



Prospector



Following the Canadian Forces

MARCH 9, 1977

CANADIAN FORCES BASE, WINNIPEG

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SEE
Pages
9 to 12



FOR

WINTER
CARNIVAL
HIGHLIGHTS

18 Med Coy Best Militia Medical Unit In Canada



LCOL. D.P. Snyder is shown presenting the Ryerson Trophy to 18 Med Coy of Winnipeg, declared Canada's best militia medical unit. Accepting the Trophy is CPL. Donna Haley, while the Commanding Officer MAJ. Joe Greenberg (left) and SGT. Len Brown (far right) of the regular support staff look on. (BASE PHOTO)

New Honourary LCOL. For Queens Own



The Minister of National Defence is pleased to announce the appointment of J.W. (Jim) Burns of Winnipeg as Honourary Lieutenant-Colonel of the Queens Own Cameron Highlanders of Canada. LCOL. Burns is President of The Great-West Life Assurance Company.

LCOL. Burns was born in Winnipeg and attended Gordon Bell High School, the University of Manitoba and Harvard University. He joined the marketing division of Great-West Life in 1953, served in marketing management in the United States as well as Winnipeg and was appointed President in 1971. LCOL. Burns is a member of the Board of Directors or Executive Committee of a number of international associations.

LCOL. Burns is married and he and his wife Barbara have three children, two sons James and Alan and daughter Martha. LCOL. Burns appointment as Honourary LCOL. is effective immediately.

SSEAP 1977

Ottawa - Canadian Forces will employ about 9,000 students this summer as part of the federal government's Student Summer Employment Activity Program, defence minister Barney Danson has announced.

The defence department's share of the \$65.9 million project will be \$7,552,000, making it the second largest departmental contribution to the program. Manpower and Immigration will spend \$45.9 million.

The Forces will provide cadet training and activities, community assistance projects and Reserve training, similar to programs operated for the past six years.

Cadet employment will cost \$1.7 million for on-going sea, army and air cadet training and activities, with about 4,600 cadets and 500 instructors attending summer camps. Cadets attending camp for six weeks or longer receive a \$100 training bonus.

Community assistance, costing \$952,000, will involve over 750 students for projects in selected communities. The program is designed to improve community life by building and repairing park facilities, constructing nature trails, improving the ecology, and conducting activities to attract tourists. The pay is \$127.75 per week.

The Reserve portion of the program will employ 3,250 students for eight weeks training in the Reserves, at a cost of \$4.9 million. Students will receive \$18.25 per day, plus rations and quarters when on field exercises.

Students 17 to 34 years of age interested in the Reserve program may apply to local Reserve units or Canada Manpower after April 1. For community assistance projects, students 16-34 years of age may apply through Canada Manpower. Only those cadets who were members of units on or before Jan. 31, 1977, may attend summer camps.

CHANGE OF COMMAND FOR QUEENS OWN CAMERON HIGHLANDERS



In a re-enactment for the photographer, the Sword of Command is passed from LCOL. Reg Churchward to LCOL. A.S. (Sandy) Will. LCOL. Will assumed Command of the Winnipeg militia unit earlier in the year. (BASE PHOTO)

CANEX BONUS DRAW SPECTACULAR WINNER



MCPL. Heacock - 31 Ladywood Drive wins first Canex Bonus Spectacular. 20" Color TV. The lucky ticket was drawn by COL. M. D. Gates BCOMD. MCPL. Heacock is seen here receiving his prize from the BXO. The next draw will take place 30 Apr 77. A set of Black & Decker tools will be given away to some lucky Canex service station customer. Please note that all entries are retained for the automobile draw (77 Ford Granada) in June 77. If you are not handed an entry ballot when you purchase your gasoline (\$5 or more) please ask the pump attendant. (BASE PHOTO)

CYPRUS PATROL



Patrolling in Cyprus . . . Members of the 3rd Battalion, The Royal Canadian Regiment, from Canadian Forces Base Petawawa, Ontario, leave one of their observation posts during a patrol in the outskirts of Nicosia, Cyprus. The battalion returns to Canada in early April at the completion of its six-month peacekeeping tour with the United Nations Force in Cyprus. (CANADIAN FORCES PHOTO)

STATUS OF NATIONAL AIR MUSEUM

In 1968 a decision was taken to build an RCAF Memorial in Trenton. It was to have been a pyramid-shaped structure housing historical collections as well as two chapels and a convention room.

A Mr Prus won the contract and began making technical drawings. Professional money raisers were hired about this time; however, it soon became evident that the required funds (3.8 million) would not be raised and the fund raising programs were cancelled.

Alternatives to the Memorial building were considered, such as constructing a smaller building, creating memorial gardens, or granting scholarships, but all were considered to be unsuitable. It was then that Dr Baird from the

National Aeronautical Collection at Rockcliffe was approached. He agreed to a joint program which called for a new building to be constructed by the Federal Government with the RCAF Memorial Fund helping to supply some of the displays.

Dr Baird formed a committee and Air Marshal (Ret) Dunlap found a suitable location near Uplands. The project was put before the Board of Trustees of Museums of Canada; however, it took 3 years to have the proposal heard by this group. The proposal received objections from Western representatives about the location, and the cost of dismantling the current aeronautical collection and moving it to Winnipeg was

looked into. About one year ago a motion was passed by the Board of Trustees to:

- a. back a new museum;
- b. keep it in Ottawa; and
- build it near Uplands.

In the meantime, the current aeronautical collection was to acquire a fourth hangar at Rockcliffe which would be used for the preparation of displays. It was decided to display all RCAF badges from both active and disabled stations and squadrons (approx 170) at a cost of about \$350 per plaque. All active units (about 85) were contacted and all responded favourably. Approximately 114 plaques have been ordered and about 53 have been received to date.

Unfortunately, the fourth hangar for Rockcliffe has not yet been realized nor has the new museum been built. Therefore there is still no suitable place to display these plaques. Both NDHQ and AIRCOM HQ have been considered as possible sites; however, there was no suitable location for the display where it would be available for all ranks to view. At the moment, the Air Movements Unit at Ottawa is being considered as a temporary location until the National Aeronautical Collection has the space available.

The money collected from service members is about \$200,000 and is being kept by Royal Trust. It is expected that the interest (by the end of the year) from this money will pay for all the plaques of disbanded units.

Both Air Marshal Dunlap (Ret) and LCOL Clarke (Ret) work 3 to 4 days per week on this project on a voluntary basis. The administration of this endeavour is estimated to have cost less than \$50 for the past year.

NEXT VOXAIR DEADLINE



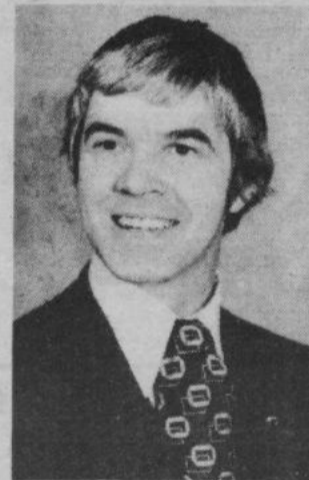
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Voxair

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VOXAIR VISITS 14 DENTAL UNIT DETACHMENT



CFB Winnipeg has two full-time and four part-time dental clinics, scattered across Manitoba, that belong to one of eight dental detachments which come under the Command of 14 Dental Unit.

14 Dental Unit has its headquarters on the Air Command side of the base. It is responsible for the provision of dental treatment to military personnel stationed in the following provinces, Manitoba, Saskatchewan, Alberta and other areas and territories, Yukon, North West and Thunder Bay. The Commanding Officer, who is also Command Dental Officer, is COL. John C. Brick, C.D., D.D.S.

The two full-time clinics of CFB Winnipeg are the Selkirk Lines dental clinic (South Site) and 14 Dental Unit Detachment dental clinic (North Site dental clinic).

The Selkirk Lines dental clinic has a dental team of five; a dental officer (Major), a dental hygienist (MWO), a laboratory technician (SGT.) and two dental assistants (one SGT. and one civilian). Their job is to maintain a high degree of dental fitness for the military personnel of the 2 PPCLI battalion. Their task is made more difficult by a rapid turnover of personnel and a tight training schedule.

The part-time dental clinics are located in CFS Gypsumville, CFS Beausejour, CFS Sioux Lookout and CFS Churchill. Twice a year, for two weeks at a time, teams consisting of one dental officer and an assistant travel on TD to provide routine dental treatment to personnel of these stations. More difficult cases are referred to Winnipeg. In certain areas emergency dental care is provided by a civilian dentist.

The North Site or 14 Dental Unit Detachment is a multiple chair dental clinic located in the north wing of the first floor of the Base Hospital. The dental team consists of one detachment commander or Base Dental Officer (LCOL.), three dental officers (one Major and two Captains), five dental assistants (1 WO, 1 SGT., 1 PTE., 2 Civilians), one hygienist (WO), four laboratory technicians (1 MWO, 1 SGT., 2 CPLs.) and one clerk (civilian). Their responsibility is to provide a broad spectrum of dental treatment to base personnel or personnel referred from outlying clinics.

Dental officers are committed first to the relief of pain, second to the prevention of oral disease or problems and third to the treatment of oral disease or problems in order to upgrade or maintain a high degree of dental fitness compatible with the operational requirements of the military. About two years ago, the Canadian Forces Dental Services trained a sizeable number of Public Health dental officers to

reduce a treatment load that was growing out of control. An annual program of early detection and prevention was set up and called Phase I. This consisted of dental education, oral hygiene instructions, examination of teeth (X-Rays) and soft tissues, cleaning of teeth and fluoridation. The aim is control of dental disease by the individual with periodic supervision by the dental team. Once dental disease is under control, dental officers can then provide more comprehensive and lasting treatment.

Dental assistants do more than assist a dental officer at the chair. They have quite a number of auxiliary functions; equipment maintenance, sterilization of instruments, administration, to name a few. They have the opportunity to branch off into other trades during their career if they show aptitude and motivation.

Dental hygienists have a key role in the implementation of the Preventive Dentistry Program. They give oral hygiene instructions, clean teeth, take X-Rays and organize the annual recalls.

Dental laboratory technicians fabricate dentures, crowns, and inlays, mouthguards, and orthodontic appliances to the specifications of dental officers. They also have auxiliary duties.

