



JUNE 29, 1977

Prosair

CANADIAN FORCES BASE, WINNIPEG

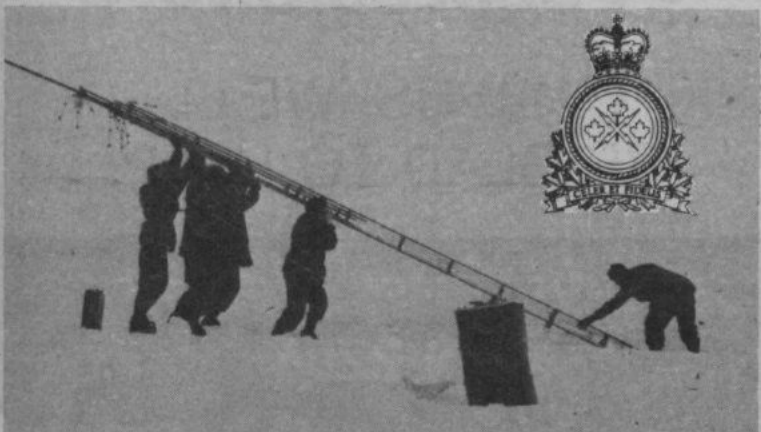


Following the Canadian Forces

VOL. 26 NO.10

Armed Forces Day Opens Canada Week

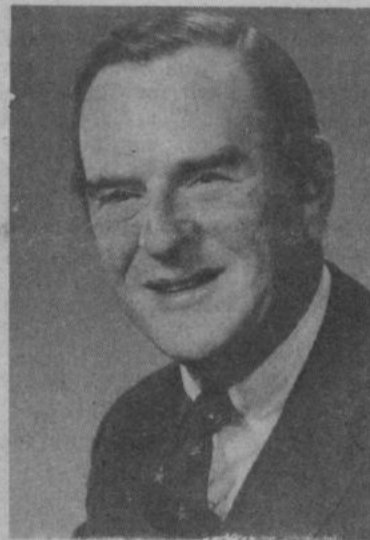
25 Jun 77 - 1 Jul 77



Message From The MND

Since assuming office as your minister, I have been impressed with the quality and dedication of all elements of the Canadian Armed Forces as I have visited bases across Canada and abroad. Particularly gratifying to me is the high regard I find for the forces amongst all Canadians as well as military and political leaders throughout the Western world.

Your professionalism and dedication are obvious. The new equipment coming on stream has breathed a new spirit into the Forces and is reflected in optimism and high morale. Your



Barney Danson

response to the many calls made on you has further demonstrated not only your capabilities and loyalty, but also the immense value of the Forces to our national life and security.

On National Armed Forces Day I want to express my gratitude to all military and civilian personnel for all your efforts and your pride in the manner in which you have accomplished them. I know that this high level of performance will continue and that all Canadians share this pride with me.

Barney Danson
Minister of National Defence

Message From The CDS

June 25 to July 1, 1977 has been proclaimed Canada week — seven days for all Canadians to reflect upon reaching the end of another decade of confederation.



General Jacques Alfred Dextraze
CBE, CMM, DSO, CD

By observing armed forces day on June 25, the Saturday beginning Canada week, we join this week of celebration, and I invite you all to dwell on its aims, and to support its activities as they take place across the country.

Canadian Forces from every region and cultural background have fought proudly, side by side, despite adversity to maintain our democratic way of life through many wartime situations. More than most Canadians, you are aware, as I am, of the success that

can only be assured through unity of aims and aspirations. Together at a tremendous cost in lives, we won the liberties that all Canadians enjoy today. Therefore, we must take the lead in displaying the tolerance and understanding that are now more than ever essential to ensure the future of our country.

I urge each of you to enthusiastically join the rest of the Canadian family in the observance of Canada week.

J. A. Dextraze, General
Chief of the Defence Staff

End of an Era



Capt. Doug Brazeau

Letter To The Editor

Dear Incoming Editor:

What an incredible task you face! How does one begin to attempt to fill the shoes of a predecessor possessed of great talent, infinite charm and the ability to persuade the people who produce his printing to do so on a consistent loss basis? CAPT. Doug Brazeau was such a man.

Twice monthly, for a few days at a time, CAPT. Brazeau would visit Magnecord Graphics and would wander about the plant mopping the tears from his eyes while relating the incredible difficulty he was having in attempting to continue the publishing of Voxair under his insufficient budget while the cost of paper continued to rise. So moved was the entire management and staff at Magnecord that they would continually attempt to find more efficient ways to produce Voxair without increasing the cost (usually by forgetting to charge some of the time to the work docket). So touched by this sobbing spectacle were Associate Editors W.O. "Wink" Finn and SGT. "Gerry" Radford that they rolled up their sleeves and began to do some of the production work themselves in order to hold down costs.

This is my last paper as Editor of Voxair. It's a brief two years since I assumed the glorious mantle as the intrepid Editor of Voxair. Where Oh where has the time gone? Sighed he. Not only has my two years as Voxair Editor been fleeting, but horror of horrors, the golden bod has also aged two years. During my misspent youth, each additional year to my life meant one year closer to legally quaffing an ale or two in my favourite pub. Now the inevitable advancing years simply mean: my wife tells me the bald spot in the back of my head is getting bigger; most of the cops are younger than I; the teeny-boppers call me "Sir"; Elvis Presley, my contemporary, is tubby and forty; and my kids speak of my youth as "The Old Days". Oh heavy are the burdens of us Senior Citizens. But enough of this whining. As they say in Spanish "Que Sera Sera".

My experience as Editor of Voxair has been challenging, rewarding, and most of all, enjoyable. Over the past two years numerous fine people have conscientiously and enthusiastically contributed their time and talent in various ways to Voxair. To them I say most sincerely "Thank you very much". Without you it would have been impossible. I particularly wish to express my sincere appreciation to the BCOMD CFB Winnipeg COL. M. D. Gates, and the Chairman of the Base Fund Committee LCOL. E. J. Kirby, who along with the Base Fund Committee members, gave unwavering moral and financial support to Voxair. It was a delight to be Editor of Voxair under those conditions.

A final thanks - to Mel Clarke and crew of Magnecord Graphics who continuously produced outstanding professional Graphics and related work for Voxair.

My successor as Editor Voxair will be CAPT. Brian Garagan, a former Editor of "Chatair".

Cheers.

We at Magnecord will miss working with CAPT. Brazeau and extend our best wishes to him in all his future endeavours. We are certain that his contribution to the excellent rapport that exists between Magnecord and the Voxair staff has helped to pave the way to a fine long lasting working relationship.

Mel Clarke
MAGNECORD

New Deputy Commander For Air Command

Ottawa - New appointments for two Canadian Forces major-generals were announced here by Defence Minister Barney Danson.

MGEN. G. A. MacKenzie, 45, of Halifax and Ottawa, chief of air doctrine and operations at Defence headquarters here, will

become deputy commander of Air Command with headquarters in Winnipeg, Man., effective August 15.

He will replace MGEN. G.C.E. Thériault, 44, of Rivière-du-Loup, Que., appointed chief of air doctrine and operations in Ottawa.

GEN. MacKenzie trained as a Royal Canadian Air Force pilot in 1951 and flew with various Air Transport Command squadrons before becoming deputy officer commanding 437 Squadron at Trenton, Ont. He has held positions in Air Forces headquarters in Ottawa; as base commander of CFB Greenwood, N.S.; deputy chief of staff, operations and later chief of staff, operations at Maritime Command headquarters in Halifax, and chief of air operations at Defence headquarters.



M GEN.
G.A. Mackenzie

GEN. Thériault also trained as an RCAF pilot, in 1952, and flew F-86 Sabres and CF-104s with Canada's 1 Air Division in Europe before becoming officer commanding of 444 Strike/Attack Squadron at Grostenquin, France. He was commandant of Collège Militaire Royal at St. Jean, Que; base commander of CFB Bagotville, Que.; commander 1 Canadian Air Group in Lahr, West Germany and chief of staff, operations at Air Command headquarters.

(CANADIAN FORCES PHOTO)

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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.

VOXAIR offices are located in Building 52 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

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FAREWELL SALUTE



Vice-Admiral Douglas S. Boyle, Commander Maritime Command (inset - centre on dais) acknowledges the salute from HMCS Thunder during a sailpast on rainswept Duntze Head in the Dockyard at Canadian Forces Base Esquimalt, B.C.

The ceremony, which included a 15-gun salute by naval reservists, took place on May 31 at the conclusion of a 5-day farewell visit to the area.

The Admiral, a native of Revelstoke, B.C., retires July 3 after 37 years naval service.

(CANADIAN FORCES PHOTO)

Harry Sweeney
music reviews and syndicated columnist

SONGS OF THE HAG

For the past decade, Merle Haggard has been one of the cornerstones for the Capitol record label. During his ten years with them, he charted an unbelievable string of number one hits. He hit with straight country and country sounds that were too hot to be contained by just country charts. In those ten years he became one of the biggest names in the music business and his success was not held to North America. Many of his did as well on the other side of the ocean, as they did on this side.

vinyl and then stuff the album with fillers, nearly everything on this double set was a giant hit for the chanter.

Along with the already mentioned hits, add in songs like: his recent "Kentucky Gambler" and "Daddy Frank (The Guitar Man)" to standards "I'm A Lonesome Fugitive", "Working Man's Blues", "Branded Man" and "I Take A Lot of Pride In What I Am" and about a half dozen others and you've got one of the hottest albums that will hit the charts this year.

EXITS CAPITOL

Merle has recently left Capitol records, but before departing he left a legacy of solid gold. Capitol has just released a two record set of the songs of the Hag, under the banner "Songs I'll Always Sing" (SABB-11531). All the songs have been previously released, but now, for anyone that might have missed them the first time around, you'll be able to pick up Hag's songs (a total of 20) on this two record set, with a special price tag.

