engine Stands to COL. Torck (DCOS MAINT), Air Command HQ. The stands which were manufactured by personnel from Base Maintenance Land, will eventually be shipped to Edmonton and Ottawa for maintenance programs on the CH147 Chinook Helicopter.

From left to right are: LCOL. J. E. McNeil; COL. J. A. Torck; MWO B. J. Thompson; Mr. B. Fulton; SGT. R. R. MacDonald; Mr. C. Young; Mr. J. Small; missing is SGT. J. R. O'Brien. (BASE PHOTO)



Base Exchange

Starting 1 Jan 77 and every 8 weeks thereafter, customers purchasing gasoline in Canex outlets become eligible to win attractive prizes, such as the following:

- COLOUR TV
- SOUND SYSTEM
- DISHWASHER
- MICROWAVE OVEN
- BLACK & DECKER POWER TOOL SET
- SAMSONITE HIS & HERS LUGGAGE
- TWO '77 FORD GRANADAS

For every \$5 purchase of gasoline the customer will receive an entry ballot (\$10 purchase - 2 ballots etc.) The customer fills in the ballot and drops it in the ballot container located at each gasoline outlet. At the end of 8 weeks a draw will be made for one of the major prizes. All ballots will then be retained for the national car draws in June and December.



PATRICIA REPORT



PATRICIA REPORT

The two weeks since the last Patricia Report have seen a flurry of activity within the battalion. On the training side, all the rifle companies have taken advantage of the cold and snow and have been deeply involved in brushing up on "Arctic Fox" - type skills. In addition, large scale purges have begun to raise the battalions' level of musketry skill and physical fitness.

For those who are interested, a moment of history is upon us. For the last couple of weeks those venerable old work horses, the 3/4 ton trucks, have been dragged out of our transport compound and been retired from service. The passing of the 3/4 is a sad thing. Those vehicles, probably the best of their type once upon a time, are being retired after more years of service than some of us have in life. In their place comes a new vehicle; the 1 1/4 (or 5/4 ton) chevrolet truck. These vehicles are filtering in now and these arrivals has raised the requirement for the battalion to run driver conversion courses, which for the most part, are now completed.

Besides this active training and housekeeping, the Messes have been busy. In fact, there is some suspicion that the recent social activity has been a cleverly disguised user trial for the Christmas season.

The Officers' Mess was the scene of a very successful Combat Arms Luncheon, attended by the bulk of the Combat Arms Officers in the Winnipeg area. In addition, the normal Happy Hours were run and the first of many Candlelight Dinners was held.

The Warrant Officers' and

Sergeants' Mess had, in addition to its normal functions, a turkey shoot. The scores of this shoot are used in the annual competition for the silver shovel, awarded to the worst shot in the Mess. The "Winner" of the award will be announced at a later date.

A new institute opened on the 1st of December; a Master Corporals' Mess. This is a six month trial and, if successful, will become a permanent fixture. It shares the Patricia Arms with the Junior Ranks Club, but has a separate lounge and bar.

The Junior Ranks Club held a bingo and dance on the 10th of December and a dance on the 11th. Both events, at which Blue Crystal played, were well attended.

Since there will be no other chance, I would like to wish all our faithful readers a very Merry and Safe, Christmas, on behalf of all ranks of the battalion. See you after Christmas.



Toronto - Private David Lindbeck of 2 PPCLI carries out vehicle front end alignment during Vehicle Technician course at Canadian Forces School of Aerospace and Ordnance Engineering, Borden. Canadian Forces vehicle technicians are responsible for the maintenance, servicing repair and overhauling of forces land vehicles. (CANADIAN FORCES PHOTO)

PPCLI Christmas Dinner

Winnipeg - LT.-GOV. F.L. Jobin joined the officers and senior non-commissioned officers in serving a traditional Christmas dinner to members of the 2nd Battalion Princess Patricia's Canadian Light Infantry (2PPCLI) at the men's mess Kapyong Barracks Dec. 17.

Following a benediction, the commanding officer, LT.-COL. J.E.L. Gollner and LT.-GOV. Jobin carved the turkey and served the most junior members of the unit. A private from each company joined them at the head table while the battalion's Corps of Drums provided musical entertainment.

The LT.-GOV. has formed a close relationship with the Patricias and joined them in celebrating the 25th anniversary of the Battle of Kapyong this spring. He also visited 2 PPCLI during their recently completed tour with the United Nations in Cyprus.



Merry
Christmas

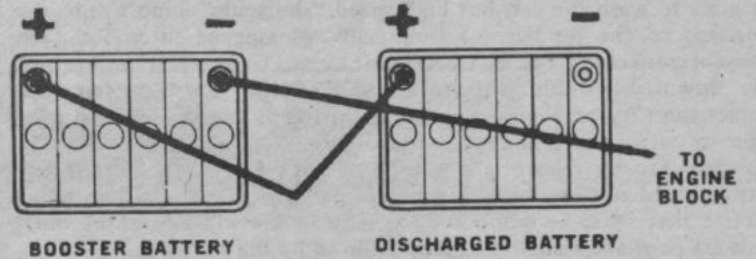
from 2 PPCLI



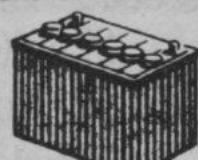
2PPCLI Tickets for New Years Eve
2PPCLI Officers' Mess still have a few tickets left.
For reservations call 888-4946

HOW TO JUMP A BATTERY

A battery can be safely jumped using the procedures outlined below. Otherwise there is a danger of the battery exploding and spraying sulphuric acid over anyone nearby.