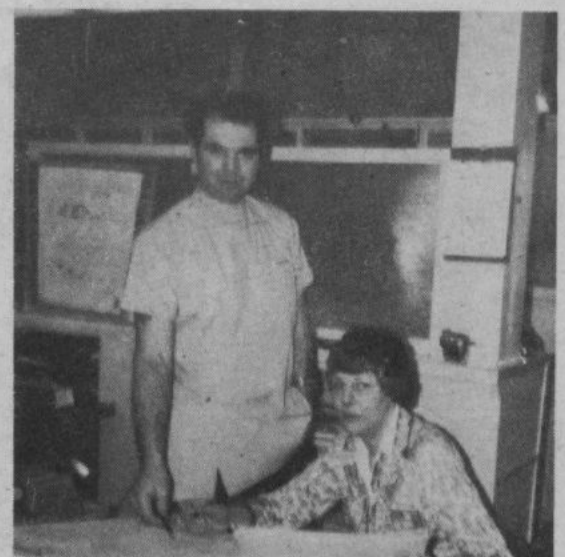
Many of these dental officers and tradesmen have remustered from other trades, changed careers or transferred from sea or air elements.

Since 1 September 1975, with the inauguration of Air Command, the detachment commander or Base Dental Officer is a LCOL. He is also the first of a new breed of Case Dental Officers who will have been trained in a new specialty; General Dentistry. This new concept in specialization originated in the U.S. Army Dental Corps.

During the late 1950's and early 1960's, the U.S. Army Dental Corps recognized the trend towards specialization in the dental profession. To take advantage of the increasing dental knowledge, it greatly expanded its graduate and postgraduate training. New problems arose very quickly. Most Army installations were staffed by a small number of dentists and it was not economical financially or professionally to provide every military community with a full assortment of specialists. The ratio of specialists to general practitioners far exceed the ratio of the civilian community. The Vietnam war demonstrated the need for dentists versatile enough to be employed anywhere and in any capacity professional or administrative. To solve these new problems, the Army in 1962 initiated its first two year residency program in general dentistry. The desired end product of this type of training was a dental officer of high versatility and one who could serve in many capacities; clinician in many of the specialties (except orthodontics) capable of providing or supervising care for the majority of patients and of properly referring patients to specialists; chief clinician of a dental clinic; director or teacher in continuing education;



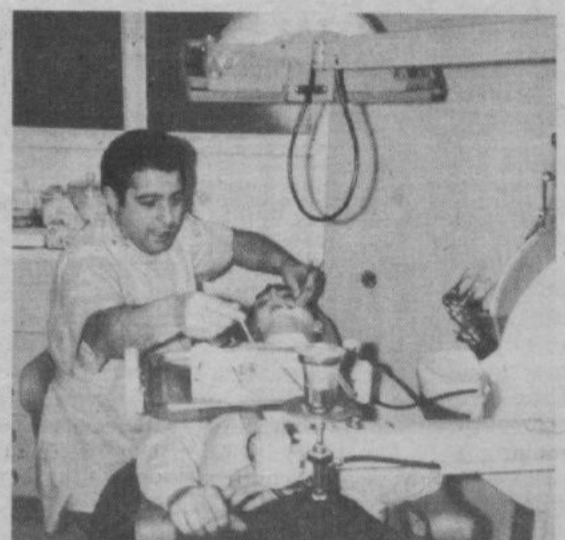
LCOL. J. Bourget Base Dental officer welcoming back MAJ. Graham on his return from a tour of Cyprus and Germany.
(PICTURE BY POLAROID)



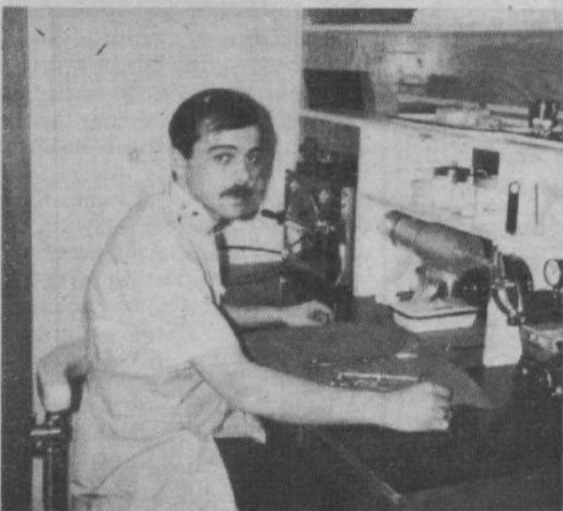
WO. K. Delmage and Mrs. J. MacPherson receptionist discussing patient treatment schedule.
(PICTURE BY POLAROID)



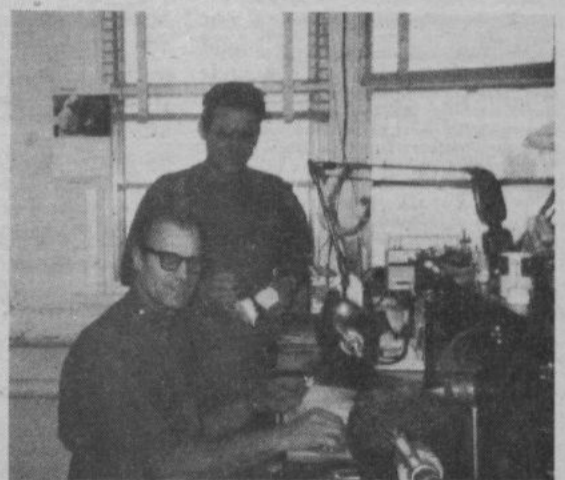
Mrs. T. Bevan (standing) Dental Assistant student from Red River Community College and Mrs. Z. Anderson Dental Assistant assist CAPT. A. Gauthier with a dental extraction.
(PICTURE BY POLAROID)



Dental Hygienist WO. B. Arsenault carrying out a fluoride treatment on his patient LT. Harrow.
(PICTURE BY POLAROID)



PTE. P. Colbourne Dental Assistant preparing dental instruments for sterilization.
(PICTURE BY POLAROID)



MWO. D. Hughes Senior Lab Tech and CPL. L. Street Lab Tech are shown discussing denture fabrication.
(PICTURE BY POLAROID)

installation dental surgeons or chiefs of departments of dentistry in Army Hospitals.

In the early 70's, the Canadian Forces Dental Services initiated an exchange program with the U.S. Army Dental Corps and in 1973 the first two Canadian dental officers began their General Dentistry training programs, one in Fort Knox, the other in Fort Hood. Since then, four more have been selected and sent to other installations.

In 1976, the North and South Site dental clinics were equipped with brand new dental units. The North Site dental clinic will soon be remodeled to better provide the general dentistry concept to all patients. Much planning and reorganization was necessitated to ensure that a maximum of care could be provided in a minimum of space and time. In the near future there is a strong possibility that the whole clinic will be air-conditioned.

This is a brief resumé of the nature and role of 14 Dental Unit Detachment at CFB Winnipeg. Like all other sections on the base the workload outstrips our capabilities but we keep on trying under the circumstances.

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"Help George Do It"



RECYCLING

GARBAGE!

Most of us don't think much about garbage — but it's time we did. There's a lot more to it than a fat green plastic bag sitting by the curb. Or vegetable peelings sailing down the chute in your apartment building.

That's energy we're throwing away!

Did you know that much of the garbage we toss out could either be prevented or recycled?

Over-packaging and disposable items can be avoided. Newspapers can be made into wrapping paper and cardboard. Many glass bottles can be returned, others can be ground up to make new glass. Metal cans can be melted down for new steel. Vegetable peelings can go into a compost pile to make fertilizer.



What does all this have to do with saving energy?

Well, it takes energy to extract, manufacture and transport all of the products we consume — be they food, clothing, containers, paper or furniture. By avoiding the unnecessary ones and re-using the rest of them, we can bring about worthwhile energy savings in the industrial and transportation sectors of our economy. For example, by recycling steel we can save about 74 per cent of the energy needed to make new steel. For aluminum the saving is 95 per cent.

A returnable soft-drink bottle that makes many trips can save about 80 per cent of the energy required to make the equivalent number of throw-aways.

And if we don't buy widgets because we don't really need widgets, we'll save 100 per cent of the energy because another widget won't be manufactured to replace it.

And so the savings go. If we all pitch in to re-use, recycle and reduce unnecessary consumption, we'll bring about large energy savings for Canada.

Remember, too, that we'll reduce pollution and save money. The cost of garbage collection, for example, is rising dramatically. More garbage means more trucks, more men, more energy burned to haul the garbage away, more landfill and incinerators. These costs fall to the taxpayers. The more that can be recycled, the less garbage there will be.

Now perhaps you agree to this point. Yes, let's do something about solid waste in Canada — but where to start? Let's start with some shopping tips.

SHOPPING

• **Returnables.** Buy milk and soft drinks in returnable bottles — and be sure to return them. This type of bottle can average 20 trips, you save money (because you get the deposit back) plus the energy needed to make new disposable bottles, cans or milk cartons. By returning them you also avoid the possibility of litter.



• **Shopping bags.** Take your own shopping bags (from previous trips) to the store and insist that the clerk use them rather than new ones. If you're just picking up one or two items, don't use a bag.

• **Avoid overpackaging.** You know the type. Razor blades come in bubble packages that look like the Houston Astrodome. Some food products come with two or three layers of paper, foil and cardboard. Who needs it? Steer clear of these overpackaged products — or find a place that sells them without the gaudy wrapping. Tell the store manager how you feel. Write to the manufacturer and let him know as well.

• **Avoid convenience foods.** Highly processed foods often come in elaborate packages. Try to use fresh vegetables where possible. The energy you'll use to cook them will probably be a lot less than the energy used to prepare, pre-cook and preserve a convenience item.

scraps, grass clippings, etc. Many garden books will show you how to make the frame and how to start the pile. You'll have great fertilizer and humus for your garden.

• **Grow your own.** Backyard gardens can be very rewarding — good food, lots of fun, lower food bills, and hidden energy savings as well.

SEPARATING AND RECYCLING

Try to separate your garbage so the maximum amount of material can be recycled.

• **Newspapers.** Put these and other papers into separate bundles.

• **Cans.** When you're finished with cans, rinse them out, flatten them and set them aside for recycling. You may notice that right now different metals are used in cans. However, the cans of the future will probably be made entirely of steel which will make recycling easier.

• **Bottles.** If you can't possibly use bottles, and they can't be returned, take off the metal rings and caps and put them aside for recycling.

• **Collection or drop-off.** The actual collection of items for recycling will vary in each community. Some may be picked up during normal garbage pick-ups. In other cases you may have to take the bottles, cans, etc., to a central depot.

• **Do your own thing.** Not all communities have recycling programs. If you're without one, press your local council to start planning a strong recycling effort. Get involved in local environmental groups. Your efforts will benefit all concerned in the long-run.

Buy your foods in bulk if possible, and take your own container. Country markets can be fascinating fun.

SHARING FOR ENERGY SAVINGS

• **Recycle furniture and clothing.** Don't throw out items that may still have some use. Take them to the Salvation Army and similar organizations, or to a second-hand store. This includes appliances and toys. Someone in your area can make use of them.

