



# Prosair



Following the Canadian Forces

March 15, 1978

CANADIAN FORCES BASE, WINNIPEG

Issue No. 5

Vol. 27

## A NAUTICAL OCCASION

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**ARCTIC EXPRESS**

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BECAUSE YOU GIVE



SOMEONE WILL LIVE

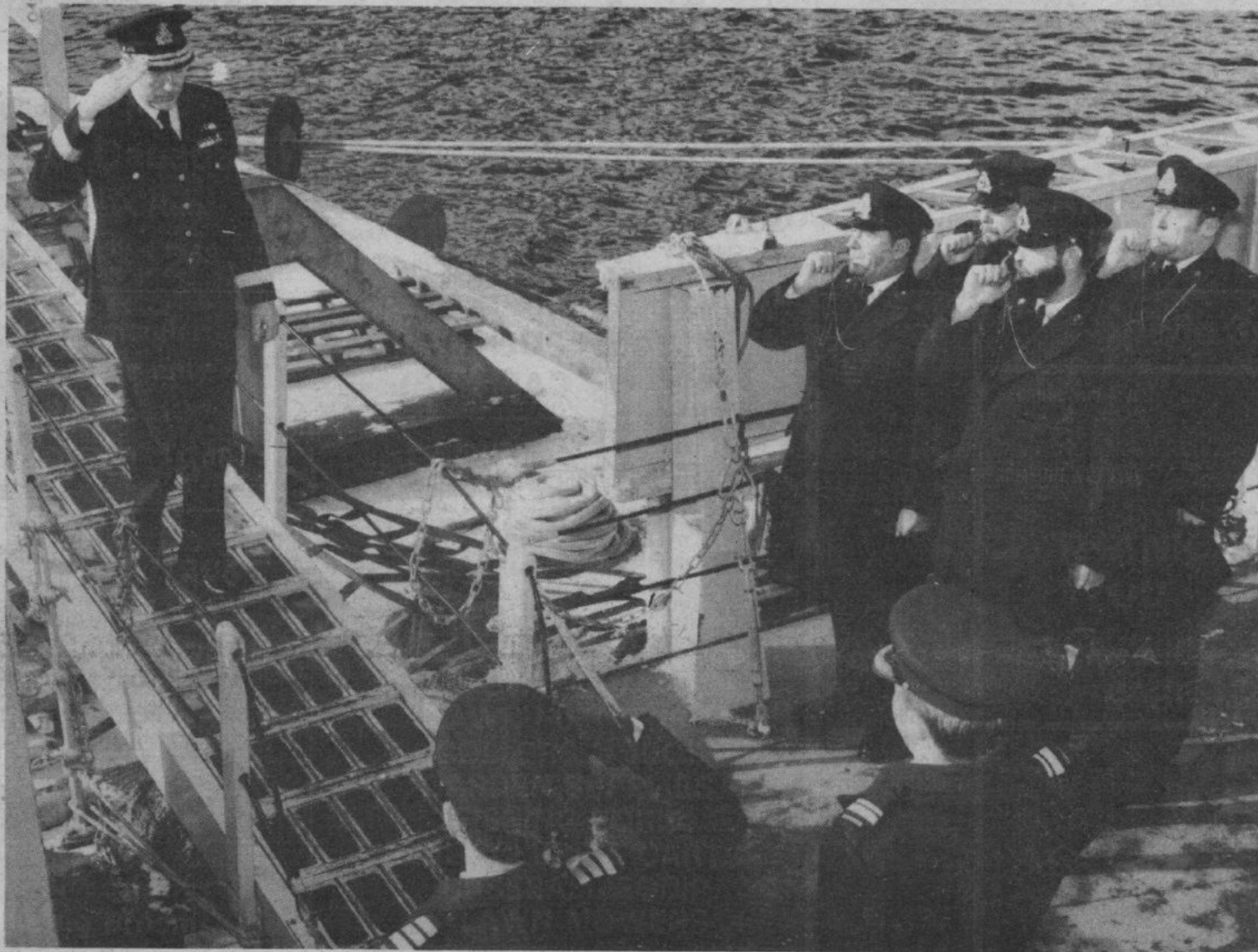
**THANK YOU**

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Admiral Robert H. Falls, Canada's Chief of the Defence Staff is piped aboard HMCS Algonquin during his visit to Maritime Command at Halifax. HMCS Algonquin is one of four DDH 280 helicopter destroyers based at Halifax. (BASE HALIFAX PHOTO)

### A MESSAGE FROM THE BASE COMMANDER



Col. D.M. McNaughton

#### BLOOD DONOR CLINIC

The Red Cross Blood Donor Clinic recently held at CFB Winnipeg resulted in a total of 276 Base personnel registering to donate blood. Of this total, 87 were new donors, who hopefully will continue to donate at future clinics. Although I am pleased that this was the best turnout at this Base in the past three years, I am also sure that we can do

better. With a combined military and civilian population that approaches 3300 persons, I am sure that the next clinic will be even more successful. I wish to personally thank the donors, the section canvassers and the many base volunteers who contributed blood, time and effort to ensure the success of this clinic.