- 1 Place the two cars so the battery cables reach. Make sure the cars are not touching. Shift both cars into neutral or park and set the parking brake. Turn off ignitions and all accessories.
- 2 Make sure the batteries are the same voltage. (Six volt batteries have three filler vents. 12 volt batteries have six.)
- 3 Remove filler caps and top up batteries with water, if necessary. Do not try to start a car with a frozen battery.
- 4 Place a cloth over uncapped vent holes of both batteries.
- 5 Identify the positive terminal of both batteries. These are colored red, or have a "+", "P" or "pos" written on the battery case, post or clamp.
- 6 Attach one jumper cable between the two positive terminals.
- 7 Attach one end of the second jumper cable to the negative terminal of the booster battery and the other end to some part of the engine in the car being started. This final connection should be at least a foot from the battery (to avoid sparks which could cause an explosion) and must be on a piece of metal that is not painted, chrome-plated, heavily rusted or coated with grease.
- 8 Try to start the car. If it fails to start immediately, start the car holding the booster battery so it will not run down.
- 9 After the car with the discharged battery is running normally, remove the cable connection at the engine block first, then the other end of the same cable from the booster battery. Remove the second cable by disconnecting at the booster battery first.



To All Our
Members & Friends
We Wish You
A Very
Merry Christmas
and
Prosperous New Year

MANAGEMENT AND STAFF OF
YOUR



STRA CREDIT UNION LTD.



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SAVE 20% - 50% OFF

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**Men's
Gift Sets by
Shulton
and Faberge**

**20% OFF
BX LOW PRICES**



GREETINGS TO ALL

The Base Exchange Officer and staff of all the Canex outlets extend their warmest wishes for a most eventful festive season. We also wish to thank our customers for their tremendous support throughout the past year — which has made our new store a successful reality and the remainder of our outlets solvent.

We would also like to thank the numerous sections who assisted us through our re-location and growing pains — without their help we just couldn't have accomplished very much; Base Supply, BCompt, Base Transportation Recreation, TMPC (especially Voxair), DSS, MP's, BAdmO and Pers Svcs, Mr. Jackson and his cleaners, 733 Comm, 429 Sqn, BTSO and his super CE Section — — — and mostly the BComd.

To each and every one of you Thanks again — — — We sincerely look forward to serving you in the New Year.

CAPT. Konopetski
BXO

CHRISTMAS TREES

SCOTCH PINES

6 FT. 105 BRANCHES	
BX REG. PRICE	\$26.99
NOW ONLY	<u>\$21.97</u>
7 FT. 144 BRANCHES	
BX REG. PRICE	\$33.99
NOW ONLY	<u>\$25.97</u>



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&
PUZZLES**

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(except models)**

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OFF OUR BX LOW PRICES**



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RACING
&
TRAINS**



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XMAS CARDS**

**(SAVE) 30% OFF
BX REG. PRICE
XMAS DECORATIONS**



DECORATIONS

**Please Note
BX Holiday Hours Of Operation**

- Dec 24th 10 a.m. - 4 p.m.
- 25th CLOSED
- 26th CLOSED
- 27th CLOSED
- 28th 10 a.m. - 5:30
- 29th 10a.m. - 5:30
- 30th 10 a.m. - 9 p.m.
- 31th 10a.m. - 4 p.m.

- Jan 1st CLOSED
- 2nd CLOSED
- 3rd 10 a.m. - 5:30
- BX NORMAL HOURS OF OPERATION**
- Mon - Wed 10 a.m. - 5:30
 - Thur 10 a.m. - 5:30
 - Fri - Sat 10 a.m. - 5:30



**the Magic
of
CHRISTMAS**
at your exchange



CFB Winnipeg Team Visits CFS Churchill



The annual CFB Winnipeg Staff Visit to CFS Churchill was carried out during the period 05-08 Oct. 76. The CFB Winnipeg team, lead by the Base Technical Services Officer, LCOL. J. E. McNeil, took advantage of the inaugural 429 Squadron Service Flight between Winnipeg and Churchill to visit the Churchill Site and discuss the interface between Base Winnipeg and the Station which, since the inception of Air Command, has been an Integral Unit of CFB Winnipeg. A point of discussion of particular interest to both Base and Station personnel was the proposal to relocate the Station operation into new accommodations."



The proposed allocation of floor space in the new accommodation was the subject of lively discussion. The BCEO, MAJ. Orlando, is shown explaining the proposal to interested Base and Station personnel (BASE PHOTO)



The visiting team boards a 429 Sqn Hercules aircraft for the trip to Churchill (BASE PHOTO)



The visit entailed a bus tour of all Station facilities. Shown here is a group of the visitors in deep discussion; from left to right: BTSO COORD, MAJ. Potter; A/BPSVCO, CAPT. Montenko; SGT. Lippert and SGT. Samulaitus, both from the Compt Section; in the background is the BHOUSO, Mr. Carnahan (BASE PHOTO)



Mr. Gidyk of the CE Section is shown explaining a feature of the accommodation proposal to the BTSO, LCOL. McNeil, and CAPT. Waddell of Base Supply. CWO. Pilote of BML looks on (BASE PHOTO)



One of the several Churchill "pets" on hand to greet visitors (BASE PHOTO)



The visit over, the Station Commanding Officer, MAJ. Parker, bids farewell to LCOL. McNeil. Looking on is the BSUPO, MAJ. O'Callahan, the A/BPSVCSO, CAPT. Montenko, the BTSO COORD, MAJ. Potter, and the Support Officer for CFS Churchill, CAPT. Campbell (BASE PHOTO)



**ASSINIBOINE
GORDON
HOTEL**

Merry Christmas
Here's hoping everyone, everywhere
enjoys a very happy holiday!

1975 Portage Avenue
Phone: 888-4806



Decorations — Promotions — Appointments

MEDAL OF BRAVERY



CAPT. Connors, a registrar with the National Defence Medical Centre, at Ottawa, was cited for rescuing four people from an apartment building in Ottawa, which was extensively damaged by fire in the early morning of Jan. 21, 1976. The citation reads that CAPT. Connors displayed outstanding courage and composure, and, despite personal risk from dense smoke, rescued an adult, a child and two infants.



MCPL. Sheppard, a mobile service equipment operator at CFB Borden, Ont., received his award for braving rough water and a strong undertow at Palm Beach, Ont., to rescue a swimmer in distress. Though compelled to return to shore because of near exhaustion, Sheppard dived in again and assisted in the final rescue.