• **Return metal clothes hangers** to the cleaners every time you take in cleaning.

• **Share equipment.** Perhaps you and your neighbours can go together to buy equipment: lawnmowers, grass rollers, electric saws and such. You'll save money and Canada will save energy.

• **Try renting.** Why buy a rototiller or chain saw for a few days' work each year? Rent instead.

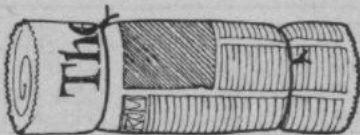
PAPER

• **Buy recycled paper.** When you're buying writing paper, paper bags, etc., make sure it is the recycled variety. Do the same if you're buying for a company or business. If more Canadians request it, the demand will expand and the entire paper recycling movement will be stimulated.

• **Use both sides.** Use both sides when you're writing a letter. Encourage children to do the same at school. If the teacher objects, see the principal and explain that you are encouraging your children to save energy. In fact, suggest that the entire school use recycled paper. Each ton of recycled paper saves 17 trees, and energy.

• **Recycle newspapers.** Save your newspapers and tie them in bundles. But don't make the bundles too big. Much of the collecting is done by children in cubs and brownies. Separate glossy magazines from newspapers. Many communities and local groups have paper pick-ups or depots. If there isn't one in your community, why not get the ball rolling.

• **Newspaper logs.** If you live in an isolated community, without paper pick-up, you can cut down on wood for your fireplace by using newspaper. Roll it tightly, about the same size as a log. Tie it with light wire. This tightly-rolled bundle of paper will last about as long as a log of wood and give off just as much heat.



KITCHEN

• **Disposables.** Don't use paper plates, cups or one-time utensils — even if you have a crowd in for a party.

• **Cloth vs. paper towels.** Consider using cloth rather than paper towels or serviettes.

• **Re-use food containers.** If you buy food in plastic or glass containers, don't throw away the containers. Wash them and use for storing left-overs, etc. You can even wash and re-use plastic bags.

• **Compost pile.** If you have a garden, how about starting a compost pile using your vegetable and fruit



SLUMBER PARTY '57

In recent years there's been a fantastic resurgence in music that originated in the golden era of rock. Much, or possibly most, of the resurgence can be directly attributed to 'The Howling Prowling Wolfman Jack' and the movie which started a lot of the current craze, 'American Graffiti'. 'AG' was responsible for 'Happy Days' and its spin-off product 'Laverne & Shirley'. The product that has re-surfaced in recent times would mainly fall in the 'golden oldie' category, songs by the Shirelles, Fats Domino, Orbison, Beach Boys (if they were really ever departed from the scene), Platters, Paul Anka, Bobby Vee, Jerry Wallace and many others. The Wolfman is heard on a couple thousand stations every week as he rocks the oldies.

While I haven't seen the movie, I can't make any comments on it, but the recently released soundtrack, "Slumber Party '57" (Mercury SRM 1-1097) is one of those rockin' boppin' sets that shifts into high gear and lays rubber from the opening strains of The Crew Cuts "Sh-Boom" through to the closing strains of The Big Bopper's "Chantilly Lace".

"Slumber Party" is anything but slumber music. The Crew Cuts open the set with their patented 'sh-boom! ba-do ba dooby etc'



JERRY LEE LEWIS

and then the rocking native of Ferriday, Louisiana pumps the 88 to the tune of "Great Balls of Fire". Lewis it might be remembered, was at one time considered controversial with his unique brand of piano pumping which included playing with his feet on; doing the boogie from high on top the piano.

Johnny Preston rocked his way to fame in 1959 with his tale of "Running Bear" which gets a memorable workout during "Slumber Party '57". Lewis returns to the pumping and pounding as he leaves the listeners "Breathless". Bruce Channel comes on strong with his "Hey Baby" with its harmonica punctuation and the Danleers 1958 hit of "One Summer Night" brings the music back to the slow, hold-on-tight dance versions.

SLOW WALTZ & JIVE MUSIC

Paul & Paula hit the charts with their story of everlasting love, under the banner of "Hey Paula" in 1962 and this tune is bound to bring back memories. "Hey Paula" became a rallying cry for the young lovers of the early sixties and Paul & Paula were able to sell a few million copies of the

First Clasp To CD



MAJ. F. G. Storey Detachment Commander of 401 Technical Services Detachment presents the First Clasp to the CD to SGT. W. A. Beaton. (BASE PHOTO)

song. Jivin' Gene and The Jokers bring a rhythm and blues laid-back sound of "Breaking Up Is Hard To Do".

Phil Philips had a monster hit in 1959, "Sea Of Love" and anyone who grew up in the heyday of rock will especially appreciate this song, which to the best of my knowledge hasn't shown up on any of the now available 'golden oldies' paks.

The Angels, who recently guested on the Mike Douglas syndicated TVer, offer their hand-clapping warning to the bad guys, cause now you better watch your step daddy-o, cause "My Boyfriend's Back".

Buck Ram and The Platters, who have become perennial favorites, bring to the turntable

one of the most famous songs to come out of the fifties, "The Great Pretender".

In 1959 the music industry was saddened when a small aircraft crashed, killing Buddy Holly, Ritchie Valens and J. P. Richardson (a/k/a The Big Bopper). The Big Bopper's music closes out the set of "Slumber Party '57" as he bops his way through a telephone call, the song, "Chantilly Lace".

If you want to go back in time and re-live some great moments, either in your own memory bank or just take a stroll through the music in your mind, "Slumber Party '57" is a great way to do it!!



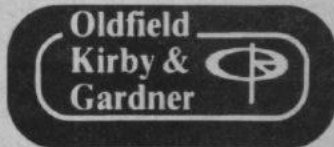
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cfans news corner

NAV By T. G. BREMNER SQN

I'm still here, although in a state of seriously degraded health and wellbeing. (Did ANOTHER tour of BDO last week and came down with a beaut of a cold - probably due to running around on the ramp without my friendly, cuddly parka.) Rick is still pretty busy with the NIC course but has promised faithfully to get operational as quickly as possible. If he doesn't, BK is going to do me a serious injury for whipping his typewriter every few days, DSS took my old wreck away a couple of months ago and, to date, no replacement has surfaced. If it's in that bad a condition surely they can come up with another unit. I'm not fussy, didn't even ask for an electric.

There is some good news for the Nav Squadron, for a change. I sneaked a look at Bob Hill's "IN" board the other day - would you believe that there are already six new staff members being posted to CFANS this year so far? The first strange face is due to arrive in April with the others appearing gradually throughout the summer. There is also a rumour that our unfilled Major position will be manned before the fall program gets under way. Unfortunately, by the time that the new instructors start to get their feet wet, a few more of the old hands will be getting their walking papers and we'll be right back in the same old position, on the backside of the power curve.

Our senior, Senior Service members (A true-blue ANKER CLANKER) is packing his sea bag and preparing to ship out on March 1st. Also known as the "Squadron Scrounge", Wayne Reaume has been called back to his Alma mater for retraining in the ways of the traditional dark blue mushroom - although, I fail to see any reason to have a halyard or a mizzenmast on a Sea King. We will have to put up with Wayne at one more mug party - his; but, maybe after that we can get by without having someone blowing that silly, little whistle every time. The Boss takes the floor to make a farewell address to one of the troops. All kidding aside, Wayne has been a noted asset to CFANS and his many talents and endless supply of used cars (Reconditioned to order) will most certainly be missed. Good luck, Wayne, and we do hope that you won't have too much trouble readjusting to that wide-cut, liquid propellant that the "navy" classifies as rum! (NOTE: All purchasers of "Reaume Rebuilds" are hereby, tactlessly reminded that all warranties, either expressed or implied, consequent to purchase of said vehicles, become null and void coincident to the vendor's final passage through the front page. The whole car may become null and void, too, for all I know.)

Quite some time ago, we promised to upgrade all CFANS Navigators to Semi-Operational Airways Navigation Status (SOANS) by educating them in the ways of the ATG Nav

procedures for operating the Semi-Automatic Vhf OmniRange (SAVOR). This will be the first (and last) theoretical lesson, all other training being completed on the job. OJT must always be carried out under the supervision of a qualified ATG navigator due to the extremely high hazard situation which may result from an incorrect application of the SAVOR theory.

NAVIGATOR OPERATING INSTRUCTIONS FOR THE SAVOR SYSTEM

1. Request pilot select correct VOR frequency for the next airways reporting point.

2. State the correct, required inbound radial to the facility and suggest to the pilot that he dial it in on his track bar. (NOTE: If the pilot has difficulty adding or subtracting 180 degrees to arrive at the correct inbound track, suggest to him that he continue turning the selector knob until the track bar centres and the "TO" flag appears in the window. Never volunteer to do the math for the pilot - wait 'til he asks for the correct answer. Watch the co-pilot, he may try to help the pilot so that he'll get a good crew report.)

3. Monitor the flight progress - if track deviation exceed 10 radials, the pilot fails the run and you must return to step 1 and start over again.

4. If the aircraft remains within the previously specified track limits, continue inbound to the facility until station passage occurs.

5. At station passage the SAVOR system will cause the Station Passage Alert (STAPAL) actuator to close, subsequently causing the STAPAL bell to ring and the STAPAL warning light (A large, yellow, flashing strobe lamp) to illuminate. At this point, the SOANS Nav must, within three seconds, depress the Banana Delivery System (BDS) switch. With this action, a small panel in the autopilot console will open and a servo-delivery arm will deposit a plump, yellow, imported banana in the right hand of the pilot. (WARNING: Undue delay in actuating the BDS will probably result in severe injury to the SOANS Nav in that the pilot will become vicious and uncontrollable.)

6. This completes one full cycle of SOANS Navigation with the SAVOR system. To continue in the flight, return to step 1 and repeat the procedure. (NOTE: SOANS/SAVORS flights should never exceed five (5) hours, nor should leg distances of less than 120 nm be flown with the SAVORS engaged. Disregard of these safe operating limits will result in the pilot becoming bilious and drowsy and, if continued, will inevitably result in obesity and unconsciousness. The safe operating limits can be exceeded if:

a. the aircraft is equipped with the optional SBDS (Sectional Banana Delivery System) which can be programmed to deliver

SANC 7701

Back row left to right: Captains R. Thistle, D.J. McBain, K.C. Kerr, J.D. Eakin, G.H. Verner, R.E. Davidson, R. Sponder

Front row left to right: Captain L.B. Noseworthy, LT B.G. Handley, Captain L.S. Alexander



The only person who got ever got all his work done by Friday, was Robinson Crusoe

ASC news news news

By CAPT. MEL WALKER

only preselected portions of the banana (portion size computed on the length of the flight or the distance between reporting facilities);

b. the SOANS/SAVOR system is used within the continental USA in conjunction with an authorized RNAV system (The SOANS Nav must liaise with ATC to ensure that the aircraft seldom, if ever, actually reaches a reporting facility);

c. there are more than three qualified pilots on board;

d. Sharpa Hazily is the pilot; and

e. the Aerospace Squadron can be prevailed upon to allow McNair to fill the position of the pilot in command.)