SONGS

The set opens with Haggard's biggest hit "Okie From Muskogee" which won the entertainer an armload of awards in 1969 and from there he moves through such all-time winners, as: "Mamma Fried", "Swinging Doors", "Fighting Side of Me", "Silver Wings" and his debut single on the Tally label in '63, "Sing A Sad Song".

Unlike many record sets that claim to be the greatest thing on

JENNIFER WARNES

With her "Right Time Of The Night" already breaking top ten on pop and country charts, Jennifer Warnes would seem to be a likely contender for 'Most Promising Artist' award at year's end.

Her debut album "Jennifer Warnes" (Artista AL 4062) spans the sound spectrum from a 'laid-back' rendition on the evergreen "Love Hurst" through the horn-laced rocker "Bring Ol' Maggie Back Home" to the pleading of her self-penned "Daddy Don't Go".

Throughout, she is backed by top musicians and the tight production of Jim Price and Jim Ed Norman make the album impressive listening.

Born and raised in Orange County, California, Jenny worked the area coffee houses during week-ends from school and summer vacations were spend



Merle Haggard

working in civic light operas and lead roles in dramatic productions. Her initial break came when she won the leading female role in L.A. production of 'Hair'. From 'Hair' she branched into nightclub and concert tours and doing guest shots on network TV.

Top flight album from a girl that would seem to have a great future in the world of wax. Best bet for singles release - "Daddy Don't Go", which would seem to have the ingredients to keep Jenny in a multi-market format.

ALL RANKS CHILDREN'S PICNIC — 25 JUNE 77

To be held on the area behind the Rec Centre from 1200 to 1700 hours. For the Kiddies there will be a fishpond, games, races, rides and pony rides, concessions and later in the afternoon there will be a bicycle raffle. For the Mom's and Dad's there will be a beer tent and German music supplied by the group the "Bavarians". Tickets will be sold at 20 cents each for all the concessions from the food tent and for all the rides and the fishpond. Come on out and have a good time!



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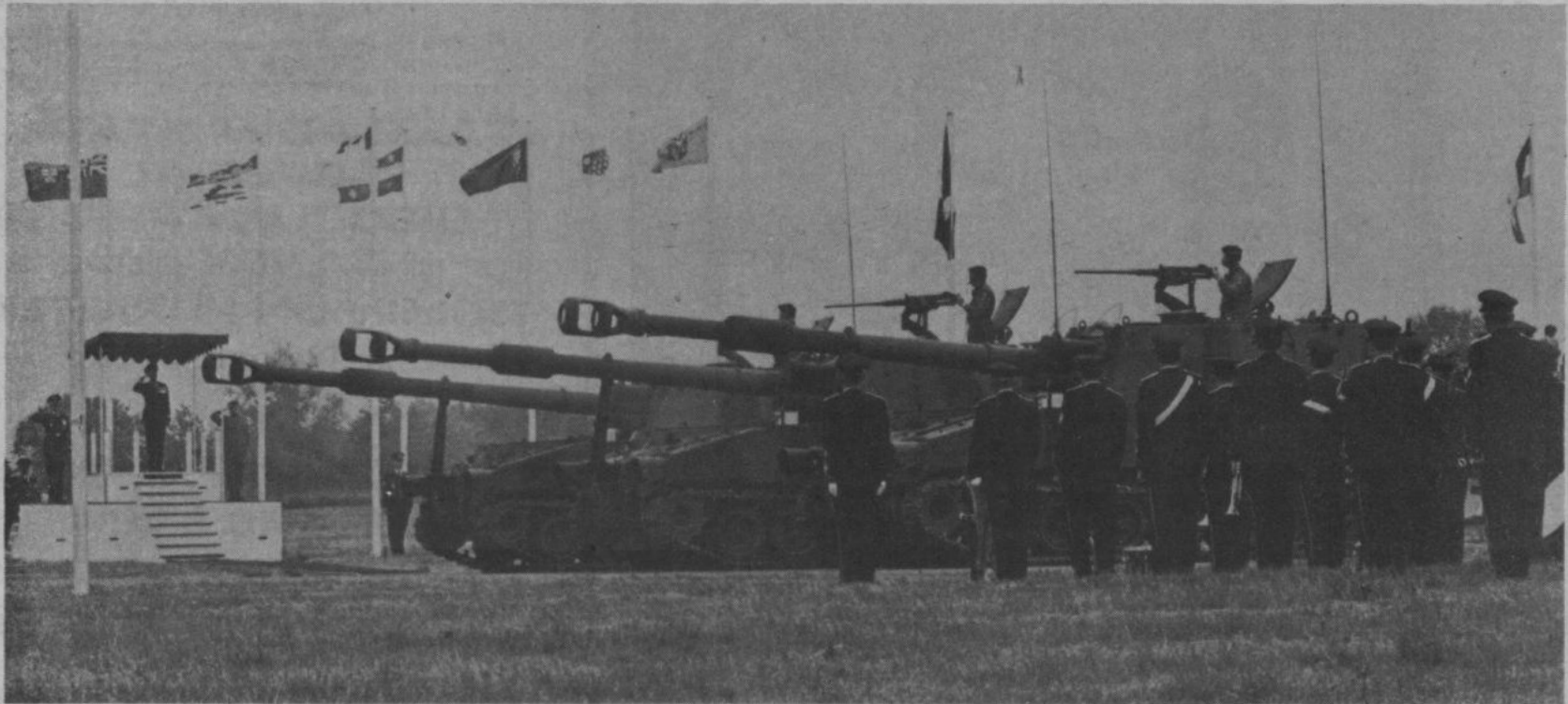
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Canadian Forces Europe Honour General J.A. Dextraze



Three M-109 self-propelled howitzers pass in front of General Jacques A. Dextraze, chief of the defence staff, during the Canadian Forces Europe parade held at the Canadian NATO base at Lahr, Federal Republic of Germany, today. 1,984 men and women and 817 tracked and wheeled vehicles paraded while 53 aircraft flew over during the ceremony in honour of General Dextraze who retires from the Canadian Forces in September. (CANADIAN FORCES PHOTO)

ASC news news news

By CAPT. MEL WALKER

Friday, 10 June 1977

If you go down to the mess today you're in for a big surprise.

If you go down to the mess today you'd better go in disguise.

For, ev'ry student, ever there was will gather there for certain because Fri-day's the day of the CSA* mug par-tee.

Partee time for ASC. They love to come and see the lecturers get THEIR MESS TODAY?

Partee time for leaving staff. We'll hear them tell tall tales and have a laugh

Partee time for Tom n' Aimé. We love to see them pay. New major have so much fun.

But by 3 o'clock the party will end and we'll all go up the stairs to get the mess meeting underway.

*Cours Spatial et Aerienna. Amazin how you can get a better metre in French.

And with that joyous note, me n' the ASC parted company. Actually, I don't report for my lobotomy 'til September, but Major Toole who's already spent three months "like a patient etherized on a table" (thank you T.S.), gave me a few lessings (thank you Doris) and "a briefing for a descent . . ." downstairs to the Nav School.

Mind you, lots more people parted company at the same time. The prize for shortest stay and longest run went to Major Boyd who managed to avoid directing one SANC course in his one year tour, but made good use of his copious spare time as appointed

architect planning the B.C.'s new city of Mahogany (or is it oak?). Anyway, what I mean to say is, Dave has been our favorite P.M.C. and traded in his gavel for a mug. For those of you who still don't know, Dave will be continuing his noontime jogging around the California legislature (say hi to Jerry for us) as our exchange officer to Mather A.F.B.

Maj. Stan Toole finally got mugged after a three month wait in the cooler downstairs (perhaps it will freeze over eventually). In parting the Commandant spent about fifteen minutes reading out Stan's qualifications and didn't even get around to mentioning how Stan saved the taxpayers a few hundred kiloclams (not to mention Terry Bremner, a few sleepless nights) by sorting out Ottawa's errors. So as a reward, Ottawa have posted him overseas. To Summerside! He requested Comox!

Rick Young also has a love affair going with Ottawa. We know he's going. But we don't know when; or where. So we mugged him anyway. Rick wants to know if anyone is interested in a beautifully landscaped duplex (for you special price) with a widely negotiable possession date. Heck, Rick you could still be editing ASC 29 main project next Christmas.

Just to show that the newspapers are all wrong about 405 squadron in Greenwood, Ottawa posted the engine half at Aerospace Squadron's francotrain to Comox. CAPT. Aimé Boulé MAJ after the 1 SEP) has been the Squadron's one man translation bureau, translating Inertial Guidance into kilotese. What is far less known, is the amount and

depth of thought Aimé puts into the deeper social and strategic problems. I firmly predict that in the year 2007, général Boulé will set Europe on its ear by announcing from the balcony at the Elysee "Vivre Normand libre".

And of course, we mugged 17 Aerospace Systems Course near grads but more of them in later columns. We shall have plenty of time to pickle them for the final roast. Which should also indicate that you can expect a few more columns from this direction. Hell I don't leave til the 12 Sept. Lots of time to get my licks in. Til then I go 90

Mel

NOTICE 434 Bluenosers Air Standard Presentation

434 Tactical Fighter Squadron will receive it's Air Standard on 2 July, 1977. In conjunction with the presentation, the Squadron is planning a three day all ranks reunion of ex-434 members.

The weekend will be a gala affair. Some of the highlights in our tentative plans include Oscar Brandt, Vera Lynn, and a major Air Show including a Spitfire, an ME 109, a Sabre, a Vulcan, the Snowbirds and many more.

Any ex-members who are interested in attending are asked to write to 434 TAC (F) Squadron, CFB Cold Lake, Medley, Alberta, Canada TOA 2M0, and further details will be forwarded.