PTE G.B. Lewis

MCPL. Graham and PTE. Lewis, military policemen at CFB Ottawa and CFB Gagetown, N.B., respectively, earned their commendations for spreading the alarm and arousing tenants in a burning apartment building in Oromocto, N.B., on Nov. 7, 1975. According to the citation, they reacted immediately, without panic or regard for their own safety, and unquestionably averted tragedy.



Promotions/Appointments



MAJ. Bill O'Callahn Base Supply Officer presents CPL. Pete Delorme with his stripes. BASE PHOTO



COL. Norman S. Freeman, 44, of Toronto has been promoted to the rank of BGEN. and appointed director general of quartering, the branch responsible for construction engineering at National Defence Headquarters in Ottawa. (CANADIAN FORCES PHOTO)



MCPL. Glenn Wiebe is shown receiving his new rank badges from COL. J. A. Gardam, Chief of Staff RSS Prairie. MCPL. Wiebe has served with the Reserve Pay Section since 15 Oct. 73 and is soon to be posted to CFB Portage la Prairie. BASE PHOTO

CANADIAN FORCES DECORATION



Lieutenant Colonel K. P. Sheedy, CO of Western Recruiting Zone Headquarters, presents the 1st Clasp to the Canadian Forces Decoration to Major Art Crawford, CO of the Canadian Forces Recruiting Centre in Winnipeg. Major Crawford is an Air Navigator, who was assigned to his recruiting position in August 1974. BASE EDMONTON PHOTO



Captain E. F. (Ed) Zdancewicz of Toronto, Ontario (Left) was awarded a clasp to his Canadian Forces Decoration at Canadian Forces Station Beausejour by Commanding Officer, Major L. A. Dodd. CAPT. Zdancewicz held the position of Telecom Maintenance Officer at CFS Beausejour. he has recently been transferred to CF Recruiting Centre, Winnipeg where he resides with his wife Clara (NEE Merasty) and their children Edward (2), Brian (18), Stephen (14), and Richard (12). BASE BEAUSEJOUR PHOTO



COL. J. A. Gardam, Commanding Officer, RSS Prairie presents WO. A. Affleck with her Clasp to the Canadian Forces Decoration. WO. Affleck is presently serving on Class "C" service with the Reserve Pay Section of RSS Prairie. (BASE PHOTO)



GREETINGS



Voxair Sports & Recreation

CROSS-COUNTRY SKIING



Think more snow. Thanks to the think snow efforts of all you skiers and other weirdo's we have enough snow for skiing, but we can always use more.

The club has gotten off to good start by having two out of the three waxing clinics. We also hope to have completed two hours of basic instruction for all you beginners. For the people who are already members we will contact you all personally as to the holiday plans. If you are not a member, we can't call you, but feel free to contact CAPT. Les Putland at 885-2654 during the evenings for any information that may be of interest to you.

Have a good holiday season and happy skiing.

*The fellow who blows
His horn the loudest
Is usually
In the biggest fog.*



SEASONS GREETINGS FROM YOUR PERI STAFF LIPSETT HALL AND WESTWIN



INDOOR SOCCER
Monday Eves.
1800 - 2000 HRS.
Now In
BLDG 21

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.

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
					1330-1530	Rec Swim
Tue	28 Dec 76	0800-1630	1200-1500	0800-1630	0800-1300	Mil Trg
				1800-2200	1330-1530	Rec Swim
Wed	29 Dec 76	0800-1630	1200-1300	0800-1630	0800-1300	Mil Trg
				1800-2200	1330-1530	Rec Swim
Thu	30 Dec 76	0800-1630	1200-1500	0800-1630	0800-1300	Mil Trg
				1800-2200	1330-1530	Rec Swim
Fri	31 Dec 76	0800-1300	1200-1300	Closed	Closed	
Sat	1 Jan 77	Closed	Closed	Closed	Closed	
Sun	2 Jan 77	Closed	Closed	1800-2200	1330-1530	Rec Swim
Mon	3 Jan 77	0820-1630	1200-1300	0800-1630	0800-1300	Mil Trg
				1800-2000	1330-1530	Rec Swim
Tue	4 Jan 77	0800-1630	1200-1300	0800-1630	0800-1300	Mil Trg
				1800-2200	1330-1530	Rec Swim

Wed 5 Jan 77

Back To Normal Routine



WOOD HOBBY SHOP
Bldg. 81

NOW OPEN!

To draw the key just show your current membership card to the MPs at the guard room.

Call CAPT Gibson -685
or WO Grist -753 for membership and information.

Fitness: something that no one else can do for you.

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

INTER SECTION

BROOM BALL

STANDINGS AFTER 12 GAMES

Teams	GP	W	L	T	P	PI
ICEU	12	7	3	2	16	1
BAMEO	12	6	4	2	14	2
ALPINES	12	5	4	3	13	3
CFANS	12	1	8	3	5	4

LEADING SCORERS

NAME	TEAM	GOALS	ASSISTS	POINTS
HERBERT	BAMEO	6	5	11
DOUCET	ALPINES	5	5	10
ALKINS	1 CEU	4	4	8
PITRE	ALPINES	4	4	8
MASCHKE	1 CEU	3	4	7
HUNNIE	BAMEO	2	5	7

PENALTY LEADERS

NAME	TEAM	MINUTES
MASCHKE	1 CEU	36
DOUCET	ALPINES	25
PITRE	ALPINES	21
MORNEAU	ALPINES	21
LECLERC	ALPINES	19

SCHEDULE - FIRST ROUND IN '77

DAY	DATE	HOME	VS	VISITOR
WED	5 JAN	CFANS	VS	BAMEO
FRI	7 JAN	ALPINES	VS	1 CEU
TUE	11 JAN	1 CEU	VS	CFANS
WED	12 JAN	BAMEO	VS	ALPINES
FRI	14 JAN	BASE TEAM PRACTICE		
TUE	18 JAN	1 CEU	VS	BAMEO
WED	19 JAN	CFANS	VS	ALPINES