7. At this time, very few pilots of the local CFANS support unit are authorized to operate using the SOANS/SAVORS equipment. Therefore, it may take quite some time for all staff members to be flight-checked in their use.

We're all supposed to be very busy rewriting the good books for the ANPT/NT syllabus so I's better get back to work before I'm missed. Keep practising the appropriate steps for the rain and sun dances, but don't hold your breath waiting for spring - apparently the leak in the parking lot is the only thing that's going to sprung for a few weeks yet. (Cotton-pickin' Met man lied again. You'd think that after all these years, he and the groundhogs could get their acts together.) Cheers!!

Late Flash: This is my last fling - Rick has announced that he'll be ready to take over in time to meet the next deadline. Therefore, I bid you all a fond farewell. My thanks to all those who accepted my remarks in the humour that they were intended. If anyone was offended, perhaps you take things too seriously - relax and live a little. Sayonara.

NOTE: The writer of this column sold Bev a painting recently, for an exorbitant price, knowing full well that he was leaving earlier than she was. When she picked the painting up to take it home, it was in such good condition that it fell right out of the frame. No refunds either!

At about the same time that the SANC 7701 photo arrived, they departed and so did I, to Ottawa, to Terre-Disney sur Rideau (now you know where the expression T.D. comes from) to receive briefings from Defence Research Establishment Ottawa, Aurora project office, Directorate of Air Requirements and instant insanity (otherwise known as directorate of postings and careers ANAV). Al Brabant and Major Dave Boyd filled out the staff list and a jolly old tyme was had by one and all.

Jill, you can rest assured that I kept Al out of trouble but I'm not so sure about Major Dave. But why am I discussing staff matters when all one of my regular readers knows everyone on staff. What you're really interested in is SANC 7701 right?

Of course right!

So for the right course the right picture reading from left to right SANC 7701; Randy Thistle, aka "Huggy Bear" (don't ask me where it's from, I don't know, I don't want to know) decided that Argeese in Summerside were too slow for him, hence he took up Voodooos at Chatham. At least that's the explanation I get for all the magical potions he digests and dispenses at the local watering holes. Darrell McBain also started his career on the big grey goose and flew out of Greenwood for about five years before tracking on down to his home and native town of Halifax for a few years. Since then he's become a sophisticated world traveller on Hercs at Edmonton. (Just ask him to demonstrate all 965 functions of his Japanese digital watch). Ken Kerr is yet another Argonaut having done pennance on the Island before motoring over to the Valley at the jolly grey giant to teach everybody else how to Argus around. If I told you all the stories I know about Jim Eakin, my hi-fi would fall apart. Jim n'l crewed together on crew 5 of 404 Squadron back in the days when 404 was a Squadron and the Argus was an ASW airplane. "Joe" (why does everyone with the initial G like to be called Joe?)

Verner is our representative from the chopper boys at Shearwater. If you've been reading Peanuts lately you'll know what they do down there. Ron Davidson is another Argus type from the Four Hundred and fighting Fifth (Pardon... Quatre Cent Combattant Cinq) but for some reason or other he wants to visit Southern Ontario on these SANC tours. And, at the very end we have Rick Sponder. "Tran" to anyone wishing to interrogate him. Rick searches for non co-operating blips in 425's Voodooos. What I want to know is what the combination of "appy" uddersfield English and Saquenay Valley Joul sounds like.

Following my usual rule (new row new paragraph) we have Lloyd Noseworthy (course senior) of Marcom fame. Lloyd missed the usual MAG iron triangle route when he got his overseas posting to Comox rather than Summerside. Lloyd fills in the job of entertainment director for SANC 7701 by throwing great staff lunches with Swittian overtones (Fast Eddie not old Jonathan). Brian Handley is 7701's young bachelor. The grin comes from coming to the Big City from Trenton. And finally another Comoxite and another Lloyd from Comox. I asked what the initial S stood for in Lloyd S. Alexander and everyone in 7701 said "Smokey". Well, not wanting to appear ignorant, I pursued the matter no further; until they sat me next to Smokey during the Aurora briefing. GASP! René Levesque should take lessons from him. So there they are. 7701 from Huggy Bear to Smokey Bear.

In the interim, ASC 29 have gone and come back from their tour south of the border. But since I didn't go and didn't hear any repeatable tales, I guess I'll have to forgo any stories about them. Mind you, MAJ. Bob came back with a real neat photo showing how the west was won.

So that's it until the semi-annual stampede at Hangar 21 this Thursday. I'll let you know who sprained an ankle, got shin splints or a heart attack next fortnight.

Appointment



COL. B. A. Oxholm, 46, of Seven Sisters Falls, Man., and Dartmouth, N.S., has been appointed chief of staff at Maritime Forces Pacific, at Esquimalt, B.C. He was previously commander of Canadian Forces Base Shearwater, N.S.

(CANADIAN FORCES PHOTO)

CDS Commendations



LCDR. Everret N. Walton, 37, of Stoney Plain, Alta., senior engineer on board the destroyer HMCS Algonquin based in Halifax, has been commended by GEN. J. A. Dextraze, chief of the defence staff for exceptional performance while on board a U.S. Navy ship.

(CANADIAN FORCES PHOTO)



CPL. Gary A. D. Sallows, 41, of Calgary and Stewart, B.C., a mobile equipment operator based at CFB Shilo, Man., has been commended by GEN. J. A. Dextraze, chief of the defence staff for courageous action.

(CANADIAN FORCES PHOTO)



From The Chaplain (R.C.)

A Lenten Message

Lent 1977! Ugh! It's almost upon us and I suppose we all tend to look upon it with mixed feelings. On the one hand, there is this spectre of Penance and Mortification that cast a certain chill over our fun and games and we resign ourselves to a gloomy six weeks of it before it all goes away again.

Actually, of course, penance and mortification are not just pious forms of dieting and getting back into shape. We're all familiar with people who are overweight and out of shape and plunge into these fitness programs with all kinds of vim and vigour, determined to get back that "svelte look" once more ... trouble is, they act bored with the exercises and soon give them up. The same with Lent. The Christian who sees Penance and Mortification only as some kind of Spartan exercise of "giving up" something, convinced that the "more it hurts, the better it must be" is in for a rough time of it and is not going to last.

Our Lord is the one who put us on the right track. He told us that Penance and Mortification "taking up your Cross daily" were not negative, thumbs-down exercises just to see how much you could take. He told us that they were virtues that opened us up to ever-greater acts of love-Love of God and Love of our Fellow man, and it is not so much a question of: "What will I give up for Lent-smoking? shows? drinks? and so on" but rather "What can I do to be less Self-centered, less Greedy, in my pursuit of pleasure, less Foot-dragging and Grudging in my service to God and Fellow man?" In a word, how can these Lenten exercises open me up more and more to Love? That's really what Lent is all about.

Come to Mass at least twice a week on Tuesdays and Thursdays at 4:45 p.m. at Our Lady of the Airways Chapel or Wednesdays and Fridays at St. George Chapel. Other days we'll say Mass in your home. Please call your Chaplain and he'll be delighted to have you participate in the Eucharistic celebration right in your own home. Have Jesus born in your home within your walls. What a privilege for you and your friends to be part of it. This is a real consecration of your own selves and your friends. Do not hesitate to call your chaplain as he is anxiously waiting to have the Mass in your home a reality.

Roll up your sleeve to save a life...



In Memorium



Mr. M.J. Koster

Mrs. Michael Joseph Koster, sons Raymond and Dennis would like to thank the Base Commander for the Military participation during the Funeral of their beloved husband and father on 10 Feb 1977.

THE MILITARY CHRISTIAN FELLOWSHIP OF CANADA
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This is an invitation to interested persons to inquire about MCF.

The MCF of Canada is a non-denominational body of believing military men and women, whose commitment to Jesus Christ includes both concern for and expression within the military society. The objectives of MCF are to build up the individual military man or woman to spiritual maturity in their walk with GOD, their family and their associates, and to be an instrument leading military men and women to commit their lives to Jesus Christ and to help them grow in spiritual maturity.

These objectives are worked towards through a monthly newsletter, weekend retreats and regional conferences. The newsletter includes lists of members on the move, individual experiences, suggestions for Christian living and other topics. Weekend retreats involve a time of relaxation skiing etc., and discussions. Regional Conferences are a time of study, planning and presentations by selected speakers.

Further information about MCF can be obtained by writing to:
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Sunday School 11:00 a.m.
For information Call 889-9173

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Chaplains

Maj. J.P. MacLean Loc 417
Capt. D.W. Hilton Loc 417
Capt. W.G. Shields 889-9173
Maj. E. Cremona Loc. 272
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"And Away We Go!"



CFB Winnipeg Base Commander, COL. M. D. Gates, starts CF Nationals underway. (BASE PHOTO)

THE GOLD AT THE END OF IT ALL



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 CFB Cold Lake Captures Curling Crown



"This Foursome Left Little Doubt"

CHAMPIONS - (L to R) Skip: Dallas KING, Third: Hec MCINTOSH, Second: AL GRETER and Don PARTSCH at Lead. (BASE PHOTO)

OH! FOR ONE MORE END.....



RUNNERS-UP (Along with CFB Gagetown) CFB WINNIPEG - (L to R) Skip: Earl MORRIS, Second Brian MCKENZIE, Lead, Don Scott, Third "Ole' Reliable" Otto KREPPS. (Hang-In Fellows!!) (BASE PHOTO)

No! Les ("The Greek")

Move your Pinky down four squares



Who is that at the bottom?? JET LAG??. . . . VOXAIR POLAROID

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WELL DONE CFB WINNIPEG PERI Staff And Committee

Something "Special"



AL BRABANT is awarded "THE PLAQUE OF DEVOTION" for his time and effort devoted during the week to ensure that all went smooth during the entire tournament. Upon receiving this award Al thanked his special team of scorers: P. J. Graves, Frank Marsh, Ron Brown, Marcel Leblanc, Ted Hegge, Bob Nichol, Robby Robinson, ALVIN Lutomsky, Keith Carlson and Bill Spencer for their most competent assistance and time spent with him throughout the week. (VOXAIR POLAROID)

Boy Scouts & Girl Guides Hold Bottle Drive

The South Side Scouting and Guiding Group Committee will sponsor a bottle drive on Saturday March 19 between 1300 and 1500 hrs. Personnel who will not be home and wish to donate bottles are requested to leave them on their front door step.