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Warrant Officers' and Sergeants' Mess
CANADIAN FORCES BASE - WINNIPEG

ENTERTAINMENT CALENDER

Saturday - June 25
Bingo and Dance

Outdoor equipment and sportgear for prizes. As this is the last bingo of the season, the jackpot must go. Garbage can and clothesline bingo still on. Food and dancing to the Music Man follows last game.

Sunday - June 26
Family Dinner

Roast Tom of Turkey with all the fixins or Grilled Alberta Beef Minute Steak

Sunday - Jul 3
Family Dinner
Curried Beef; Baked Virginia Ham
or

French Fries and Meat Pies

Sunday - Jul 10
Family Dinner
English Styled Fish & Chips
Grilled Minute Steaks

Sunday - Jul 17
Family Dinner
Roast Turkey or Deep Fried Scallops

Casual Dress will be in effect commencing 1 June, except for special functions.

Future Events

Sept. 9 & 10 - The famous "Nexus Band"
Have a Happy and Safe Summer - See you in the fall

PLEASE PICK UP YOUR NEW MEMBERSHIP CARD AT THE LOWER BAR

"Caveat Emptor" Apply to Homes
(Courtesy Canada Safety Council)

There has been considerable controversy in many areas regarding the relative merits and drawbacks of aluminum wiring. Because of our long lead time, and the fact that we believe the subject may be the matter of a court case when this issue is circulated, we can do no more at this time than record the existence of that discussion as a beginning of what follows.

Perhaps coincidentally, or perhaps as a follow-up to that discussion on wiring, the Canadian Standards Association issued a short publication on the subject.

At the close of that item, there was a comment, that, while it may apply to wiring, can be taken out of context to become a positive question regarding home safety - one that each province might consider asking.

When a person buys a car, this is generally the most expensive item that person is likely to purchase for some time. If it is a used vehicle, the purchaser may be happy to know (in the case of Ontario) that the vehicle was safety-inspected just before sale, or (in the case of Nova Scotia for example) that it has been regularly inspected for safety deficiencies. His chances of getting a "lemon" are reduced if he takes care of the purchase.

The one item that some new or used car buyers may also buy that will cost more is a house. Whether it is semi-detached, condominium, or single family home doesn't matter, it is still a very major investment.

Yet that home buyer has no guarantee of safety checks on the home. Is the electrical wiring sadly deficient or so old it is ready to start a fire? Are circuits overloaded? Are the house foundations solid? Will the TV antenna come crashing down in a mild wind?

The buyer pays money - a lot of it - and takes a chance. How many home buyers have the house properly inspected before signing an offer to purchase? Once accepted, the buyer may think it's then too late.

Not necessarily so, according to one Ontario real estate agent who was not seeking publicity and asked not to be identified.

There is a period of fifteen days in which the lawyer can search title, and so on. It should be quite possible, and not against any law, to add a clause that the offer is subject to a satisfactory safety inspection to be made when the offer is accepted.

The phrase "Caveat emptor" is Latin, and so very old. It means "Let the buyer beware". The suggested inspection would be a case of the buyer being careful.

On the other hand, is there any reason why a home should not be safety-inspected by a professional person prior to transfer of a title by law? The adequacy of the inspection and authenticity of the certificate might provide enforcement problems, but may give a measure of assurance to the purchaser of an older home especially. Why should not the "seller" beware?

Political expediency might stand in the way, according to one person in a position to know. We still, thank goodness, have enough of the old ideas around for a home to be considered a castle, and proud home owners may resent the intrusion of some engineer whose presence suggests that the meticulously cared-for home may possess unknown safety hazards.

And home owners carry some political "clout" and may not continue to support an administration that suggests by implication their home is unsafe. So it's "let the buyer beware".

There are some ideas for buyers, besides the one above.

One is to be certain that one is dealing through a respected and knowledgeable real estate agent and company. One that will be more interested in a satisfied client than a quick sale. Ask advice, and be prepared to listen to it when it is given.

Don't be afraid to ask questions. Afterwards may be too late, and you could be sorry. Remember, "let the buyer beware", so demand firm and factual answers, or evidence, not generalities that tell nothing.

Don't be afraid to look around, either. There may be some feeling of embarrassment if the house is occupied. No one wishes to pry into cupboards and so on, but the need may be unavoidable.

Another suggestion is to apply caution if there is a lengthy period between the time the offer is accepted and the date of closing - the home might deteriorate, or items that should stay be taken out. Arrange for an inspection a couple of days before closing to make sure there has been no adverse change.

A buyer does not want a major investment to be lost within days because of unknown deficiency - even one in the meticulously maintained home about which the former owner knew nothing, so must proceed cautiously.

Coincidentally, as this was being prepared, a document was on the way from the Ontario Coroner's Office, drawing Council's attention to a Coroners Jury recommendation following a recent fire death in Toronto. They said:

"We recommend that any change in the ownership status of residential property should be accompanied by an inspection of heating and electrical equipment and an assessment of fire protection requirements. After initial inspection, subsequent inspections should occur whenever a residential property changes hands after a specified period of time."

Whether there should be any change in the respective rights of the buyer as opposed to those of the seller is a moot point, depending upon which side of the fence one sits at any given time.

One thing seems certain - don't expect any quick changes. Caveat emptor.

TRUCKS TO EAST AFRICA

Ottawa - Two Canadian Forces C-130 Hercules transport aircraft are enroute from Copenhagen to Mogadishu, Somalia, carrying six trucks to the city on the northeast coast of Africa.

The vehicles are being delivered at the request of the Canadian International Development Agency to assist world health organization authorities who are combating a serious outbreak of smallpox in East Africa.

Over 1200 cases of the disease, of the Variola minor type, have been reported since mid-April in the northeast part of Somalia bordering Ethiopia.

The trucks were donated by the United Kingdom, Oxfam and the Red Cross and were stored in the United Nations strategic warehouse in Copenhagen.

A C-130 from 436 Transport Squadron at Trenton, Ont., carrying three trucks is scheduled to land at Mogadishu at 4:30 p.m. EDT June 8, after staging through

ORDER OF MILITARY MERIT



Chief Warrant Officer Philip Raven, 53, Winnipeg, Man., is invested in the Order of Military Merit in the Grade of Member by the Right Honourable Jules Leger, Governor General of Canada, during ceremonies in Ottawa May 25. CWO Raven is the Regimental Sergeant Major of 2 Service Battalion, Canadian Forces Base, Petawawa, Ont. 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)

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Korea Veterans Reunion

The New Brunswick Korea Veterans Association will be holding a reunion 27 Aug 77 in Oromocto. Guest of Honour is Major General J. R. Rockingham. All veterans of the Korean War welcome to attend. Applications should be made to: New Brunswick Korea Veterans Association Reunion, P.O. Box 6, Oromocto, N.B. by 01 Aug 77. Attendance fee is 10 dollars, single or 15 dollars couple and covers meals, dance, and other activities. Accommodation can be arranged at approx. 15 dollars per couple if requested.

JUNIOR RANKS CLUB ENTERTAINMENT SCHEDULE

SATURDAY, 25 JUNE

All Ranks' Children's Picnic starting from 1200 to 1700 hrs. with rides, concessions, fish pond, bike raffle, & races.

Nairobi, Kenya. The other C-130, from 435 Transport Squadron at Edmonton also carrying three trucks, has left Copenhagen and will land at Athens, Greece, before reaching Mogadishu Thursday morning.

The vehicles will be off-loaded and the aircraft will return immediately to Canada. No Canadian Forces personnel will remain there.

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South Site Community Council News

On behalf of the South Site Community Council I would like to say thanks to those who worked quietly and diligently to make our community a better place in which to live now and in the future. I hope those who are posted will enjoy their new communities and those of us who stay behind will continue to support our community.

Just to give a general outline of our past activities, we started off last fall with a general organization and planning meeting. The major project was the development of a recreation park in the area of Edgeland Blvd., Blanche Ave. and Maurepas laneways. This park was designed by Ken Mattes with the assistance of interested members of 1 CEU. The Base Commander approved this plan and development was started by the planting of a few trees in the fall. There will be 100 more trees planted by our Scouts in the near future.

Through the winter months the continued operation of the rink on Maurepas was assured by the combined efforts of Vaughn Carson and Ed Thrussell. Planning also was begun for the summer projects which included budgets and forecast of costs, attendance and the programmes to conduct. The budget problem was helped greatly by the subscription of one dollar per married quarter per month.

Other projects and subject that were worked on by the Council were:

- Better crosswalk control - Kenaston and Lockston
- Application of PMQ assessment rates
- Requests for better insulation, windows and efficient furnaces for PMQ's before metering of utilities
- Discussions on more family programmes at Lipsett Hall
- Dog Control
- Car Speed in lanes and front streets
- Excess traffic from the new piggy-back terminal

The Spring/Summer season finds us finalizing our children recreation plans. Through the efforts of Deputy Mayor, Bert Leggett, and with the cooperation of Harold Faulk for the Sir John Franklin Community Centre, Maurepas (Rink Bldg.) and Ubique playgrounds will have supervised activities Monday thru Thursday from 9:00 to 5:00 PM during July and August. Activities include games, drama, crafts, sports and special events. Playgrounds are open to children 12 years and under.

Archie Pyke, who is the supervisor of Lipsett Hall, has developed a programme which will be conducted in two sessions (see dates below) for ages 5 to 15 years. The programme will include such sports as soccer, archery, softball, swimming, plus special activities such as treasure hunts, movies, and at the completion of each programme a party and awards night.

US Legion Merit Award



Mrs. J. B. J. Archambault of Ottawa accepts the U.S. Legion of Merit from American Ambassador T. O. Enders at a ceremony in Ottawa May 10th. The award was made posthumously to the late Brigadier-General J. B. J. Archambault who died last June in Washington, D.C. at the age of 52.