#### NEW AIR COMMAND HQS. BUILDING

Plans for the construction of a new building to house the Canadian Forces' Air Command Headquarters has been announced by the Honorable Joseph Guay on behalf of Defence Minister Barney Danson.

The new facilities, which will cost approximately \$12 million in today's dollars, will replace barrack-type buildings in which Air Command's headquarters were located since the command's formation in September, 1975. The barrack blocks were built in 1941, on the east side of the airfield. The new building will be located on the west side and designed to allow easy expansion should there be a need to relocate other DND staffs in Winnipeg.

**WINTER CARNIVAL**

PAGE 7, 8 and 9

# 2 p.m. 21 MAR 78

is the next DEADLINE to beat

for *Voxair* copy



## 2 PPCLI COURSES

The 2PPCLI is amidst one of the busiest times of the training year. Presently, there are a total of six Primary Combat Function (PCF) courses, being conducted which include:

- Sniper Course
- Driver Track Course
- Driver Wheel Course
- Machine Gun Course
- Pioneer Course
- Mortar Course

In addition to these courses, the Battalion has also taken on the challenge of completing training for two Infantryman Pay Level Three platoons. The two platoons from the Operational Training Detachment in Wainwright, will be completing the last six weeks of their training in both Winnipeg and Shilo. This decision was made because it was felt that the candidates required a rest from their overactive social life of Wainwright Alta; where dancing is prohibited and female companionship is permitted one day per leap year. It is hoped that the quiet and rather subdued social life of downtown Winnipeg will alleviate the stress of the overbearing social commitments of Wainwright. Confused? You bet cha!

## 2 PPCLI CBT LDRS COURSE

The 2PPCLI is currently conducting a Combat Leaders Course. The Combat Leaders Course is the first level leadership/management course, offered to Other Ranks in the Infantry. Carefully selected candidates, placed on the course, are given the opportunity to develop and practise their leadership skills. The course itself is tough and demanding, with the candidates being under assessment 24 hrs a day, seven days a week. The stringent course standards place a great deal of pressure on the candidates who must put forth a one hundred percent effort if they are to be successful.

Subjects being taught include: methods of instruction for drill, weapons and classroom teaching. In addition, a host of other topics are also taught such as: leadership, man-management, Junior NCO staff duties, section tactics, assessing and counselling of subordinates, and many others.

Successful completion of the course is the first step of the candidates from the ranks of the followers; to the ranks of the leaders.



Defence Minister Barney Danson levels off the Canadian Forces submarine Onondaga 475 feet below the surface of the Caribbean Sea. Mr. Danson visited units of the Canadian fleet currently engaged in NATO exercises off Puerto Rico. (CANADIAN FORCES PHOTO)

## 2 PPCLI WINTER CARNIVAL

Everything gets marked down after Christmas, but we found that the biggest bargain of the winter was the Winter Carnival, Feb. 23, 24, 25. 2 PPCLI was shown a fine time by Westwin, and there was a pretty good show of participation by our Senior NCO's mess, MCPL Lounge and Junior Ranks Club.

Wednesday, in the first day events, our ladies Blow Ball team came in a close third. Even so, it was energetically peopled by our captain Inez Paul, Katy Buxton, Kathy Howe, Claire Brown, Giesla Downey, and our lovely princess Sharon Parker. Afterwards, a tour of the messes was conducted, where of course, each stop was better than the last.

Thursday, the men's Blow Ball team came second, thanks to the efforts of Smiling Jack (Paul), Tom T. Holland, MWO John Clark, Big Bad Ray Demeules, Taffy Hole-in-the-mouth Gray, and Loved-it Mike Downey. In cards, we came out on top with a split tie. Congrats go to J. Wareham and M.G. McCormick who led the way, and the ladies, who did very well - that is, Marlene Kreger and once again, Princess Sharon. The Skating Party provided a fine time for everybody, for which thanks go to E. R. Mugford. Also, the log-sawing, lead by Big Chief Ironstad placed third. Well done!

The list of people and events could go on and on, but the important thing was that everyone enjoyed themselves. Everyone knew we were there Saturday when we won the trophy for best float, thanks to the efforts of Nash Harb and his wife Linda. As well, that night at the closing dance we took a clean sweep. Ours was the first place princess in nail-driving. Our number-1 drinking team, consisted of Bill Rideout, Dave Parker, Jody Sorgenson, Dave Slaunwhite, Tiny MacNaughton, & John Elrick. On the best Alarm Race team ever were: Inez Paul, Giesla Downey, Jackie MacKinnon and all-star Thelma Holland.

A warm thanks goes to everyone who participated.