Beavers, Brownies, Cubs, Guides and Scouts are all supported by this committee, and none of these groups receive any financial help from the community council or NPF. All funds for our normal programs and for camping in the summer are raised by the members of the various groups.

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Lipsett Hall Learn To Swim Program

A Learn to Swim program will be conducted in the Lipsett Hall pool offering the following classes:

Pre-Beginner	8 candidates per class
Beginner	8 candidates per class
Junior	10 candidates per class
Intermediate	12 candidates per class
Senior	12 candidates per class

Candidates will be accepted on a first come first serve basis.

Registration fees are: military \$6.00, civilians \$8.00 per candidate.

Registration date Saturday March 12 at Lipsett Hall gymnasium.

Military 1200 - 1300 hrs., civilians 1300 - 1400 hrs.

PROGRAM "A" STARTS MARCH 14

12 sessions of two exposures per week, Monday and Wednesday.

Pre-Beginner - 1630 - 1710 hrs.

Beginner - 1715 - 1800 hrs.

Junior - 1630 - 1710 hrs.

Intermediate - 1715 - 1800 hrs.

PROGRAM "B" STARTS MARCH 15

12 sessions of two exposures per week, Tuesday and Thursday.

Pre-Beginner - 1630 - 1710 hrs.

Beginner - 1715 - 1800 hrs.

Junior - 1630 - 1710 hrs.

Senior - 1715 - 1800 hrs.

For further information contact Jim Wallace at Lipsett Hall 888-5021.



Bruce and Shirley Zachow - Chief Ice Maker Earl LINS
WHEW!!! "The end of another hectic week."

(VOXAIR POLAROID)

ANNOUNCING 19th annual

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1976 Annual Report available at all branches, March 15, 1977.

CARNIVAL QUEEN BETTY BEATON WO's and SGT's Mess



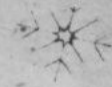
"Blowball Champs"



Blowing up a storm at the Jr. Ranks.



"HIGHLIGHTS"



WINTER CARNIVAL "77"



(PHOTO BY DND 01)

" I don't care if your name is "FRED" you can't park here"!!

"Trophy to the CHAMPS"

CFB Winnipeg Base Commander, Colonel M.D. Gates, presents Carnival Trophy to over-all Carnival winners - WO's and Sgts. Mess. (BASE PHOTO)

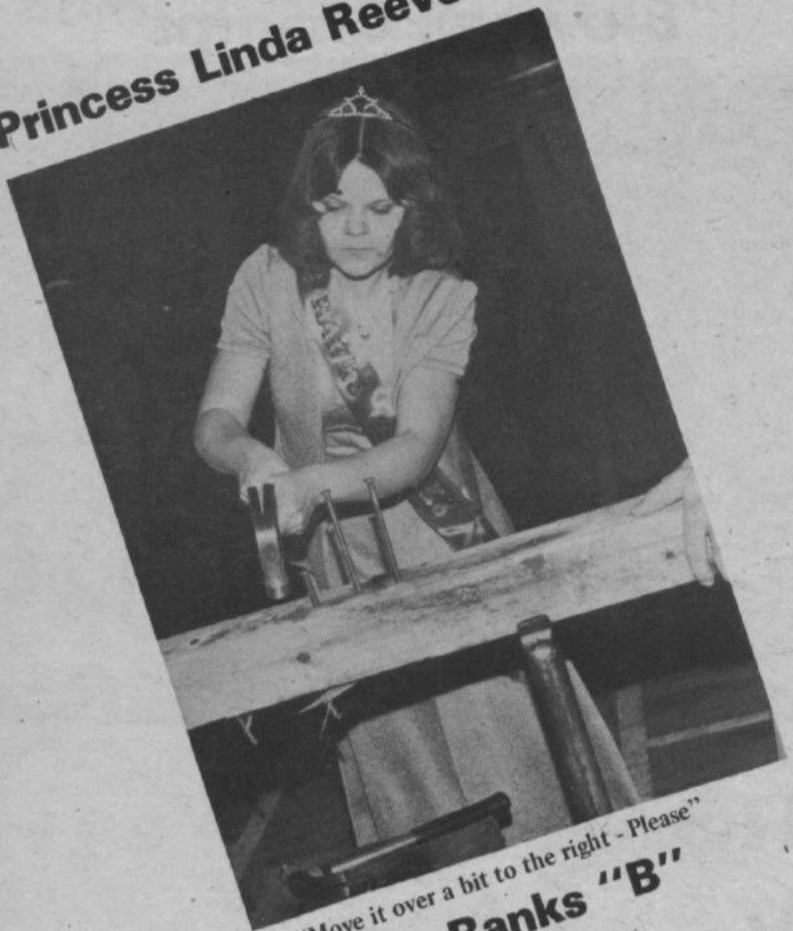


BAME Wins

Intersection Float Competition



Princess Linda Reeves -



"Move it over a bit to the right - Please"
Jr. Ranks "B"

Novelty Skate Race -



Now what to use - Boot, Stick or Skate??



JR. RANKS "A" MYSTERY SCULPTURE



VOXAIR POLAROID

"SWOOS



Come-on youse Guys

"LOG SAWING"

Cutting it up at the Carnival.



**Bev Knop
OFFICERS MESS PRINCESS**



"NOTE THE FORM"

Queen and Princesses

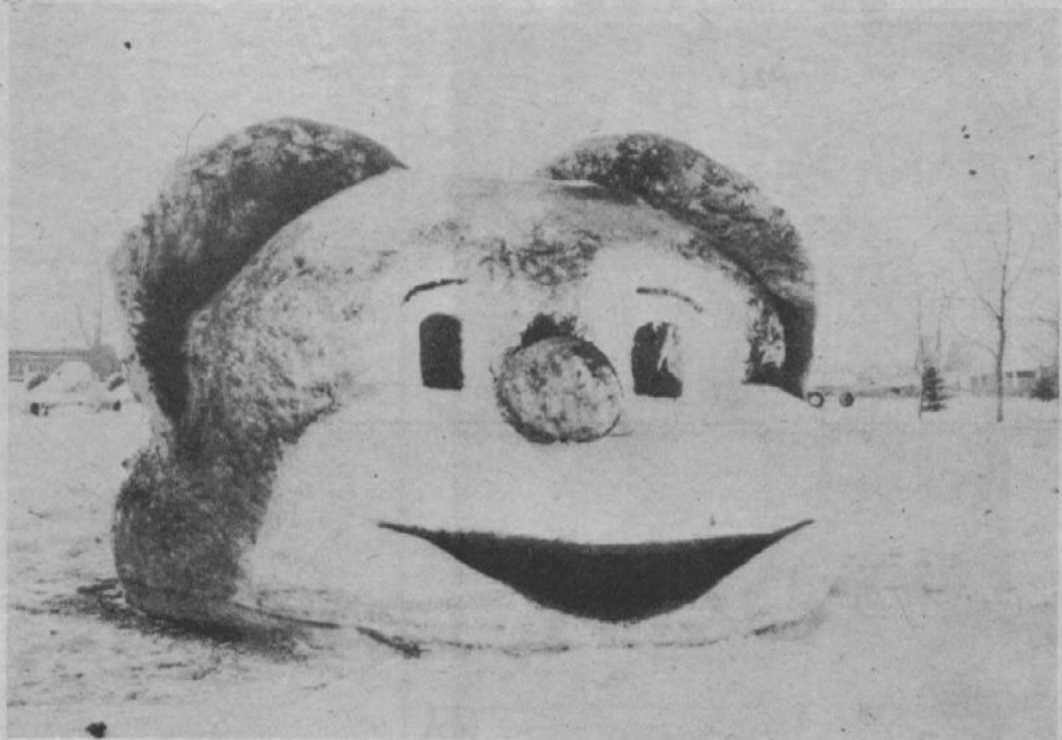


TUG - OF - WAR



BASE HQ "Mickey Mouse"

HING"



VOXAIR POLAROID

... PUSH!!!



JR. RANKS "B" SCULPTURE



VOXAIR POLAROID

"Queen of the Carnival" DRIVES ON



The touch of a Lefty . . . Must not forget to follow through . . .



THE QUEEN & HER ESCORT



**Jr. Ranks "A Princess
Brenda Harris**

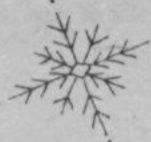


Double "21" - You Say??

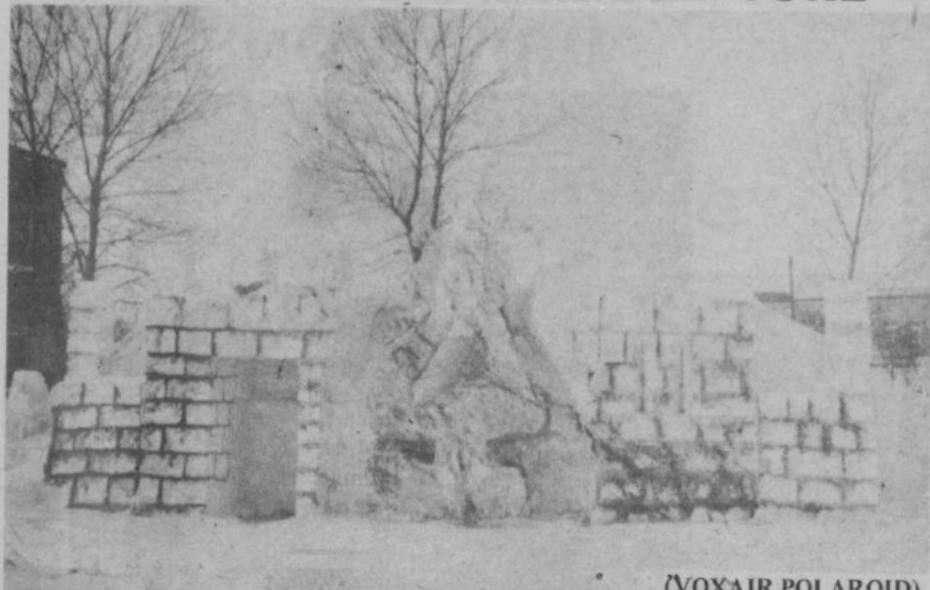
WINNING FLOAT TO WO'S & SGT'S MESS



OFFICERS' MESS FLOAT



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(VOXAIR POLAROID)



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IT SURE WAS FUN!!**

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mod housewife

by Rosmarie Kohlberg

WHAT, NO ZIP? OR NICE AND EASY

The other day I took a package of frozen spinach out of the freezer and tried to open it. I turned it around a couple of times to find the end that says, "Lift Tab and pull across". This package, however, did not have the convenient open-up zip, and I had to pull, tear, pry, and claw the reluctant package to get at its contents.