CWL News - North Site

A few lines from the CWL North Site before summer holidays scatter us all over the country. To bring you up to date since we have not submitted an article in a while in fact not since we were promoting the Parish Spring Social which was held May 7, we're happy and encouraged about the success of that event and plan to repeat it sometime this fall. May 11 at Our Lady of the Airways Chapel the ceremony of the Installation of the New Executive was held followed by a reception at the International Inn. For those interested the new executive is: President - Mrs. Lucille Riendeau, 94 Braintree Cresc., Tel. 889-0370, Secretary 2nd term - Mrs. Marie O'Leary,

443 Davidson St., 888-3755, Treasurer 2nd term - Mrs. Beverley Dinn, 108G Canso St., 837-8759, who will also be doing the publicity for the CWL as of September. Membership Convenor and Helping Hand Co-ordinator is Mrs. Rosemarie Poetker, 55 Listowel Bay at tel. no. 837-7772. Our Spiritual Convenor is Mrs. Grace Reid, 470 Ainslie St., tel. no. 889-6359. Our Social Convenor is Mrs. Mae O'Brien, 311 Carriage Rd., tel. no. 832-0526. We do not have a Resolutions & Legislation Convenor. Mrs. Rita Spencer of 113H Sabre Cresc., tel. no. 832-6188 is the Past President. Fr. Cremona and Mrs. Lorraine Kelly were presented with farewell gifts.

PARENT FACT SHEET

IMMUNIZATIONS

Is your child protected against diseases? Is his immunization up to date? IMMUNIZATIONS GIVEN AT YOUR HEALTH CENTRE INCLUDE:

D.P.T.

- a) a series of three shots 1 - 2 month intervals protects against three diseases; diphtheria, whooping cough, and tetanus (lockjaw) - begin at age 2 - 3 months
- b) booster is required one year after the first series and again at school entrance
- c) children may be fussy a few hours after the injection

Polio

- vaccine given by mouth
- given in a series like D.P.T. and at the same time
- has no side effects

Mumps

- one shot
- one year or older
- if no immunity the disease can cause sterility among adolescents and adult males

Rubeola

- "Red Measles"
- may cause fever from 7 - 10 days after injection, lasting 1 - 2 days with a rash
- one shot at one year or older

T.B. Skin Test

- 10 months or older
- an injection given into the skin to detect whether a child has been exposed to tuberculosis
- test may be repeated every 2 - 3 years as a precautionary measure to ensure that your child has not been in contact with tuberculosis
- it is very important to read the test 48 - 72 hours after the test is put on the arm
- the test is negative if there is no swelling or redness
- the test is positive if there is swelling

(COMPLIMENTS OF NOR'WEST CO-OP HEALTH AND SOCIAL SERVICES CENTRE, INC. WINNIPEG, MAN.)



At our last meeting June 2 we discussed the preliminary details for the Welcome Luncheon to be given after the 11 o'clock Mass, July 3 when our new Base Chaplain, MAJ. Roger Bazin will be here to celebrate the Holy Eucharist with Father Cremona. We take this opportunity to invite all the parishioners who will be here at that time to please join us for lunch outdoors if the weather permits or in the Chapel Annex if the weather is inclement!

At this meeting after viewing slides with explanations on cassette we decided to support The Fellowship of the Least Coin, member of the Women's Inter-Church Council of Canada. The least coin for Canada is the cent. As we set it aside with a special prayer each month, let it speak to us of the meaning of this Fellowship.

The President, fresh from attending the Annual CWL Convention held this year at RMC Kingston reported that it was a real morale booster! It did what most conventions are meant to do, bring all the members together and get feedback between the Councils and the Military Vicariate! Among many other things we learned that most Base Councils are very small but they seem to accomplish quite a lot!

The convention reminded us of the objects of the League which are to unite Catholic women of our country in a bond of fellowship for the furtherance of religious, cultural and intellectual interests and the development of social action.

The next convention May 1978 will be hosted by CFB St. Hubert. We met a few ladies who were moving to Winnipeg this summer and extended to them a Friendly Manitoba Welcome! If anyone would like to contact the CWL please refer to the list above.

Air Reservists NATO Bound

Winnipeg - Thirty-one Air Reservists will serve with NATO-assigned No. 1 Canadian Air Group (1 CAG) in Europe this summer.

They are all corporals and privates, men and women. They include aeroengine and airframe technicians, instrument and electrical experts, medical assistants and administrative clerks. They will serve in Europe from early June to the end of August.

The Air Reserve personnel are trained to job specifications, set by the staff at Canadian Forces Europe Headquarters, before getting summer postings to 1 CAG at Baden-Soellingen in the Black Forest region of southern Germany. Some of the specialist personnel, as the aeroengine and airframe technicians, receive spring on-the-job training at Canadian Forces Base Cold Lake, Alta., to become familiar with the CF-104 supersonic jet aircraft which 1 CAG pilots fly.

This is the first summer that Air Reservists will have joined their career airmen brothers in NATO Europe. Their Militia counterparts, or Army reservists, have been in Europe each summer for several years.

Some 15 Air Reserve personnel, both pilots and technicians, have served overseas in the Canadian contingent with the United Nations Emergency Force in the Middle East.

BGEN. Richard Rohmer of Toronto is the Commander of the Canadian Forces Air Reserve Group, headquartered with Air Command at Winnipeg.



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OR
ALL 1976
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COMMAND CHIEFS CONFERENCE

CONSTITUTIONAL DEBATE

ENGLISH AS "LINGUA FRANCA"
(seventh in a series)

by Ken Bernard



Command chief warrant officers convened recently in Ottawa to discuss a variety of problems relating to servicemen and women. Meeting with them were four general officers from National Defence headquarters. Front row, left to right are: Lieutenant-General J. C. Smith, assistant deputy minister, personnel; Vice-Admiral R. H. Falls, vice chief of defence staff and chief of defence staff designate; Chief Warrant Officer G. N. Malcolm, CCWO ADM (PER); Rear-Admiral J. A. Fulton, chief of personnel careers and senior appointments, and Brigadier-General R. G. Heitshu, director general personnel careers, other ranks. Back row, l-r, CWO. J. A. Blais, CCWO, designate Air Command; CWO. H. A. Forget, CCWO designate, Mobile Command; CWO. R. A. Blais, CCWO Communications Command; MWO. R. E. Clark, observer Northern Region Headquarters; CWO. J. A. Bowles, CCWO ADM Materiel; CWO. A. G. Morran, CCWO Air Command; CWO. B. C. Robinson, CCWO Canadian Forces Europe; CWO. Peter Caissie, observer Canadian Forces Training System; CWO. W. P. Elms, CCWO Reserves; CWO. Jim Puddifant, CCWO Maritime Command, and CWO. George Ferris, CCWO Mobile Command. (CANADIAN FORCES PHOTO)

Eventually we have to come to the question of language in this discussion of our present national crisis in Canada. While language cannot be seen as the major focus of the debate, and language rights cannot be taken as the primary problem, nevertheless language keeps coming up in these discussions about the present state of Confederation. It often comes up on terms of French/English bilingualism, or in terms of Quebec's demands for more language rights for French. Federal Government bilingual policies have been largely unsuccessful, over the past decade, in quieting the language arguments. In fact, linguistically we may be worse off than we were several years ago. French-speaking Quebecers are still not satisfied. English-speaking people in all the provinces are more "up, tight" than before. Perhaps offering a broader perspective may help the discussion.

When cultures meet and clash and eventually blend to become something other, generally we cannot observe it happening. That particular process usually takes some centuries. In North America we are in the *middle* of that process; hence, there is no wonder we cannot observe it. We are too close. We are certainly conscious of the dominance of English in the whole of North America. Our neighbour to the south, the U.S. of A. is a major English-speaking country of the world, second only to England itself. Canada, still a very new political reality, is only partly an English-speaking country.

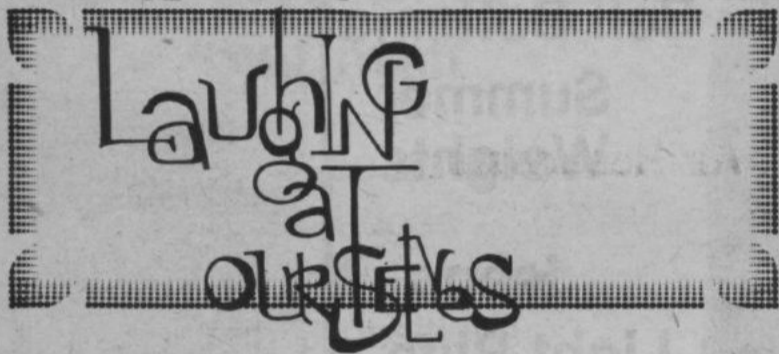
If we take a continental perspective, there is some evidence that what is happening in North America is not that English is becoming the only language, but rather that English is becoming the *common* language, or the *lingua franca* of the continent. If we look firstly at the languages of the major European imperial powers, we see that, though English has dominated, French and Spanish have not died out. In fact, both French and Spanish are flourishing on this continent in various places and in varying forms. For all its unilingualism, the U.S.A. has an unofficial second language in Spanish.

The languages of the various indigenous peoples of North America have not totally died out. They have suffered, yes, but not died out. In Canada for example the Inuit up north speak their various languages, and the Cree speak theirs. As well, the various immigrant groups have preserved their own languages in varying forms, in their own local communities. The reality of North America is that today it is in fact made up of multi-racial, multi-lingual peoples. The dominant form of communication is English. Is this really unilingualism, and are the other language forms dying out? Or are we experiencing something akin to what happened on other continents when many cultures met, namely that a *lingua franca* developed bridging these various groups.