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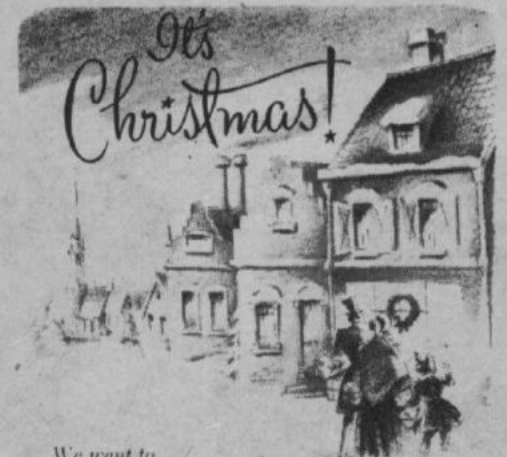
Season's Greetings
to one and all
from the
BASE BARBER SHOPS

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Reg. Plant

Bldg. 90
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Goldeyes



CFB Winnipeg

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

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

Membership in the club entitles you to rent tanks and regulators at very low prices (\$1.00 per week for a tank, \$1.00 per week for a regulator). Air fills up to 3000 psi are available at \$1.00 per fill. You are automatically a member of the Manitoba Underwater Council (MUC) which entitles you to the monthly newsletter "Man Underwater" and to participate in MUC club dives at very low registration fees (about \$2.00 per dive).

There are approximately 10 club hosted dives every year, the Ice Dive, Night Dive, Navigation Dive, Spear Fishing Contest, Treasure Dive, Monster Dive, etc.

For the Novice, the Goldeyes will be having Scuba Diving classes commencing 6 Jan. 77 at 8:00 p.m. at the Westwin pool. On that date all persons who are interested in taking the course will be "subjected" to a pool test, so bring your towel and bathing suit.

Before a member may become a Novice Trainee he/she shall:

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

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

c. demonstrate the following swimming abilities

- (1) swim continuously 440 yards (18 lengths) using any style but including at least one length each of crawl, breast side and back strokes (backstroke with legs only),
- (2) swim 15 yards underwater,
- (3) tread water for 3 minutes,
- (4) tread water using arms only for one minute,
- (5) tread water using legs only for 30 seconds,
- (6) drownproof for 3 minutes, and
- (7) recover 10 lbs. from the

bottom of the deep end of the pool.

The fees for membership are as follows:

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

Fees for classes are \$20.00 for the Scuba Diver program. The program runs to the checkout dives in mid-May 1977. The total course is approximately 21 weeks in length.

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

So, if you are interested in the Goldeyes Scuba Diving Club, come on out on Thursday, 6 Jan. 77 at 8:00 p.m. at the Westwin Pool. Enter via the North side of the Recreation Centre by Curling Club. For further details contact CAPT. Win Koch at 832-1311, Local 454 during duty hours or SGT. Barry Abram at 832-1311 Loc. 307; 888-5427 home.

A welcome back to the Cyprus Goldeyes. Where are you now! I know its not salt water but the pool is blue (almost).

For your club members. Put the following dates on your calendar

- Goldeye budget meeting 27 Jan.
- Goldeye SCUBA DOO 5 March
- MUC-Goldeye ice dive 13 March.

"See you in the deep end."

If you think it cannot be done, You are absolutely right.

C.F.B. Dog Obedience Club

We will be starting classes again in January.

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

We will be starting classes again in January. Registration night January 17th at 1930 hours. (No dogs that night)

Limited registration. Register early. Fees \$12.00 for 12 weeks, conformation fee only \$6.00.

Interested in our winter session. Contact:

Lorna True at 774-8196

between 5 and 7

for further information.

"We train you to train your dog"

INTER SECTION HOCKEY STANDINGS AS OF 13 DEC 76

TEAMS	GP	W	L	T	PTS	PL
Arrows	12	7	1	4	18	1st
Braves	12	3	6	3	9	3rd
Canucks	11	4	6	1	9	2nd
Dolphins	11	3	6	2	8	4th

Recreation Facilities Yours For The Asking

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

... AND WE'LL HELP TOO

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

CONTACT ...

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

GET INVOLVED!!

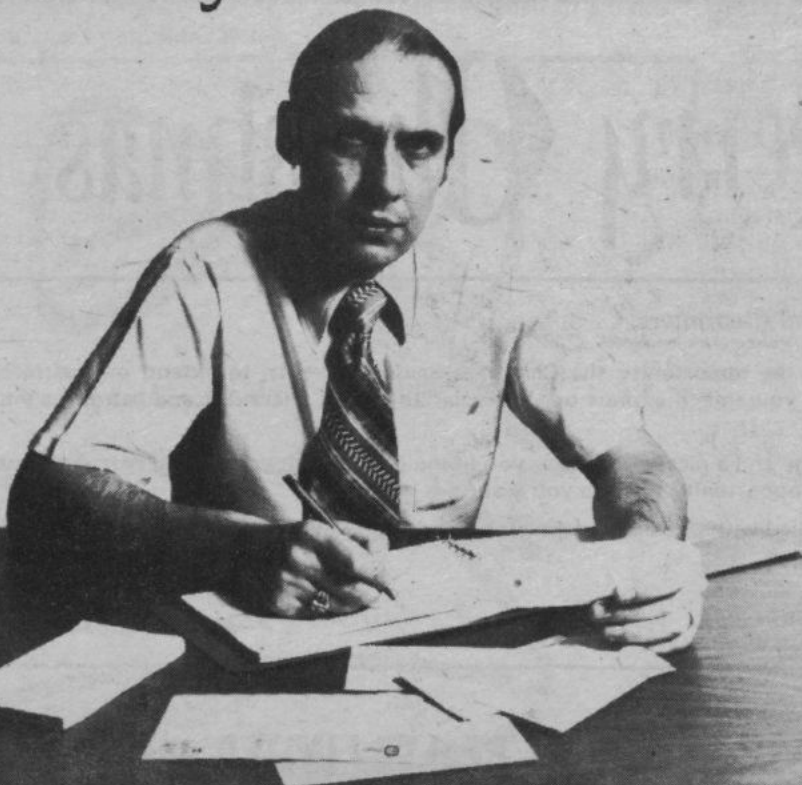
If you smoke, drink, work hard and don't have regular exercise program, maybe you should call AJAG for help in preparing your will. (Happy New Year)



PLEASE NOTE!