More and more, we are becoming slaves to convenience. If we have a choice between washed and unwashed potatoes, between bagged and unbagged radishes, between frozen and fresh carrots, most of us go the easy way, the convenient way.

What are we saving? Time? Do we want to save time in order to pursue more worthy goals, more significant pastimes, more creative fulfillment?

Or are we saving energy (human energy, that is)? We speak of 'labor-saving' devices. So we are saving the labor of cutting the greens from a bunch of radishes, of opening the box of frozen food the 'natural' way (by tearing and prying). If you compare the methods, you will find that there is not all that much time or energy gained by doing things the 'convenient' way.

The point is that we have been brainwashed by industrial packaging concerns who would have us believe that we are too preoccupied, too busy, and/or too lazy to lift a finger or two for perfectly simple tasks like opening a can of beans with an old-fashioned can-opener - let alone making baked beans from scratch - or to bake a cake by combining flour, eggs, sugar, etc., instead of mixing it nice and easy out of a carton.

Naturally, for every new zip-top can, package, bag, or bottle, we pay an increased price. We seem quite willing to accept that judging by the line-up of shopping carts loaded down with mountains of convenience packages on any day of the week - because the time and energy saved ostensibly frees us for other, more interesting pursuits, such as the widely advertised do-it-yourself activities like hooking rug - which makes us creative, building a boat - by which we recapture the old craftsmanship of our forebears, changing our own oil - which makes us feel we are beating the 'money-grabbing' service stations - even if only in a small way.

Again, we are subtly goaded and guided by the marketing experts who do a great job of brainwashing us through TV and magazine advertising, through clever store displays. And we all fall for some of the gimmicks some of the time.

But now, they've gone too far: Last Saturday I saw, in the produce section in one of the big supermarkets, *pre-packaged baking potatoes*, individually wrapped in foil, and then nicely displayed, three to a little cardboard tray, which was again wrapped in a cellophane film! A young woman beside me was staring at the novelty in disbelief, as I was, and she said, shaking her head, "You can't convince me that we need THAT!" I agreed.

Much of this waste and unneeded 'convenience' is foisted upon us in the name of progress - ever new inventions to improve our 'lifestyle' - but not necessarily our life. We can't turn back the clock of progress, but we can stop and think occasionally and examine our values.

And we can draw the line at foil-wrapped potatoes.

429 (COMP) Squadron Promotion



SGT. W. W. Harker is shown receiving congratulations from the CO 429 (Comp) Squadron LCOL. K. J. Tettelaar on his promotion to SGT. rank. SGT. Harker is the loadmaster leader with 429 Squadron having recently been transferred to that unit from 435 (T) Squadron Edmonton. (BASE PHOTO)

Cadenza by Larry Crawford

March is upon us . . . ices and all, and as the sages of old would have us believe, we're in for a rough finish if this month's first week is lamb-like. But whatever the weather we in the AirCom Band will inevitably mush on through thick and thin in order that the show may go on.

The band has been pretty busy anyway so far this winter with our usual fare of school concerts, mess dinners, parades, dances, etc., filling in our time betwixt rehearsing and practice. Several of our "different" gigs of late have been the opening of the Legislature here in the capital city, an evening concert in Stonewall which was proceeded to and returned from on a most treacherous evening and perhaps the highlight of our more recent engagements was the concert given as Honor Band at the 1st Optimists Manitoba Concert and Stage Band Festival at the Winnipeg Convention Center. The full band played to a most attentive audience made up of mostly musicians like ourselves and then eight of our members under the direction of SGT. Ed Philp performed with world renowned Canadian musician and jazz clarinetist, Phil Nimmons who performed as soloist in his own work "Suite P.E.I." This beautifully written work in three movements was the perfect vehicle for Phil's masterful soloistic capabilities as he again proved, without doubt, that is one of the all time great jazz clarinetists. A distinct pleasure for those of us who were fortunate enough to back him and to those who listened as the tumultuous applause which rose above the standing ovation as the last note died away proved.

We seem to be always saying goodbye to someone everytime this column reaches print and again this one will be, unfortunately, no exception. This time we must bid a sad farewell to one of our true stalwarts, a fine guy and an exceptional musician, WO. Ray Edmand as he leaves us upon retirement this month. Ray's career with this band, goes back to its formative days NWAC Band, and he has always held the distinction, superbly, I might add, as being the band's solo alto saxophonist throughout all these years, no mean feat, as anyone who has ever had much to do with concert symphonic bands will fully realize. He has left behind a legacy that won't be soon forgotten and may I add here that we are all very proud to have served and work with such a fine musician and man over the years.

All the very best of good fortune of you, Helen and family, Ray, as you go into civilian life and take up your new position with Yamaha Canada. Please remember that this will always be 'your band' and that you will always be most welcome in our midst at anytime and anyplace. Many a year will pass and many a story will be retold before your years with us will diminish, you can bet on that, Ray. Godspeed.

That about wraps things up for another while with all of us over in Building 47, folks. As C.P.E. Philp once said after hearing one of his Masses played in its entirety by a 147-piece drum and bugle band; "God love ya!"

LAUGHING AT OURSELVES



by John Semeniuk

FROM SEX TO SIXTY - A demure young woman was hired by a candy manufacturer to distribute free boxes of a new type of candy to pedestrians on Main Street. At the end of her first day's work, she met an old friend, who asked, "Is it true that you are going to be married soon?" "Yes," replied the young lady, "Next month." "That's wonderful!" exclaimed the friend, "What are you doing in the meantime?" "Not very much", admitted the sweet young thing, "Just giving away free samples!"

BEER FACTS - Last Saturday night, a drunk (bombed beyond the requirements of a normal alcoholic) wandered into a churchyard, fell into an open grave, and went to sleep. The next morning, as the Sunday church bells began to ring, the drunk awoke, climbed out of the grave, looked at the tombstones around him, and exclaimed, "Holy Mother! It's Resurrection Day, and I'm the first one up!"

A FREUDIAN FLIP - On their wedding night, the groom said to his bride, "I must insist on knowing, am I the first man to sleep with you?" "You will be, dear," replied the bride, "If you doze off!"

MY FARE LADY - "Don't have any Go-Go girls here?" a customer asked a nightclub manager. "No", replied the manager, "All we have are M and M girls." "What are M and M girls?" asked the customer. The manager replied, "Girls between menopause and medicare."

SILLY SURGERY - A doctor was making his morning rounds in a maternity ward. Stopping at the first bed, the doctor asked the patient when she expected her baby to be born. "March 15," replied the lady. He asked the same question at the next three beds, and (much to his surprise) received the same answer; namely, "March 15". Noting that the woman in the fifth bed was asleep, he turned to patient in the next bed and asked, "When does Mrs. Snodgrass expect her baby?" "I couldn't tell you," replied the patient, "She didn't go to the picnic!"

CAT CALLS - Willy was showing his out-of-city friend the big city. The friend spotted a very beautiful girl and asked Willy if he knew her. "I know her," replied Willy, "That's Gail. Thirty dollars!" "How about that one?" asked his friend. "That's Joan. Fifty dollars." "For the love of Mike," said the friend, "Aren't there any nice, respectable girls in this city?" "Of course," replied Willy, "But you couldn't afford their rates!"

BARBED BANTER - The man I leaned over and whispered an improper suggestion to the lady sitting on the bar stool next to him. "You know what I'd like to do to you?" asked the woman. "No. What?" asked the man eagerly. "I'd like to rent you to a nearsighted knife thrower who throws low?"

Commissioning Scroll Presented



LT. Nola Wilson, who is a nurse at the Base Hospital, receives her commissioning scroll from COL. M. D. Gates, the Base Commander. LCOL. E. J. Kirby, the Base Administrative Officer attended the presentation.

(BASE PHOTO)



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Vic Cameron (Rtd. R.C.M.P.)

TVreview

by KEN BERNARD

"The Debate Is On"

The forum is not Parliament as one might expect, nor is it any of the Provincial Legislatures, nor is it any of the other political structures we have in this country. The forum for the Constitutional Debate is television.

The resolution, though not formally worded, could be this: "Be it resolved that the Canadian federal experiment has been successful, and Canadian federalism will continue."

The team for the positive side of the resolution is headed by Prime Minister Pierre Trudeau. The team taking up the negative side in the debate is headed by Premier Rene Levesque. These leaders are both experienced debaters, both trained in the same school of debate, both articulate, both persuasive, both bilingual.

The teams supporting these two leaders are loaded with heavy-weights, all experienced political men, honed in a variety of public offices both federal and provincial.

The language of the debate is either English or French, with simultaneous translation generally provided.

And finally, the audience for the debate is the whole Canadian nation, locked in the snows of the north, crowded into magalopolis urban areas, seemingly isolated on farms or ranches, in forests or on sea coasts.

And all this is made possible because the forum for the debate is television. Between the toothpaste commercials and the violent U.S.A. police stories, among the soap operas and chopped up late movies, our Constitutional Debate is taking place.

We can watch the main speeches instantly as they happen; or we can wait for the replay later in the day; or we can look for the summary at the end of the day.

And the rebuttals come as instantly, hardly giving us time to think about the main points that were made. Echos of the debate are heard on radio, and finally, the speeches and rebuttals are recorded for us in the daily press.

At the beginning of the first Canadian Centruy, the Constitutional Debate took place among a few, for a few, with only the printed word as the tool to involve the population. A century later there is now the possibility for greater involvement on the part of the population, because the means of social communication reach out to most everyone.

The "but" in all this is that the communication by the media is still mostly one way: that is from the debaters to the audience. The challenge for the people working in media will be to help the flow of response in the reverse direction. After all, (to rework a cliché) the Constitutional Debate is too important to leave totally to the politicians.

A particularly Canadian twist to this debate has been the podium from which the leaders spoke: both have chosen to address the Canadian nation indirectly through an American audience. Levesque decided upon an audience of business men in New York, Trudeau chose the very Congress of the U.S.A.

Three Canadian TV networks covered these speeches live and in color, and in two languages. These were mass media events for us in Canada but not in the U.S.A. The American press and media barely noted these events taking place. It does seem particularly Canadian that even in this case of our most serious debate and internal squabble we gain credibility in, and communicate through the U.S.A.

SUPERVISION

By
Capt. Ted Stenton
Base Personnel Selection
Officer

Supervisors, like policemen and judges would be unnecessary if everybody knew precisely what he was supposed to do in every circumstance and could be relied upon to do it. All of us to some extent are involved in supervision whether it be in relation to our family, to our job or in any situation where things are getting done through people.