Looking more precisely at Canada, not only has French had a prominent place in our history, but the many other European languages have flourished even though on a small scale. In fact this multi-culturalism, and hence multi-lingualism, has been encouraged and fostered at both the federal and provincial levels. Nor must it be taken for granted that the various native peoples have lost the cultural and linguistic battle in favour of the dominant English language. We are only in the midst of that struggle. There is some evidence that English is the language that is being changed and adapted. In Canada there is not a unilingual people whose language is English, but rather English (more properly, *broken-English*) has become the *common language* among peoples of several language groups.

In our current Confederation discussions, all too often the frame of reference is taken for granted to be that of a duality, namely French-Canada and English-Canada. If Quebec is French-Canada, then English-Canada means all the other Provinces. That is more than imprecise: That is incorrect. Canada is more complex than that. It is not clear whether Quebecers have discovered this reality; it is clear that the separatists have not. It is not always clear whether those people in the federal structures in Ottawa have discovered it. Certainly those old timers who are the real and only "English" in this country do not admit this changed reality.

Perhaps if we accept that Canada is not a unilingual country with English as the only language, we can break out of the circular language discussions, and thus move ahead in the debate on the *new constitution* and the future of Canadian federalism.



WISTFUL THINKING

TEMPERATURE RISING

One day while golfing, the Padre hit an exceptionally bad shot which came to rest in the deep rough. Suddenly, a large bird swooped down, picked up the golf ball, carried it to the green, and deposited it in the cup. The Padre looked up at the heavens and exclaimed, "Please, I want to do it by myself!"

A hospitalized colonel lay in bed with a thermometer in his mouth. He was staring (with obvious disgust) at two thermometer containers (on his bed-side table) - the container marked "Oral" still had a thermometer in it; the one marked "rectum"? You guessed it.

KEEPING IN TOW

THE STORK COMETH

The two airmen, expectant fathers both, nervously paced the floor in the waiting room of a maternity hospital.

"What rotten luck," grumbled the first airman, "this had to happen during my leave."

"You think you've got trouble?" said the second, "I'm on my honeymoon."

"How long have you been driving without a tail-light, soldier?" demanded the MP. The soldier jumped out, ran to the rear of his car, and gave a low moan. His distress was so great the MP was moved to ease up on him a bit. "Aw, come on," he said, "you don't have to take it so hard, it isn't that serious."

"It isn't" cried the soldier, "What happened to my trailer?"

ARMED
FORCES
DAY

25
JUNE
1977

**LAKESIDE COTTAGE
FOR SALE
Minnedosa**

Estate Sale. 2½-room, fully insulated cottage on Minnedosa Lake. Equipped with range and fridge, plus other furniture. Power and water (no sewer). Beautifully treed corner lot. May be seen across from Mini-Golf course just up from dam. For further details, contact WO Finn at VOXAIR, CFB Winnipeg, 832-1311, local 502, or 885-2960 after 5 p.m.

HOW TO SPEND IT

She approached the Soldier, and in a sweet voice asked: "Want a good-time Honey?"

"Wouldn't mind replied the soldier, but how the heck do you propose to have a good time with only a 24 hour pass and 33 cents?"

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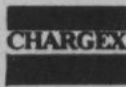
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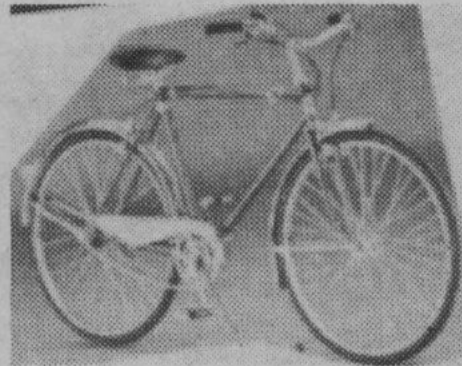
June 23 - Summer Clearance A SALE YOU CAN'T MANY MORE UNADV



No. 650 - 7pc Ensemble in Either Blue or Gold

BX Reg Price \$139.99

Sale Price \$111.99

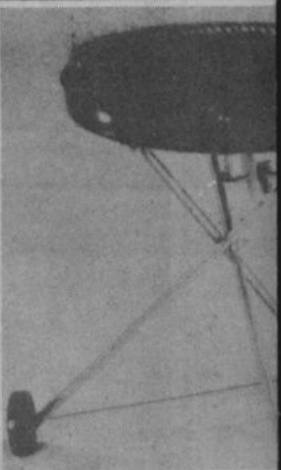


Men's 3 Speed Bike by C.C.M.

BX Reg Price \$85.97

Sale Price \$77.77

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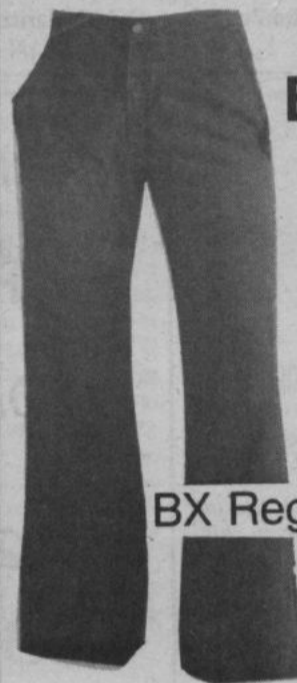
B. B. Q. by

24" deep bowl w/w

BX Reg Price \$

Sale Price \$1

WHILE QUANTIT

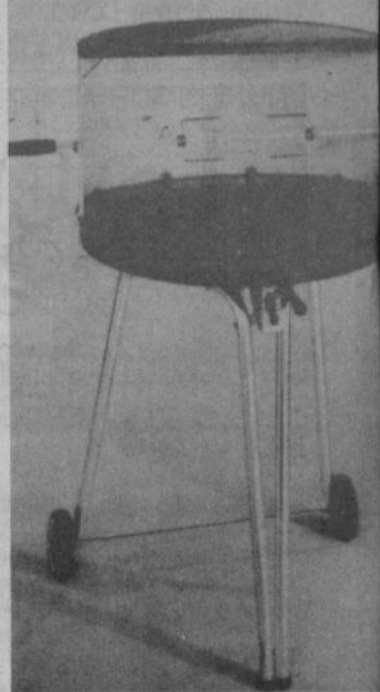


LEVIS - Bell Bottoms Summer Weights

Jeans- Light Blue

BX Reg Price \$14.99

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asstd. sizes & colors BX Reg Price \$24.97

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Ladies' Summer Hats

asstd. size & colors 30% Off

Ladies' Sweaters by Mr. K

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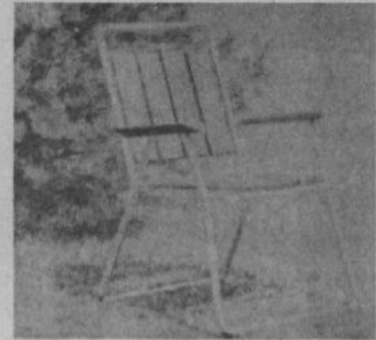
30% Off
BX Reg Price

Reduced to Clear

Men's Casual Suits

asstd. sizes & colors

50% Off
BX Reg Price



Redwood Chair
by Lindsay

BX Reg Price \$19.99

Sale Price \$15.99

WHILE QUANTITIES LAST

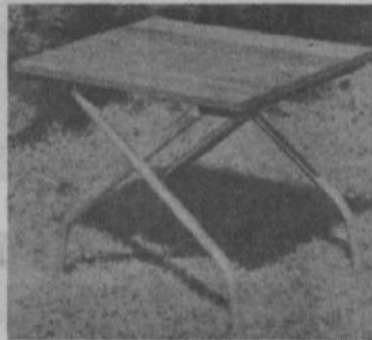
The Finest B. B. Q.
by Diwalt

24" deep bowl -
rolled edges -
hood, motor and spit
with 3 positions

BX Reg Price \$27.99

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WHILE QUANTITIES LAST



Redwood End Table

BX Reg Price \$12.39

Sale Price \$9.89

WHILE QUANTITIES LAST



Lawn Chair
by Lindsay

5 web
asstd. colors

BX Reg Price \$6.29

Sale Price \$5.29

WHILE QUANTITIES LAST



Summer
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Swimwear
by Christina