**ALL CANEX FACILITIES WILL BE
CLOSED 25,26, 27 DEC 76 ALSO 1 & 2 JAN 77**
(BASE EXCHANGE, ALL SNACK BARS, AUTO CLUB & GAS BARS)

Larry Edwards likes paying with cheques not for them.



Paying by cheque, Larry can keep a clear record of where his money goes. What used to burn him up was paying for the cheques he paid his bills with! Larry's like most of us. He isn't going to spend any more than he has to. And he found that most no-charge chequing plans were only 'no-charge' to a point. Some places put a limit on the minimum balance in your account. Others add the cost of your 'no-charge' cheques to your statement. So, when Larry heard about ASTRA's absolutely free chequing plan, he talked to the money managers at ASTRA. He discovered that when ASTRA says 'free', it means 'free'! No minimum balance required. No added charges to your statement.

ASTRA, like Larry, believes paying by cheque is a great way to keep track of your spending. And you should pay nothing for your cheques. Open a free chequing account at ASTRA. You'll be glad you did. Ask Larry.



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Merry Sweeney

music reviews and syndicated columnist

Hank 'n' me

In the twenty-nine years that Hank Williams lived, he touched many lives in many different ways. He left an impact on the music world that is still being felt today, almost twenty-three years after his death. In the four years, between his January 1949 recording of "Lovesick Blues" to his December 1952 release, "I'll Never Get Out Of This World Alive", Williams sold in excess of ten million records.

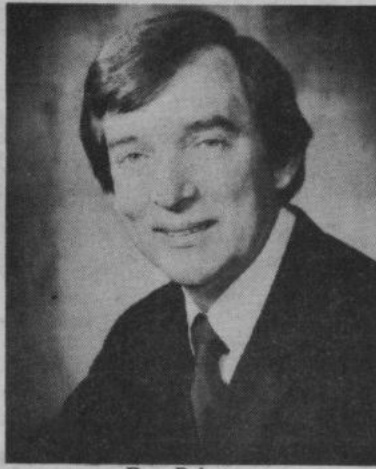
Some of his greatest hits, like: "Kaw Liga", "Your Cheating Heart", "Take These Chains From My Heart", "I Won't Be Home No More" and "Weary Blues From Waiting", were all released in 1953, shortly after his death.

Hank Williams was born in a log cabin, in the area near Mount Olive, Alabama on September 17, 1923 and died in the back seat of a chauffeur driven Cadillac limousine, near Oak Hill, West Virginia on January 1, 1953. His music touched more people than any other writer or singer. His songs have been recorded by everyone from Tony Bennett to Johnny Cash. There's hardly a country singer that hasn't released an album of Hank's music. He was elected to the Country Music Hall of Fame in 1961. There's been a movie which chronicled his life, many books written about him and countless songs which tell of his greatness. **CHEROKEE COWBOY**

Yes, Hank Williams touched many lives. He helped many people and pointed many on the road to stardom. One such singer that received a gigantic boost from Hank, was Raymond Noble Price of Perryville, Texas. Known as 'The Cherokee Cowboy', Price had already established himself on the 'Big D' Jamboree, but, it was the 'Opry' which meant true stardom.

It was Williams that opened the door for Price to join the Opry, and it was Hank that told audience after audience about a new, up and coming hitmaker, Ray Price. It was Hank that took Ray Price on the road with him and let him use his band, The Drifting Cowboys. Hank and Ray were friends that went fishing together and shared a house in Nashville. It was Ray that was the sounding board for many of the songs Hank wrote, and now twenty-three years later, it's Ray Price the one-time Cherokee Cowboy who graduated to the lush string styling that has recorded an album of Hank Williams' music.

The songs chosen are probably ones that Ray heard long before Hank's public. At least, that's true with "Jambalaya", which Hank told Ray he could record first, but later changed his mind and recorded it himself. The songs, like: "Your Cheating Heart", "Hey, Good Looking", "I Can't Help It" and "I'm So Lonesome I Could Cry" are all classics and Ray has done them in his own unique style, backed by a complete string section. With the same haunting sound that



Ray Price

launched Enrico Morriconi's, "Good, Bad and Ugly", Price delivers "Kaw Liga" with a surrealistic, and at times almost swirling sound.

While many singers have released albums of Hank's songs, many of those were released either for their commercial appeal or to help a faltering career. Because of Hank and Ray's deep friendship this is not the case with the Price release. What Ray Price has done with "Hank 'n' Me" (ABC/Dot 2062) is pay homage to the legend he knew as a friend.

"SILENT KILLER STALKING NATION"

Over two million people in Canada have this disease. One-half of them don't know it, one-quarter know it but are not seeking treatment, and one-eighth are not getting adequate treatment. Only one-eighth, or 250,000 people are receiving adequate treatment for their condition.

The condition? High blood pressure which is a major contributing factor to stroke, heart attack, or kidney failure.

Happily, high blood pressure can be controlled with your doctor's help, and your cooperation. Plan to visit your doctor annually and ask him to check your blood pressure. If you are aware that you have high blood pressure, cooperate with your doctor in controlling it.

For more information about (high) blood pressure, write: Manitoba Heart Foundation, 301-352 Donald Street, Winnipeg, Manitoba, R3B 2H8, and ask for their free publications: High Blood Pressure, How Can High Blood Pressure Hurt You?, Understanding (High) Blood Pressure, and How You Can Help Your Doctor Treat High Blood Pressure.



"...Never mind the Ho-Ho-Ho, red-nose. Get out walk the white line!"