With regard to the workplace the supervisor's job is to supply the difference between the skill and motivation that a subordinate has and what he needs for an optimal job performance. Over the years people who work out the theories of supervision have divided themselves into two more or less opposing camps, one favouring democratic methods and the other favouring authoritarian styles. The democratic school has had the field pretty much to itself, at least as far as theorizing was concerned. There are signs, however, that the pendulum is beginning to swing in the other direction as the authoritarian school is starting to get some voice. It does not follow that if you treat everybody decently you can make a silk purse out of a sow's ear.

Most people do things in a climate that gives them a chance to be themselves, but difficulty arises from the attempt to make kindness work miracles. No supervisor should be stripped of all authority - by his boss or by himself and left to do his job by wheedling, cajoling and appeals to sweet reason. On the other hand supervisors of the hardfisted variety who neither know anything nor care a damn about theories, whose only interest is in getting the work done often by throwing their weight around are equally bankrupt in supervisory effectiveness. Good supervisory habits are not the same for all supervisors and all subordinates. Some people need discipline more than they need understanding, some need merely to be left alone and others need desperately to have someone pay attention to them. Good supervision is based upon the best efforts of one person to understand another. This means that a supervisor who memorizes a list of rules for leadership and applies them indiscriminately to everyone may succeed in getting cooperation for the time being, but he is not likely to win the respect or create the moral that makes for sustained efficiency. Nothing is quite so obviously insincere as treating everyone to the same push-button style of benevolence.

The supervisor who is trying to get to know his men and to meet their desires for satisfaction from their work at least halfway, is likely to have most of his men actively trying to help him accomplish what has to be done. Some subordinates know more than others, learn faster than others and some are just the opposite. In effect every subordinate presents a different supervisory problem and usually a constantly changing one as well. This means that there are very few "rules" of good supervision that won't have plenty of exceptions in actual practise.

WO'S AND SGTS' MESS MARCH ENTERTAINMENT CALENDAR

Friday, Mar. 4, 11, 25
TGIF AND GAMES NIGHTS
FOOD FUN PRIZES
Saturday, Mar. 5, 12
Fireside dancing and casual evenings. Music provided by the "Music Man". Bring your best girl and favorite friends out for an evening of relaxation. Don't forget the games room is at your disposal on these evenings - shuffle board, pool, darts, cards, etc. No admittance charge.

Friday, Mar. 18 ST. PATRICK'S DANCE AND CANDLELIGHT DINNER ERIN GO BRAGH!

In keeping with tradition, we plan a gala evening kicked off with cocktails, dinner, dancing, etc. As an added bonus tonight we plan to entertain you with a group of Irish Dancers. cocktail hour at 7:00 with dinner at 7:30 pm sharp! Sorry, only 160 can be accommodated for this one-- so book early by buying your advance tickets at the mess office commencing 2 Mar. Cost will be \$15.00 per couple. Dress semi-formal.

Saturday, Mar. 26 BINGO AND DANCE

Jackpot \$300.00 with \$50.00 added if it doesn't go in 53 numbers. Don't forget the garbage can bingo (a can of card) - Entrance \$2.00 per person. Food and dancing follows Bingo.

FUTURE EVENTS

16 Apr 77 - FOLKORAMA NIGHT - Prizes for best costumes.
SPRING BALL - Date to be announced.

Cinema Theatre

MARCH

8 & 9	The Maids	(Mature)
11 & 12	Aces High	(Mature)
13 & 14	Nickelodeon	(General)
15 & 16	Friday Foster	(Mature)
18	War Between the Planets	(Mature)
19, 20 & 21	Special Delivery	(Mature)
23	Scorchy	(APG)
25 & 26	Cassandra Crossing	(Mature)
27 & 28	Harry and Walter go to New York	(Mature)
29 & 30	Assault on Precinct 13	(APG)

EVENINGS MON TO SUN 2000 HRS (8:00 p.m.)
MATINEES SATURDAY 1345 HRS (1:45 p.m.)

New Cherry Picker



There ought to be an easier way to teach a bird to fly! The 45,700 pound Voodoo fighter aircraft at left is child's play for CFB Bagotville's new aircraft crash recovery crane, one of five recently purchased for the Canadian Forces.

(CANADIAN FORCES PHOTO)

LOCALLY YOURS UNDE

A new committee on Status of Women has just been formed and the new Chairman appointed - Mrs. Joyce A. Almdal. More members are required to serve on this committee and are encouraged to submit their names to the Chairman Mrs. Almdal. Male members are welcome and are encouraged to join as well. Please phone name submissions to Mrs. Joyce Almdal at Extension 311.

The following members have indicated their willingness to serve as representatives for Contract negotiations:

- GROUPS: Secretary & Stenographic - Mrs. Mildred White - B. Compt Bldg 84 - 221
H.P. - Mrs. Ray McGill - Bldg 55 - 510
Drafting & Illustrating - Mr. Art Bristow - AIRCOM HQ - 433
Communications - Mr. Mel McKillop - 733 Com Sqn - 408
GL & T - Mr. Doug Johnston - CE Bldg 100 - 383

- GS - Mr. Ev Ogren - Base Supply - 889-9174
TI - Mrs. Julie Swartz - Bldg 15 - 453
CR - Mrs. Joyce A. Almdal - Bldg 86 - 311
BUS - Mr. Allan Gloss - Bldg 61 & 63 - (Ext 226 & 518)
CR - Phyllis Agger - Bldg 84
CFANS - Ext 494

NOTICE OF MEETINGS

Executive and stewards' meeting will be held at the Board Room Public Service Alliance Regional Office - 902 St. James St., Wpg. at 1930-hrs., 14 March 1977.

General Meeting will be held in the Meeting Room at the Mall Hotel on Monday 21 March 1977 at 1930 hrs. Guest Speaker: CAPT. George Simmons, Drug & Alcohol Education Officer CFB Winnipeg.

The new Welfare Chairman is Linda Razmus and members are asked to notify Linda at Local 551 when a fellow member is ill or deceased.

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PATRICIA REPORT



Time for another issue of Voxair, and time for another update on battalion activities. Training on the PCF courses is still underway, with many of them either in Shilo or preparing to go. One of the Machinegun courses has ended and the second has started, and the First Aid course is nearing completion.

The biggest news is social. The promotion of MCPL. Craig Gill to SGT. opened a vacancy for a new PMC in the MCPL's Mess. This appointment has been filled by

MCPL. Joe Iglenc, who is now trying to find out what the job is all about. The entertainment committee is now being chaired by MCPL. Fred Dehmel and MCPL. Ernie Mugford is still trying to get his dart tournament organized by 16 - 17 April. The Valentine's Day dance was a great success and rumour has it that MCPL. Bill Clarke is claiming credit for it.

On 28 February the WOs and SGTS Mess held a luncheon, the purpose of which was to provide a

bit of ceremony for the presentation of shooting awards and to introduce valuable contact men in other Base Units. SGT. Ken Sato won the trophy for best rifle shot in the mess, and a certain WO (who shall remain nameless for fear he will firebomb my house) won the silver shovel for being the best shot with the worst luck. There is no truth to the rumour that he will have to use the silver shovel in Wainwright this year, in lieu of an entrenching tool.

In the sports news, B Company maintained its outstanding record by being beaten at everything except shooting and water basketball. The finals are to be held on 4 March, with the Chief of Defence Staff making a personal appearance to kick the first puck (or whatever one does in hockey) in the game between HQ and A Companies. Also scheduled for that day is the annual Officers vs Snr NCO's game. Unfortunately CAPT. "Red Light" Brigden, after destroying

SP Company's chance for victory, has decided to lend his talent to the officers' team.

One final note. My spies have determined that there are, in fact, seven Master Captains in their Association, not six as reported in the last issue. This association is not a force to be reckoned with, because they cleverly set up their prerequisites so that no one junior to the junior member may ever join. Obviously another example of Master Captains out-thinking themselves.

CE Has A Farewell Party

A farewell party was held in the Hercules Room on Thursday 27 Jan to bid bon voyage to three members of the CE Section. SGT. John Spirito of the Fire Prevention sub section was presented a MILE plaque by the BTSO LCOL. McNeil on the occasion of his retirement from the Canadian Armed Forces. Mr. George Snell, HP2 was presented a Retirement Certificate on the occasion of his retirement from Public Service. WO. Wayne Mahoney was on hand to accept a farewell gift before proceeding on posting to CFB Gagetown. SGT. Ron McGee provided music for the enjoyment of the members of the Section. (BASE PHOTO)



Mr. George Snell makes a short speech after being presented his Retirement Certificate by MAJ. Orlando. (BASE PHOTO)



Presentation by LT. Wagner (right) to WO. Mahoney on his posting to CFB Gagetown. (BASE PHOTO)



SGT. Ron McGee provides the entertainment. (BASE PHOTO)



SGT. John Spirito shows his MILE Plaque which he received from LCOL. McNeil and MAJ. Orlando on his retirement. (BASE PHOTO)

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Let's talk.

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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 Caitness, Mgr. 888-6770

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A Special Thanks

A couple of issues ago I wrote an appeal for the subscribers of this paper to come out and give at our recent Red Cross Blood Donor Clinic. On behalf of the Red Cross I would now like to thank all the people who contributed in one way or another to this worthy cause.

The clinic was a particular success in that the Red Cross received 243 units of blood. This represented an increase over our efforts of the past two years. Of interest too, is the fact that of the 243, 60 were first time donors. A special thanks to you all.

I would also like to extend a warm thanks to the ladies of both the Catholic Women's League and the Protestant Ladies Guild without whose help the clinic would not have been possible. Once again their continued support proved invaluable.

The people behind the scene also deserve an equal thanks. The people of Base Transport, CE, the Combined Mess and the Officers Mess, Voxair, to mention a few were all instrumental. They provided publicity, manpower, refreshments, and meals all of which are vital.

This article would not be complete without mentioning the people of Vehicle Safety located in Building 21. A personal thanks to them for enduring my continuous interruptions to use their phone.



A little crazy glue will fix anything.

(BASE PHOTO)



The moment of truth.

(BASE PHOTO)



There's a first time for everybody.

(BASE PHOTO)



As always, coffee with a smile.

(BASE PHOTO)



The Legion Needs You

The Royal Canadian Legion invites serving and retired personnel of the Canadian Armed Forces to join its ranks and to become involved in improving the quality of life in Canada. The Legion is now almost a half a million strong and serves communities large and small across the country.

You may not be aware that all of those who have served or are still serving in the Regular Force are eligible for "ordinary" membership in the Legion. Members of the reserve forces are eligible after two years of service. This membership provides you with the right to vote or hold office in the organization, as well as access to the social amenities available.

Frankly we believe that your military training and relatively youthful age would be an asset to the Legion. We need your initiative and drive to stimulate the Branch in your area. Your service in the Legion will make us more aware of the important and useful role that the Armed Forces plays in Canadian society.