30% Off
BX Reg Price Low Price

Price

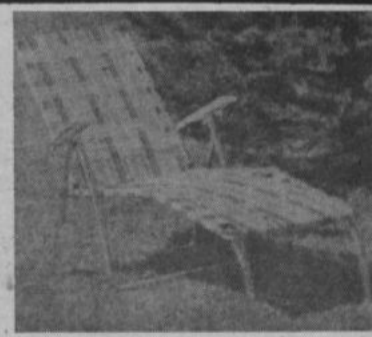


Redwood Picnic
Table & Bench

BX Reg Price \$62.59

Sale Price \$49.99

WHILE QUANTITIES LAST



CHAISETTE
by Lindsay

5 web
asstd. colors

Bx Reg Price \$13.79

Sale Price \$10.99

WHILE QUANTITIES LAST

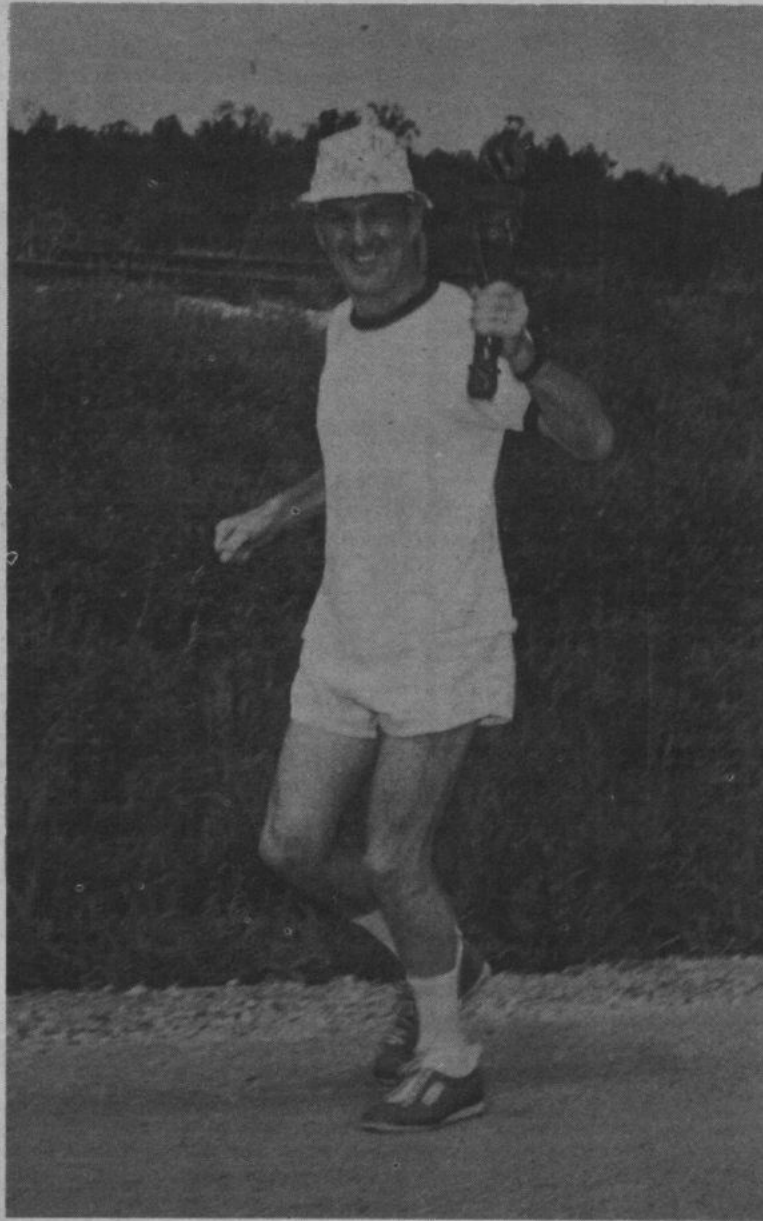
BAMEO "BLISTER BUSTERS" JOG TO GYPSUMVILLE



The BAMEO, MAJ. I. J. Wilkinson, entrusts PTE. Joanne Riel with the symbolic torch who in turn passed it off to CFS Gypsumville.



"O.K. Sir, I'll take it, but I won't carry it all the way."
Base Commander stands by to start the run.



"1980 Olympics here we come!" MCPL. Tim Badour showing fine form - at least in the first stages.



"You say you carved this with your jack knife?"



"All for one and one for all."



The running wounded escorted by Lou De Jaeger, athletic supporter.



"Gyp or Bust!"
(BDF Escapes)



Chev/Swede turn over, along with a friendly pat



**Fitness
Is
Fun!**

Creaky joints?
The reason could be:
a) lack of synovial fluid (lubrication).
b) tendons and ligaments moving over boney protuberances,
c) development of a bone spur or calcium build-up following an injury.



The End is in sight.

The first cross country attempt by the, "BAMEO Blister Busters", was a smashing success. They rolled into CFS Gypsumville dazed, tired and happy after 21 hours, 25 minutes, 25 seconds on the road.

The excellent team spirit exhibited by all the joggers was a large contributing factor to the success of the attempt, but the largest factor of all was the excellent support received from Joe and Lou Boudreau, Lou De Jaeger and Greg Miller. Lou and Greg drove their own CB equipped vehicles at their own expense and took turns as escorts, staying close behind each runner for protection. Joe and Lou Boudreau donated their car and trailer and served us hot delicious meals on the road. They parked, served, cleaned up and moved on no less than fifteen times during the trip. A phenomenal effort. The bus drivers did a great job during 158 miles in two mile legs, no doubt very tiring. We also received excellent dietary advice and council from the Base Food Services section.

This would not be complete without mentioning Les White, our token PERI who not only ran but performed everything but major surgery to keep the rest of us running.

It was a great experience and will probably be doing another run sometime, somewhere later on in the summer.

CARRYING SYMBOLIC TORCH



Final turn-over
PTE. Joanne Riel passes off to LT. Donna McCumber of CFS Gypsumville Joggers. Red Millers' in his, "music van", looks on.



"Follow the torch to the wets."

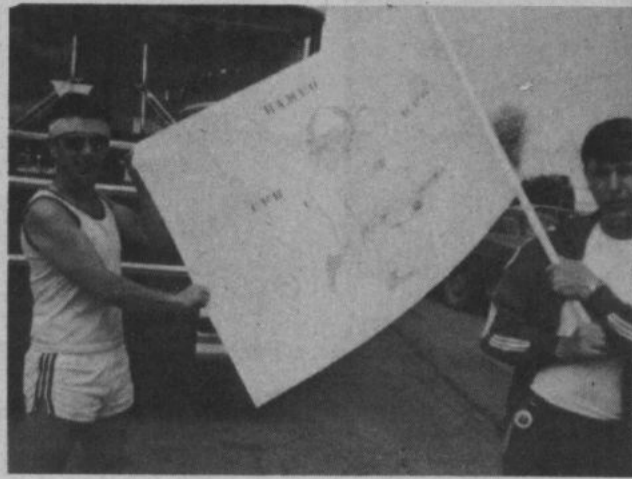


CAPT. Gerry Gainer presents the BAMEO Symbolic Torch to **MAJ. Jim Sayer, A/CO** of CFS Gypsumville.

The A/CO accepts the torch on behalf of the Gypsumville joggers.



"Welcome to Gypsumville."
"Would you believe he can't jog and chew gum at the same time?"



Blister Buster - Avionics 'll drop it for sure.



1500 hrs 2300 hrs 0300 hrs 0900 hrs 1200 hrs

A LINE OF DEFENCE IN THE WEIGHT WAR

Eating a piece of fresh fruit instead of a piece of fruit pie is "substituting" a food low in calories for one that is chock full of them. And it makes good sense. Keep plenty of low-calorie snacks in your house. These foods are usually thin, watery, bulky or coarse. On the other hand, greasy, crisp, thick, smooth, gooey, sweet or alcoholic foods tend to be high in calories. With those low-calorie goodies at arm's reach you can satisfy temptation as well as have something to keep your hands busy. And it will do wonders for your waistline.

"CAREER OPPORTUNITY"

Retired or released military personnel are required by rapidly expanding national company with long standing record of service to the Canadian Armed Forces, to provide service to our clients in the Winnipeg area.

This position requires applicant to be in good health, wish to reside in the Winnipeg area and have a genuine desire to succeed in a second career. Successful applicant will be considered to be self-employed and therefore will be required to dictate their own hours of work.

We offer a generous group benefit program and pension plan. For those who apply themselves, there is an excellent opportunity for rapid advancement.

If you think you can meet the challenge please forward details of personal and employment history as well as release date to:

Mr. Garry Dracup
2381 Ness Avenue
Phone: 888-1708

All inquiries will be treated as confidential and will be replied to.

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Phil Rodgers 375 Grenadier 489-7713

Health Facts and News

"SELF-INFLICTED DISEASES"

The common belief that the death rate has been decreased by modern medicine is not supported by facts. In 1924, 5,772 deaths occurred in Saskatchewan, setting a death rate of 7.1 per 1,000 population. Over 40 years later, the death rate was actually slightly higher at 7.9, or 7,472 deaths.

Modern medicine, however, has accomplished a shift of mortality from earlier in life to an older age group. In 1924, the leading causes of death were pneumonia, prematurity, heart diseases, tuberculosis, cancer, diphtheria and other communicable diseases, in this order. Today, heart diseases are the number one killer, followed by cancer, fatal home and road accidents, and pneumonia. Communicable diseases are no longer listed among the ten leading causes.

Nonetheless, too many deaths still occur in the prime of life, caused by "self-inflicted" diseases, which are the symptoms of an affluent society. These conditions frequently may have been prevented as they are the result of overeating, drinking, smoking, reckless driving, and the lack of physical exercise.

While weight control is important for the sake of appearance, it is far more important for health reasons. Once overweight, a person becomes subject to a number of illnesses, among them heart diseases, high blood pressure and diabetes. In fact, records of insurance companies indicate that persons who are 20% above normal weight show a higher death rate.

Besides overeating, drinking is a growing problem in Canada, with alcoholism being regarded as our number one drug addiction. The alcoholic not only ruins his own health, but his addiction may cause serious domestic and social repercussions. Furthermore, in 1971 alcohol was involved in 91 of 183 Saskatchewan motor vehicle accidents in which a total of 224 people were killed. Indications are that the total for 1972 will be much higher.

Lung cancer gets most of the headlines, but smoking contributes to cancer of the bladder and of the larynx, to bronchitis, emphysema, peptic ulcers, and many other serious conditions. Similarly, while smoking does not cause heart disease, fatal heart attacks are three times more common among cigarette smokers than nonsmokers in the age range 40 to 49, and twice as common between 50 and 59.

Inactivity, the habit of watching sports instead of participating in them, takes a serious toll. In a healthy person, physical exertion, manual labour or exercise, improves coronary artery blood flow and minimizes risks of developing heart disease.

In other words, self-inflicted diseases need not be suffered: a little self-discipline will go a long way to prevent them!

THE SASKATCHEWAN DEPARTMENT OF PUBLIC HEALTH

**Being active
doesn't have to be
a memory.**



Lipsett Hall Summer REC Program

(MON - THU 1800 - 2100)

Again this summer the Community Council (South Site) is sponsoring two childrens' summer recreation programs at Lipsett Hall. The programs will consist of all types of sports activities such as: soccer, archery, softball, swimming, special activities such as treasure hunts, movies, and at the completion of each program a party and awards night. (Sounds like fun!) Here's how it can happen for your children. (Ages 5 to 15 years).