Winner of the recent "Champagne Weekend" draw was MAJ. Jim Shenk, USAF Exchange Officer at CFANS, shown here receiving his prize from CAPT. Don McDonald, of 429 Sq. MAJ. Shenk's prize consists of an all expense paid weekend trip for two to Minneapolis - St. Paul plus \$100 cash. Although a trip to the US may not sound like much of a prize of a USAF Officer, both he and his wife are delighted; MAJ. Shenk was raised in St. Paul, but has not been back for over twenty years. Proceeds from the draw will help provide metallic castings of the heraldic crests of present and former Units of CFB Winnipeg. The crests will be placed on the Memorial Wall of the National Aviation Museum in Ottawa.

(BASE PHOTO)



The helicopter carrying destroyer HMCS Skeena is the first of four Halifax-based Canadian Forces ships scheduled to undergo refit in a recent \$12.1 million contract announced by defence minister Barney Danson. Work will begin in December and extend over 17 months. (CANADIAN FORCES PHOTO)

CANADIAN MILITARY PEOPLE & DEPENDANTS ONLY

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Merry Christmas

To Our Friends and Customers:

We gladly welcome the opportunity the Christmas Season presents, to extend our warmest Holiday Greeting to you and to express our appreciation for the friendship and patronage you have accorded us.

It has been a privilege and a pleasure to serve you in the past. Thank you for the patronage and we hope to have the opportunity to serve you again.

May this season be filled with peace and fellowship, and the New Year ahead be filled with prosperity & happiness.

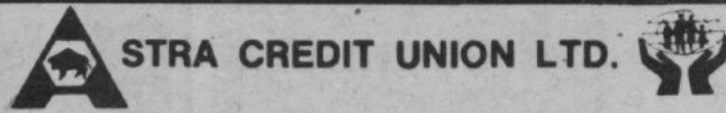
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Management and Staff

at

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Astra Credit Union Opens It's Newest Branch



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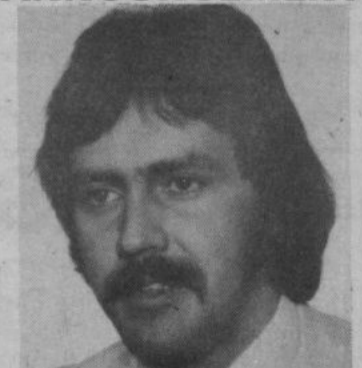


Paintings were presented to Major R. Jackson on behalf of CUMIS Mutual Insurance by Mr. Brian Butler.

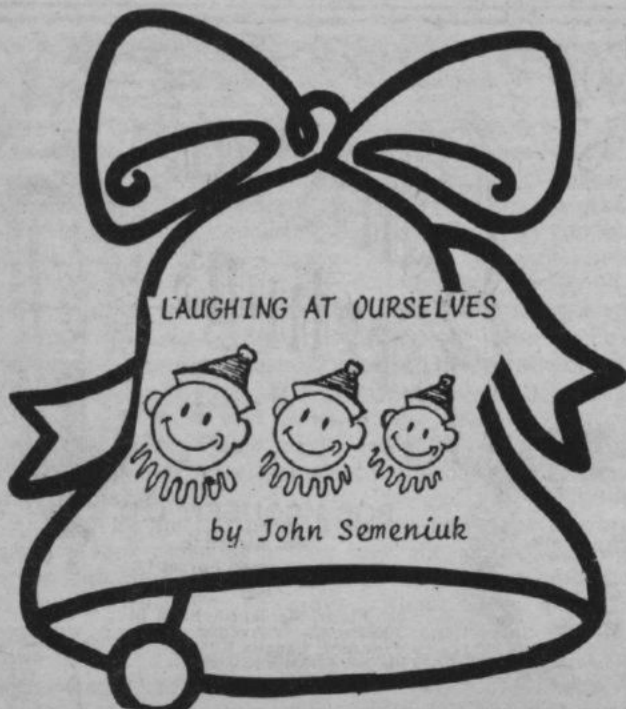
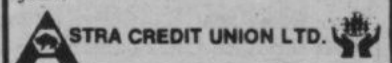


The Board of Directors pose for a group photograph at the opening. Top Row Left to Right - Jim Parker, Sterling Crooks, Ernie Smith, Cal Shermerhorn. Front Row Left to Right - Bob Jackson President and Orville Carnahan Vice President.

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.



ENJOYING THE CHRISTMAS SIGNERY

1. In a Department Store: "MAKE THIS A CHRISTMAS HE WON'T FORGET - CHARGE EVERYTHING"
2. In a Reducing Salon: "15 SHAPING DAYS TILL CHRISTMAS"
3. In a Gift Shop: "SANTA CLUES"

HIGH WAYS: A Texas millionaire purchased a swimming pool as a Christmas present for his daughter. Then, to give added enjoyment to the gift, he invited many of the neighbourhood eligible bachelors for a swim. "Oh thank you for the pool, Daddy," cooed the daughter, "And I see that you've stocked it too!"

PARANOIA IN PARADISE -

In an asylum for the mentally insane, one patient was dressed exactly like Santa Claus - to make the resemblance even more striking, he sported a white Santa Claus beard. "Who said that you could be Santa?" asked one of the assorted nuts. "God did", was the reply. "I did not!" retorted another of the patients.

NOT THE RITE THING -

"At the office Christmas party", said the beautiful blond, "Santa Claus proposed to me, and now I'm mad at him!" "It isn't everyday that a girl receives a proposal", cautioned her amused friend, "I should think that you'd be happy about it." "You should have heard what he proposed!" retorted blonde.



FROM THE SEMENIUK CLAN TO YOU AND YOURS -
"May your home be filled with laughter not only at Christmas but also for each and every day of the New Year... Merry Christmas and a 'Happy' New Year".

Order of Military Merit



LGEN. W.K. Carr, 53, of Grand Banks Nfld., is invested in the Order of Military Merit in the Grade of Commander by His Excellency the Governor General Jules Leger, during ceremonies in Ottawa November 26. GEN. Carr is commander of Air Command, with headquarters in Winnipeg. The Order of Military Merit has been established to provide a worthy means of recognizing conspicuous merit and exceptional service by members of the Canadian Forces, both Regular and Reserve.