Your membership will add credibility to our representations to the Government on matters affecting the defence of our country or the welfare of ex-service personnel and their dependants. Also, you will enjoy a wider comradeship with others who have served through the years and with whom you share a common bond.

In addition to our primary responsibility for those who have served, the Legion is involved in community service from coast to coast;

- it operates or contributes to over 150 senior citizens housing projects;
- it provides students bursaries and scholarships;
- it is a major sponsor of sea, army and air cadet corps;
- it is the largest sponsor of Boy Scouts;
- it supports countless hockey, baseball, softball teams, as well as track and field clubs;
- it helps the mentally



Every now and again the academics of the Winnipeg theatre critics tell us that local stage presentations are all designed to sell tickets, and are never serious drama. Possibly to shut off this kind of talk, the MANITOBA THEATRE CENTRE is presently showing *Waiting for Godot* at the Warehouse Theatre. This is a play which poses more questions than it answers, which can be taken as a comedy or a tragedy, as a slice-of-life or a straight farce.

Author Samuel Beckett is known as the grand old man of the so-called Theatre of the Absurd, but there is nothing absurd about the impact of this play. The audience is expected to find its own meanings, and is given a great deal of material to consider.

Using the setting of two tramps who attempt to rendezvous daily with the unknown Godot, who never does appear, the play explores just about every aspect of the human condition. Love and hate, master and slave, night and day, fear and hope, conversation and argument, sport, religion and even 5BX are interwoven into the plot (if it can be called a plot). One is given so much to think about that there is little time to digest what is happening - or possibly not happening - on stage.

The bleak set, designed by Doug McLean, is a minor masterpiece, and complements the mood of the play perfectly. Unlike my friends in the daily newspapers, I thought that the direction of Alex Dmitriev was fine, and that he did not reach too far for comedy. The five man cast, Peter Rogan, Dennis Robinson, George Buza, Clive Endersby and Michael Davis all worked very hard, and gave this difficult venture all the realism and surrealism it required. The thinking man's play. A fine antidote for television.

STUDIO 22 is now deep in rehearsal for their up-coming Spring play, *Under the Yum Yum Tree*, to be offered in about a month's time. They have clearance to remain in the old location, and will be building sets and organizing at the Sharp Boulevard Theatre. MCPL. Muriel Mymko, telephone 985-3680, could still use some carpenters to help with this job, so give her a call if you have a hammer to spare.

retarded and the handicapped; and

- it visits the aged and the lonely.

The friendship you find in the Branch also extends to the curling rink, the golf course, the fish or game club or the barbecue pit. If the Legion isn't everything that you feel it should be you can have a voice in improving it.

At this critical point in our history we must keep our nation strong and united. The Legion can make a valuable contribution toward this objective, particularly if it continues to be a vigorous organization dedicated to resolving some of the critical

issues confronting Canadians. Your membership, as a representative of the Armed Forces, would greatly assist the Legion in maintaining this vigorous and progressive approach toward improving the well being of all Canadians.

March is Red Cross Month in Canada
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Your Family Home Escape Plan

FIRE PREVENTION NEWS — HOME ESCAPE PLAN

Would you know what to do if FIRE struck your home in the middle of the night? Many, many people are under the impression that it can't happen to them. ARE YOU ONE OF THEM?

How many times have you said, after reading the local newspaper headlines, describing deaths and severe burns by fire, "I must plan a home escape in case of fire", but have you done so? Most fire deaths and severe burns in dwellings throughout Canada could be prevented by preplanning an escape in the event of emergencies caused by fire.

The story you are about to read is an actual case history and not a segment of ones imagination, the headlines read, "DWELLING FIRE KILLS TWO".

THE FIRE

At sometime prior to 0100 hours a fire started in the area of a stereo phonograph located on the first floor close to the stairway servicing the second storey, housing two bedrooms. The parents and an 18 year old daughter occupied these bedrooms and the 14 year old son, crippled by muscular distrophy was confined to bed located in the living room area of the first floor. The boy, unable to turn his head due to his disability, could not see the fire but felt the heat, tried summoning his mother. The three occupants of the upstairs bedrooms were alerted when the heat actuating alarm device sounded, they proceeded to enter the hallway but were met by flames shooting up the stairway and reaching the ceiling. The daughter was told by the mother to climb out the window and jump to safety which she did after suffering minor burns and slight injury from the drop. Neighbors forced the front door and rescued the crippled boy. The mother was found on the bathroom floor and the father in the bedroom. The father was dead when removed by firefighters and the mother suffered severe burns and died three weeks later. The cause of the fire was attributed to a faulty extension cord connected to the stereo.

In the case of this fire, there was only one escape route from the upstairs bedrooms which was the stairway engulfed in flames. The provisions of a second means of escape such as a window and the practicing of a home fire escape plan in the event of emergencies such as this story, would help prevent many deaths and injuries suffered through fire in dwellings.

Here is your escape plan kit. DON'T PUT OFF WHAT YOU CAN DO NOW.

Breakaway:



Too much bench time slows you down. Get active. Get in shape and put yourself in the clear.

Fitness is fun. Try some.



Guess What People? It is that time of year again.

IN A FIRE.



Count!

Here's your complete "Planning Kit" for your family's nighttime HOME FIRE ESCAPE

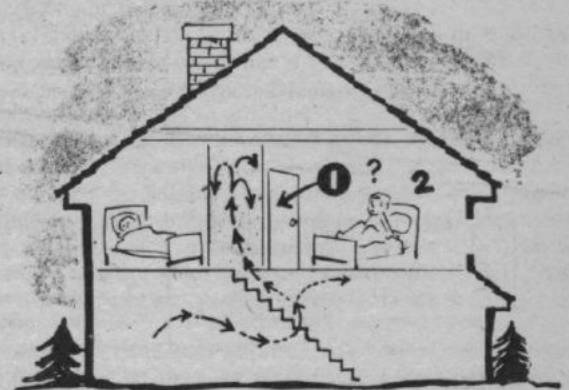
HOME FIRE FACTS you should know . . .

HEAT RISES!

1,000-degree temperatures can travel far ahead of the actual flames.

Your normal escape path can quickly become a DEATH TRAP . . . when you open your bedroom door to escape. Your hall and stairway can become filled with lung-scorching heat, poisonous fumes, and blinding, choking smoke.

YOU MUST PLAN 2 EXITS FROM EVERY BEDROOM!

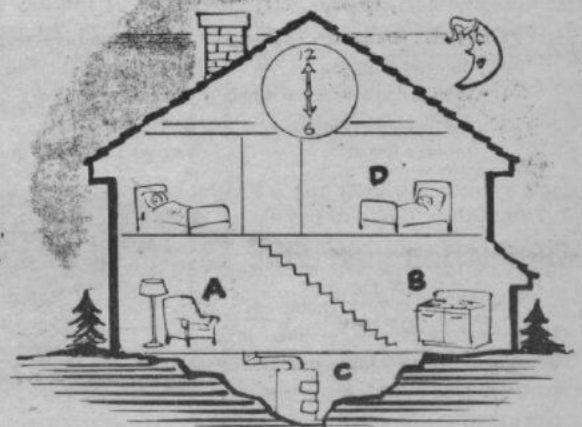


WHEN do most home fires start?

. . . between the hours of midnight and 6 a.m., just when you are ASLEEP . . . and least prepared!

WHERE do most home fires start?

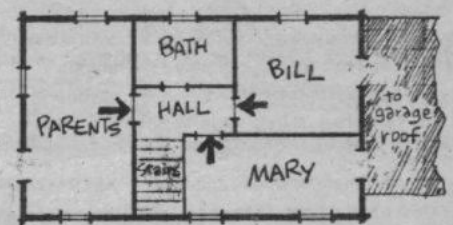
. . . in this order: A) Living Room 37%, B) Kitchen 22%, C) Basement 14%, D) Bedrooms 13%, all others 14%. See how most fires start just where they are likely to block your usual hall-stairway escape (from bedrooms).



YOU MUST PLAN 2 EXITS FROM EVERY BEDROOM!

BUT LOOK--our family could escape from a fire... easily. Safety is just a few feet away!

That attitude is exactly why most home fire deaths occur . . . in "ordinary homes" just like yours. They didn't think they needed a Home Fire Escape Plan -- a fatal mistake!



Here are true-life examples:

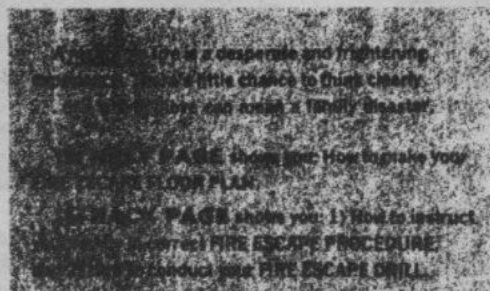
OPEN BEDROOM DOORS, NO ESCAPE PLAN

Fire broke out at 12:20 a.m. (smoldering cigarette in sofa). Smoke and heat quickly spread down hall to three bedrooms. Two boys, ages 10 and 12, with bedroom door closed . . . escaped out window. Two other children, ages 4 and 6, with bedroom door left open . . . died of asphyxiation. The father, also with bedroom door open, got to the bathroom before being overcome.

DELAYED ALARM, PANIC, NO ESCAPE PLAN

While watching the late show, faulty TV set wiring ignited curtains. The young mother tried to throw water on the fire. She died in the kitchen. Scorching heat and smoke quickly filled upstairs hall. The father was able to leap off porch roof to the ground. But their two children, ages 3 and 4, were suffocated at the foot of their bedroom window.

These mistakes cost 6 LIVES. It happened so easily — **SO NEEDLESSLY!** Why? Because these families (and yours?) did not have a simple HOME FIRE ESCAPE PLAN!



FIRE ESCAPE FLOOR PLANNING

Here's how to make a floor plan of your bedrooms . . . with 2 ESCAPE ROUTES.

STEP 1 (basic floor layout)

- A) Make an outline of entire floor area. Dimensions and details need not be exact.
- B) Now add each bedroom and label it.
- C) Locate windows, doors and stairway as shown on above sample. If on upper floor, shade in any rooftops that could be used as a fire escape.

STEP 2 (room inspection)

- A) Go to each bedroom. Select the best window for an emergency escape.
- B) Test the window, screen or storm sash to see that they work easily . . . and are large and low enough to use.

STEP 3 (complete "Escape Plan")

- A) Black arrows show normal exit through hall or stairway. Colored arrows show emergency exit in case fire blocks hallway or stairs.

Be sure EVERYONE has an emergency escape route (bedroom 2nd exit). If necessary, consider

- installing an escape ladder
- rearranging bedrooms — children in rooms with easy rooftop escape
- cutting access door between bedrooms — possibly through closet
- installing a hall door.

NOTE: If hall door can be closed, all bedrooms can share the one best emergency escape exit.

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