1ST SESSION 4 - 21 JULY 77
 Registration Date - 18 June 77
 Times - 9 - 11 am - military only
 11 am - 1 pm - civilian and military

2ND SESSION - 2 - 18 AUGUST 77
 Registration Date - 21 July 77
 Times - 9 - 11 am - military only
 11 am - 1 pm - civilian and military

COST PER CHILD PER COURSE

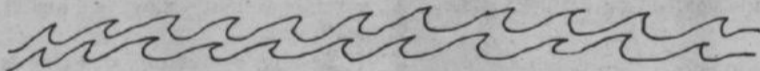
\$3.00 for military PMQ residents
 \$6.00 for other military
 \$15.00 for civilians
 For further information call 888-5021.

NOTE

This programme is being subsidized from funds collected from the PMQ assessments.

It is hoped that those who remain in our community after the posting season and those who join it in the fall will actively support the Community Council by becoming Ward Representatives or assisting in projects when the need arises.

Jack Magee
 Secretary/Treasurer



**RED CROSS SUMMER AQUATIC PROGRAMS
 WATER SAFETY LEADER COURSES**

Prerequisites: Candidates must be 15 years of age and hold current RLSSC Bronze Medallion certification. All applications must be made to the respective swimming pools.

DATE	LOCATION	CONTACT	
June 77	Winkler	Mr. Kuhl	1-325-8302
June 77	Binscarth	Mrs. Hutton	1-532-2170
July 4-15/77	Winnipegosis	Mrs. Ogryzlo	1-656-4558
July 4- /77	Margaret Grant	Ph. 269-7299	
	Pool - Winnipeg		

SMALL CRAFT SAFETY INSTRUCTOR COURSE

Prerequisites: 1. 17 years of age on completion of course.
 2. Demonstrate lifesaving skills.

DATE: August 21 - 26/77

COSTS: Registration \$25.00. Info Kit \$7.00

For further information Phone 772-2551 Mr. Jim Fenske

WATER SAFETY INSTRUCTOR COURSES

Water Safety Instructor Courses shall be conducted through-out the city during summer, fall and winter 77 - 78. All candidates must be 17 years of age on completion of the course. This course is approximately 40 hours training time, at a cost of about \$45.00

For further information regarding a WSI Course please contact Mr. Jim Fenske 772-2551 or write to the Red Cross Water Safety Service, 226 Osborne Street North, Winnipeg, Manitoba, R3C 1V4.

SUMMER EMPLOYMENT

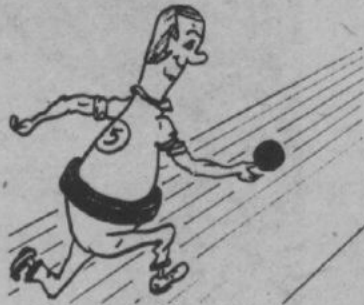
ATTENTION! INSTRUCTORS LIFEGUARDS
 Are you looking for full time or part-time summer employment? If so, please contact Mr. Jim Fenske 772-2551.

SWIMMING BADGES

	Military	Civilian
Individual badges	\$ 9.00	\$12.00
Family (3 or more)	\$18.00	\$24.00

Badges will be good from 1 Mar 77 until 28 Feb 78. The cost of purchasing them will decrease by 1/12 each month. Those who feel that it is not to their advantage to purchase a badge may still attend casual swimming periods by purchasing a ticket from the control attendant. The cost is 35-cents for adults and 25-cents for children under 18 years of age. Badges may be purchased at either Lipsett Hall or Westwin gym.

WESTWIN BOWLING NEWS



**New Managers
 New Pinsetters**

PTE. Benoit Laliberte, BCompt section, has been selected as the Bowling Alley Manager of Westwin Lanes for the 77/78 bowling season. PTE. Laliberte has had six (6) years experience working with string pin setters in Quebec before joining the Canadian Forces.

The Westwin lanes will receive the new PBS series 200 automatic string pin setters complete with new pins and cushions during the week of the 18 to 23 July.

Bowlers are urged to begin organizing leagues now. Base Fund has set the rate at 55 cents per string for adults and 35 cents per string for children for the 77/78 season.

A meeting will be held in August with league representatives to determine the bowling schedule for the 77/78 season.

For further information contact the BPERO at local 509.

TENNIS COURTS (NORTH SITE)

Key may be picked up at the guard room by :

Service Personnel

Base DND Employees

Dependants 18 yrs. and over

IS POTASSIUM IMPORTANT in the nutrition of athletes? What foods are the main sources of potassium?

Potassium is considered an anti-fatigue agent which aids in recovery after exercise. Potassium deficiency can cause muscular weakness.

Good sources of potassium include bananas, dried fruit, milk, cantaloupe and honeydew melons and oranges.

One thing about fitness, you can tell the players without the program.



WESTWIN LEARN TO SWIM PROGRAM

FIRST SESSION 4 - 21 JULY

The program will be conducted for all levels (Pre-Beginner, Beginner, Junior, Intermediate and Senior.) First session to commence Mon 4 Jul with four exposures per week Monday to Thursday inclusive for three weeks from 0900 to 1100 hrs.

SECOND SESSION 8 - 25 AUGUST

The program will be conducted identical to the first program.

REGISTRATION

- first program will be held in the Westwin gym, Friday, 24 June, 1800 - 2000 hrs.
- second program will be held in the Westwin gym, Sunday, 31 July, 1000 - 1400 hrs.

COST PER CANDIDATE

- \$6.00 for military dependants
- \$8.00 for civilians

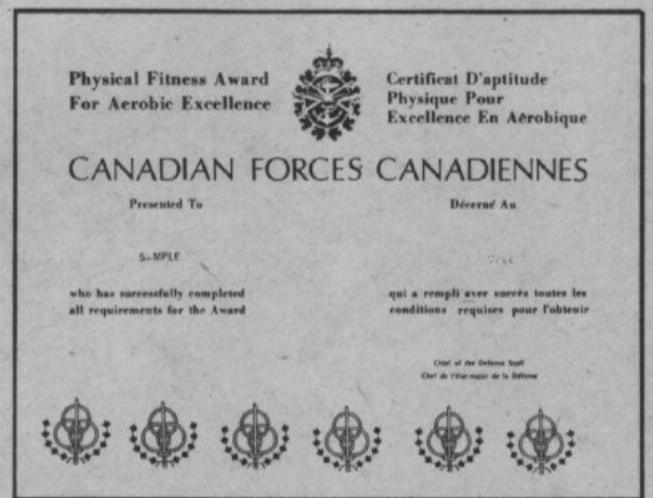
NOTE: The North Site Community Council has been approached to subsidize the program for military PMQ residents at \$3.00 per candidate in which event the cost of the program to PMQ residents will be \$3.00 per candidate (information to follow).

PUBLIC SWIMMING JULY & AUGUST

The following schedule for open swimming will be in effect Monday 4 July 77. Monday to Friday inclusive and Sunday. 1330 - 1530 hrs.

NOTE: No evening swimming.

For further information contact the Rec Centre local 511



Aerobics Fitness Award

In June 1973 the Canadian Armed Forces implemented a fitness award incentive program. The program is based on the honour system whereby each individual may record his/her own achievement towards attaining this Award Of Excellence.

The following criteria must be met:

- a. attain 1200 units in two years or less
- b. attain an excellent (level 5) category on all fitness tests within the time frame of your program ie. date commencing to date compiling 1200 units.

QUALIFYING UNITS

ACTIVITIES	PERFORMANCE STANDARD	VALUE
a. swimming	750 yds. 1 unit	
b. jogging	1 mile 1 unit	
c. cross country skiing	1 - 1/2 miles 1 unit	
d. snowshoeing	1 - 1 1/2 miles 1 unit	
e. skating	2 - 1/2 miles 1 unit	
f. walking	3 miles 1 unit	
g. bicycling	6 miles 1 unit	

A minimum of one unit per exercise session must be obtained before the performance can be recorded. No part units per exercise session shall be recorded.

Units may be accumulated by participation in any combination of activities listed in para 3. Members may accumulate units through participation in one or any combination of the individually selected activities from para 3. These units may be accumulated during participation in individual programs, formal fitness training and compulsory fitness programmed activity.

Awards will take the following forms:

- a. scroll with red seal for first 1200 units attained;
- b. white seal for second 1200 units attained;
- c. blue seal for third 1200 units attained;
- d. bronze seal for fourth 1200 units attained;
- e. silver seal for fifth 1200 units attained;
- f. gold seal for sixth 1200 units attained;

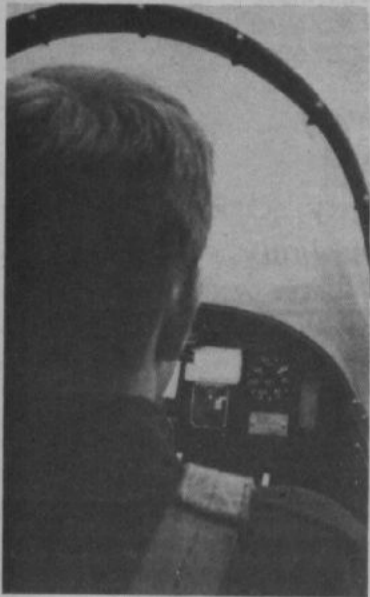
NOTE: Ref para 2b. The physical fitness evaluation of a member registered in this program shall be administered by PERO, PERI or officer delegated by the CO.