(CANADIAN FORCES PHOTO)



LCOL. Nancy Joan Gollmer, 47, Winnipeg, Man., is invested in the Order of Military Merit in the Grade of Officer by His Excellency the Governor General Jules Leger, during ceremonies in Ottawa November 26. LCOL. Gollmer serves with Militia Area Headquarters, Winnipeg, Man. The Order of Military Merit has been established to provide a worthy means of recognizing conspicuous merit and exceptional service by members of the Canadian Forces, both Regular and Reserve.

(CANADIAN FORCES PHOTO)

XMAS Past

The following poem was a Christmas greeting written in 1968 by Lynn Dupras to her parents, Ida and CWO. Doug Wilson (now retired), when Lynn spent her first Christmas away from home with her new husband, SGT. Danny Dupras on a posting in Soest, Germany. Lynn and Danny and their children are now stationed at CFS Beausejour.

THE VOICE OF A CHRISTMAS PAST

Once in an age so long ago, in a world so different from all we know,
A gentle young mother, so tender, loving
Bore a Babe wrapped round in glory bright,
And laid him in a cradle crude that chill dark night.
But transcending the mean poverty of this lowly place,
The Love of God, embodied in this infant form,
Lent heavenly radiance to the blessed Mother's face;
God's greatest gift, Man's Saviour, had at last been born!
I've no clear recollection of that long-ago moment
When the Story of Christmas was first to me told
But with every New Yuletide I reflect on its wonders
With a joy my heart knows will never grow old.
Here in my heart's memory I know beyond doubting,
That the voice that related this Story to me
Was filled with a love that surpasses all telling —
The love of a Parent, whose little girl was me.
The years swiftly flew, I left childhood behind,
But still found in the same arms a stronghold of shelter,
The voice, ever wise, lent advice should I falter
For you, my dear parents, never failed to be kind.
I now dream of a day, perhaps not far away,
When I'll lovingly hold my own child on my knee,
And gladly relate the same sweet Christmas Story
That years ago you once told to me.
The spirit, the Voice of that Christmas past,
Now awakes my dormant heart at last,
Invoking these words, so long overdue,
Dearest Mom, Dearest Dad, I truly —
"Thank you".

Lynn

XMAS Tree Precautions

Christmas trees are extremely hazardous. The following preventive measures shall be carried out:

- a. Cut a growing tree or purchase one that shows it has not been allowed to dry out by prolonged storage (test flexibility of small branches and retention of needles). When too dry, small branches are brittle and shed needles easily.
- b. Stand the tree in water or snow outdoors until ready to use it indoors.
- c. Before setting up the tree, saw off the trunk at an angle at least one inch above the original cut.
- d. Support the tree well; stands are available with a receptacle for water and that are sturdy, of broad base and have clamps for anchoring the tree.
- e. Keep the tree away from heat (fireplaces, radiators and other sources).
- f. Place the freshly cut tree trunk in water and keep level of water above the cut the entire time the tree is indoors (check the water level at least once a day).
- g. Locate the tree so that, standing or falling, it could not block an exit in the event of fire.
- h. Lighting
 - i. Do not use wax candles on the tree or in the vicinity of the tree where there is any chance for an open flame to contact the tree or any combustibles located in the vicinity of the tree.
 - ii. Only electric lighting sets that bear the Underwriters Laboratories, Canadian Standards Association or Hydro Electric Commission Label of Approval shall be used.
 - iii. Each year, before using, check lighting sets for frayed wires, loose connections and broken sockets.
 - iv. Be sure the fuse of the electric circuit serving the tree is not over 15 amperes.
- j. General
 - i. Do not allow smoking near the tree, or amid decorations or wrappings.
 - ii. Plan what you must do if fire were to break out.
 - iii. Have operative water-based fire extinguishers, or a garden hose connected to a faucet, if available.

TEMPORARY DECORATIONS

- a. Untreated cotton batting, polyethylene foam, artificial flowers, paper and certain cloth costuming will ignite readily and burn with great intensity and, therefore, shall not be used unless suitably flameproofed. The use of non-combustible materials such as metal, glass, asbestos, should be encouraged.
- b. Decorations shall not be placed on electric fixtures or within three feet of electric lamps, heating appliances or heating piping.
- c. Decorations shall not be hung on door casings or on staircases, and shall be hung close to ceilings out of reach of personnel.
- d. Any extensive wiring for decorative purposes, other than Christmas tree lighting sets, shall be installed by a qualified electrician.



CAPT. R. H. Scott CD shown receiving his Certificate of Service from Mr. Hugh Filleul, Acting Commanding Officer of the Air Command Study Unit Winnipeg. CAPT. Scott retired from the Canadian Forces after serving twenty-five years as navigator, instructor and management analyst, to accept a position with the Public Service as an Organization and Methods officer in Winnipeg at the Air Command Management Study Unit. He was based at Trenton for the last eight years instructing at 426 Sqn, flying with 436 Sqn, ATCHQ and the Detachment Commander of the AIRCOM MSU Det. He will be employed at Trenton for several months on detached duty to complete a study commissioned by Air Transport Group Headquarters.

(BASE PHOTO)

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

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Greetings*

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**THE MONARCH LIFE
ASSURANCE COMPANY**



ROSMARIE KOHLBERG

You Don't Have to be French Canadian

Even though I have, naturally, not been inside every restaurant in Winnipeg, I would say with confidence that La Crêpe Bretonne is like no other restaurant in this city.

As we approached the narrow (former Royal Bank) building at 139 Albert Street, a stone throw from City Hall, no garish lights or neon letters, but a simple wooden sign, hung from chains over the entrance, assured us that we had arrived at La Crêpe Bretonne. Inside we were greeted by a friendly hostess who lead us to a table. That's standard enough. But for Winnipeggers who are so accustomed to having to grope their way through cave-like semi-darkness in their favorite eating places, it must come as a surprise to find a bright, well-lit, spacious place. (I have never understood, nor liked, that so-called "intimate" lighting in dining establishments - it must be a carry-over from prohibition days when people had to hide their illegal booze. Some still don't seem to feel comfortable in being seen drinking, I suppose, and hence the lack of decent lights.)

The decorators did an imaginative job. They left the basic structure intact - a long, narrow room flanked by Grecian columns under a high ceiling. By painting the columns a bright green and the walls a gleaming white, and by placing large mirrors along both walls, they created an effect of cheerful, bright spaciousness. Baskets of live ferns, suspended from the high ceiling enhance the green theme. Large opaque light fixtures high on the ceiling suggest skylights, augmented by wicker-shaded lamps over the tables.

The furniture is clean-lined and simple: natural-wood tables and chairs with wicker seats. Nothing ornate, nothing contrived. A patternless green rug covers the floor.

When he got settled at our table and studied the menu, we found out that there is no hard liquor. Fortified wines - sherry, vermouth, and the like - are served as apéritifs, and, of course, table wines, with the meal. But to get to the food. La Crêpe Bretonne specializes in crêpes (pancakes) the way they are made in the Bretagne, a large peninsula in north-western France. You don't have to be French Canadian to enjoy the food, but you do have to like crêpes or pancakes.

Before the main course, however, you may want some soup or appetizer. The menu lists, besides "Breton" soup onion soup and a few other specialties, a couple of quiches, escargot, stuffed shrimp, and two kinds of salad - all à la carte.

I had the "Breton" soup, a hearty, potato-based soup with green onions and sour cream - steaming hot and delicious. My dinner companion ordered onion soup, and it had lots of onion and a thick, puffed-up layer of stretchy cheese on top. The salad was not the skimpy little bowl of limp, cut-up lettuce with a few pieces of radish and celery that you often get in some of the standard eating places, but the tender Boston variety, combined with fresh, raw mushrooms, and served with one of the most delectable dressings I have ever tasted in any Winnipeg restaurant. I like a chef who has the skill and self-confidence to offer only his own dressing. Never mind a choice of Thousand Islands, Blue Cheese, or French dressings that come straight out of a Kraft bottle! Portions are ample - in fact, after the soup and the salad, I could almost have called it a day. But, of course, we had offered our crêpes, and they are the main dish.

These crêpes are made from either wheat or buckwheat, and their attraction is in the variety of fillings that they envelop. We had a choice of about thirty different combinations, ranging from eggs, sausage, ham, cheese, mushrooms, asparagus, etc to shrimps, scallops, and "Crabe Newburg", with prices ranging from \$1.40 to \$6.75. I had a combination of cheese, ham, and apple, which I thoroughly enjoyed. As I said, you have to like crêpes to do these dishes justice. Someone for whom a dinner is not a proper meal, unless it consists of meat, potatoes and vegetables, probably will never work up a great deal of enthusiasm over a crêpe. To someone like that it doesn't even appeal to the eye, sitting there on the plate all by itself. To me, on the other hand, this palatable crêpe dish, concealing its fragrant, savoury contents within its folds, meant a welcome change from the standard fare of standard restaurants.

For dessert, wheat crêpes come with sweet fillings: apple, honey, almond cream, fresh strawberries, and so on. These can be flamed with a variety of liqueurs, if desired. Assorted cheeses and other desserts are also available. The wine list features a good selection of champagnes, and red, white, and rosé wines, at the usual prices found in most restaurants. A house wine - both red and white - is also offered, at a substantially lower price than the other brands, and a couple of ciders complete the list.

The service in La Crêpe Bretonne must not be forgotten. The waitresses look charming in their Bretonne peasant outfits - long black dresses with large white aprons, and a white lace headpiece. They are all young, friendly, and move without haste among the tables. Somehow one doesn't mind that they are not all very skilled with a bottle opener. The atmosphere is quiet, friendly, and leisurely. No harassed staff races around between closely placed tables, no feeling of being rushed because your table is wanted for the next customer. At La Crêpe Bretonne you can sit and enjoy your meal in peace. My companion's last and final judgement on any restaurant is always the coffee: he pronounced it as excellent.

If you think seat belts are uncomfortable...
...try a stretcher, sometime.



M
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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
SEA CADET



AND ACCEPT THE
CHALLENGE

NOTICE

The 51st Group, BOY SCOUTS OF CANADA will sponsor a WALT DISNEY FILM "TREASURE ISLAND" in the BASE THEATRE, BUILDING 90, CFB WINNIPEG commencing at 7:00 PM. Proceeds from this film will be in support of the CFB WINNIPEG NORTH SITE GROUP SCOUTS, CUBS, BEAVERS AND VENTURERS. The regular theatre prices will be charged; \$1.25 for adults and 75¢ for children.

THE GROUP LADIES AUXILIARY WILL SELL REFRESHMENTS.

REMEMBER THE TIME: 7:00 PM
PLACE: BASE THEATRE
DATE: THURSDAY DECEMBER 30, 1976

GREETINGS

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YOU HAVE SEEN ALL THOSE GIRLIE PICTURES FOR THE
PAST YEAR, NOW THIS IS CLASS.

Courtesy: North Pole Productions



Detence minister Barney Danson, left, prepares for his flight in a
CF-104 Starfighter jet during his recent visit to Canadian Forces units
in West Germany. With him are Major-General Ramsay Withers, of
Toronto, Commander of Canadian Forces Europe, (right), and CAPT.
Walter Pirie, of Halifax, pilot of the CF-104.

(CANADIAN FORCES PHOTO)



CAPT. Jim Speiser of Laird, Sask. is the only Canadian Forces pilot
with over 2000 hours flying on the CF-101 Voodoo. He is a test pilot
with Aerospace Engineering Test Establishment at Bristol Aerospace
Winnipeg.

(CANADIAN FORCES PHOTO)

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Greetings
May every heart
at your house be filled
with good cheer
and happiness this Christmas.

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1976 ACADIAN TYPE "M"
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