Softball League

STANDINGS AS OF 9 June 77

TEAM	PLAYED	WON	TIED	LOST	POINTS
Aircom	3	3	0	0	6
BFoodsO	4	1	0	3	2
CFANS	2	1	0	1	2
CCE	3	1	0	2	2
Nav	2	1	0	1	4
BSupply	3	1	0	2	2
733 Com Sqn	3	1	0	2	2
WOs & Sgts	4	2	0	2	4

"A Busy Summer for the Cadets"



An Air Cadet takes glider training at CFB Penhold. (CANADIAN FORCES PHOTO)



An Army Cadet prepares for landing from a practice jump during training at Edmonton. (CANADIAN FORCES PHOTO)



Sea Cadets at summer camp practice sailing in a whaler. (CANADIAN FORCES PHOTO)

mountain climbing, or riding the waves in Canada's naval ships.

Courses include leadership training, diving, sailing, communications, parachuting, flying and gliding. About one-quarter of the cadets this year are female.

Sea cadets take naval training programs ashore and afloat. Activities include seamanship, diving, navigation, sail-making, cooking, and boatswain training for the 3,100 members involved.

Exchange visits to Great Britain, Belgium, Germany, Sweden, The Netherlands and the U.S.A. will involve 75 sea cadets while others will be part of ships' cruises sponsored by the Ministry of Transport and the Department of the Environment.

Other sea cadets will train as shipwrights, stewards, clerks, bandsmen, communicators and physical training instructors.

Army Cadets In Arctic

For 7,000 army cadets, training sites will range from Banff, Alta., in the Rocky Mountains to Arctic training north of the 60th parallel; from parachute training in Edmonton to exchange visits in Europe.

At the National Army Cadet Camp in Banff, 200 cadets, 28 of them female, will learn to scale mountains and glaciers, and a band course will be held for 30 boys and 10 girls.

In the far north, 110 army cadets will cope with the unknown when they attend the Arctic indoctrination course.

As many as 55 army cadets from across Canada could be wearing parachute wings this summer should they qualify at the Canadian Airborne Centre in Edmonton. Another 18 positions are open to Bisley rifle team aspirants.

For 6,600 other army cadets, leadership, marksmanship, communications, band, athletic and cadet officer training courses will be conducted at Canadian

Forces bases across Canada.

6500 Air Cadets

Air cadets, 6,500 strong from 394 squadrons, will be training at various locations throughout the country this summer.

Canadian Forces bases Greenwood, N.S., Bagotville, Que., Trenton, Ont., Penhold, Alta., and Whiteshore, Y.T., will conduct training programs for 4,400 air cadets in basic training, aircrew survival, air studies, junior leadership training, band and athletic activities.

At Edmonton 56 air cadets will learn the fundamentals of ground searching and survival, while at Nanaimo, B.C., 90 others will undergo bushcraft training.

CFBs Borden and Bagotville will have 54 and 90 air cadets respectively attending the athletic leaders' course, and Cold Lake, Alta., will host 272 air cadets on the senior leaders' course.

For 250 hopefuls there's flying training at selected bases across Canada and another 290 air cadets will try to qualify for glider pilot wings.

An exchange visit to Europe will spotlight the summer for another 63 selected air cadets.

An additional 1,600 sea, army and air cadets aged 16 and over, will be employed as reservists at the summer camps.

CANEX BONUS WINNER



CPL. S. Dawe from BAMEO is the lucky Canex service station customer shown here collecting his and hers Samsonite luggage (retail value of \$425.00). The next draw is for a dishwasher on 31 Aug 77.

MWO. W. J. Preston from BAMEO is the Wpg. representative in the Canex service station car draw. His name has been forwarded to NDHQ for the National Draw - winner will be announced by 30 June 77.

There are currently 60,200 sea, army and air cadets enrolled in Canada. There are 11,490 sea cadets in 193 corps, 24,295 army cadets in 423 corps and 24,425 air cadets in 394 squadrons.

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No. 1 priority message for this issue is "Protect your pension indexing".

It would appear that a group of private business individuals under the name of "citizens Coalition" are out to kill the pension indexing for all civil servants. Read the last two issues of the Argus Journal for more details, if you didn't get a journal borrow one, and last but not least write your member of parliament and state your opinion. If you want some samples phone E. Ogren at 832-0717 or 889-9174. Once the indexing is lost it is too late, so act now - don't just sit there!

Bargaining news - committee rep for the SCY'S is Miss Cathy Pfeifer, and for TI's D. Peters.

Courses - Local officers in residence course, (PSAC) will be held in Winnipeg 27 Aug to 1 Sep inclusive.

Union Development Program Course: Level 1 - Sep 10 to 14 inclusive; Level 2 - Nov 1 to 6 inclusive; Level 3 - Dec 10 to 15 inclusive.

Following members qualified at a "Staffing in Public Service" course held 28 May 77 - S. Shuper, B. Eisner, J. Glass, H. Asbell, F. Essers.

Entertainment - "Edith Watson" night social 10 Sep 77 in the Mall Hotel - Limited tickets available - get yours early to avoid disappointment.


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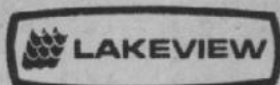
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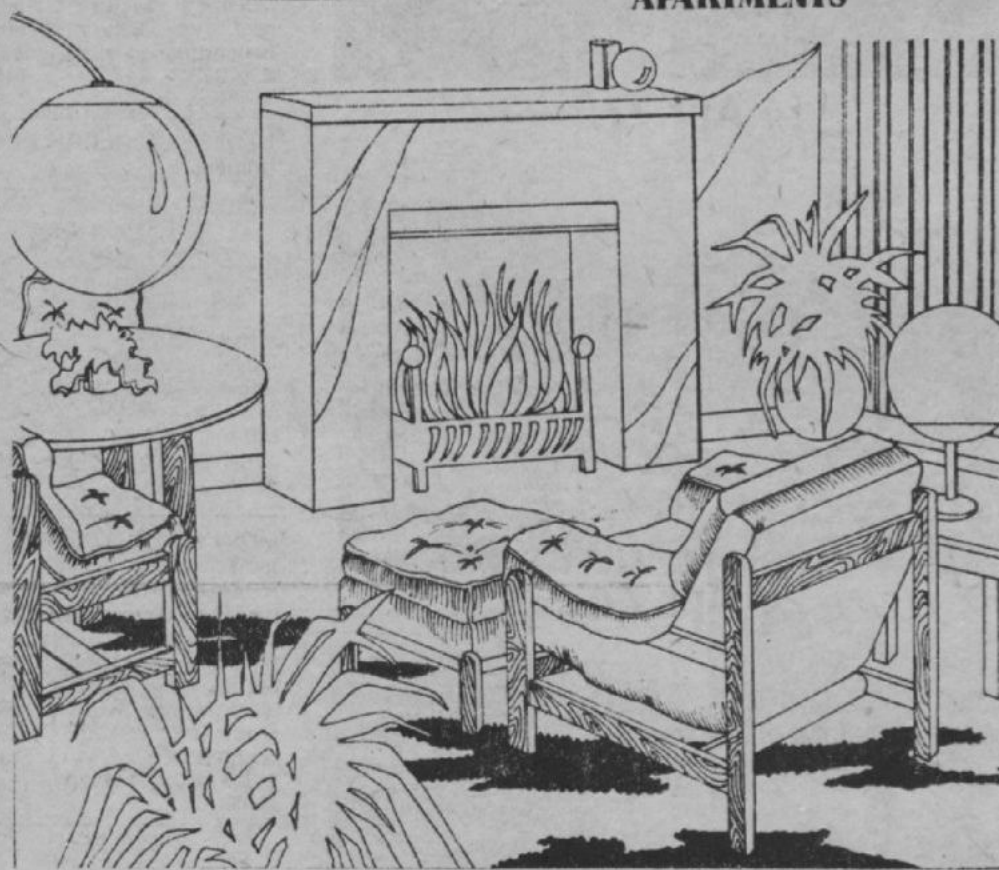
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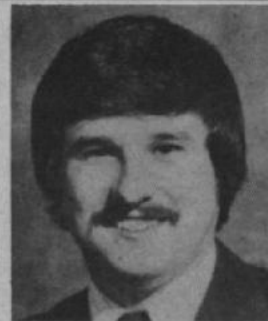


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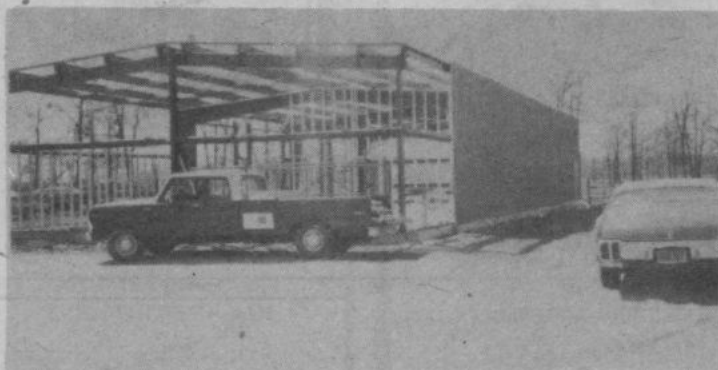
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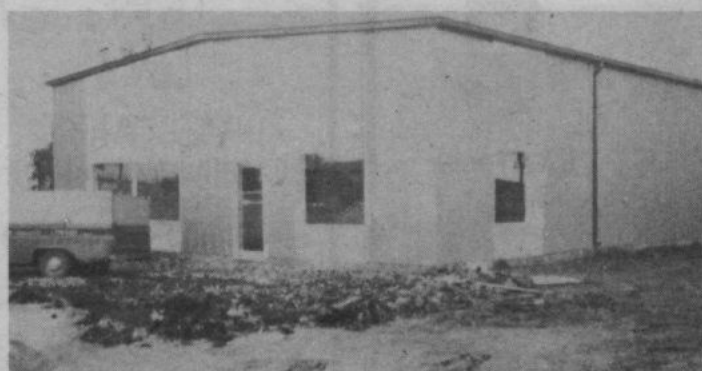
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