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

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# EXERCISE ARCTIC EXPRESS



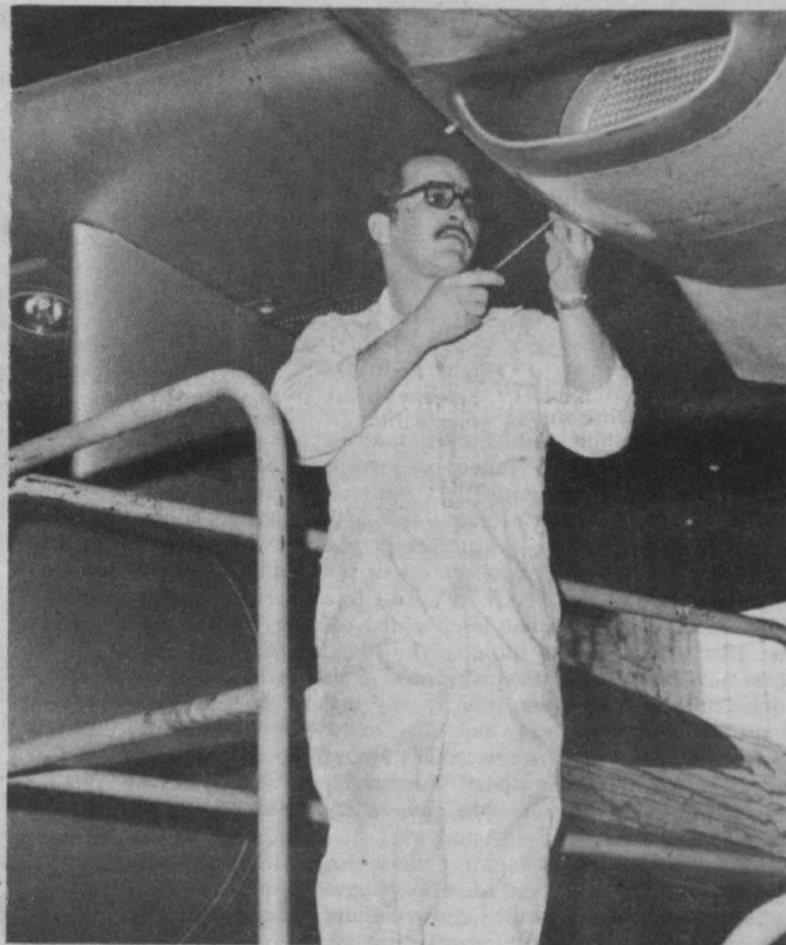
Held in Norway Arctic Express was an ACE Mobile Force exercise conducted in Europe to test specific aspects of NATO operations. MAJ Canadian participants included AMF units from across Canada. CFB Winnipeg's input included six complete aircrews, four C-130's, and over forty maintenance and support personnel from around the base. Though the exercise ran from 20 Feb. to 14 Mar. CFB Winnipeg's participants were committed only to the deployment phase from 20 Feb. to 27 Feb., an occasion which marks this Bases first contribution of air resources to a major exercise. (BASE PHOTO)



Hercules 305, 429 Squadrons' first aircraft in combat order (external fuel tanks installed, no navigation module and no students) stands ready for start. (BASE PHOTO)



Heavily armed with the latest enroute flight publications CAPT Rick Anscorb appears pleased as he boards his C130 for the first leg to Trenton. (BASE PHOTO)



Looking intent with his work CPL Guy Boutin secures the No. 1 engine cowls. Preparedness of the BAMEO crews ensured timely departures of all four Winnipeg C-130's. (BASE PHOTO)



Fresh and alert, members of the six Winnipeg crews listen to a met briefing prior to departure. After eight days of long range flying and short crew rests nearly everyone was rather fatigued and their smiles had vanished. (BASE PHOTO)

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# AIRCOM HQS PRESENTATIONS



(Left to Right) CWO R. Moore (Certificate of Service), SGT T. D. Beaton (1st Clasp to CD), LGEN W. K. Carr, Commander Air Command, MAJ J. F. Jamieson (CD) CWO J. D. Holland (Certificate of Service). (BASE PHOTO)



### Howdy Herd

News around 429 SQN is a little difficult to find lately, as our lack of contributions may have indicated. There is some however; so read on.

### SQN HAPPENINGS

The great event of February was Arctic Express which will involve all but ten of the Herc operation personnel. The Bison put six crews, including CFANS navigators, into the Express flow and the crews flew about 45 hours. The exercise was the first one for the squadron since converting to the CC130 so it should serve as a refresher to some and an eye-opener for those without exercise experience. Also, in the exercise was CAPT Don McDonald who will serve a tour in Exercise Ops in Germany. Don plans to stay in Europe after the exercise on leave for a bit of skiing. Good plan, Don.

The ICPS course visit to Van Nuys, California during February was successful, and both students and instructors were impressed by the various companies that offered tours and briefings. Southern California, at this time of year, is usually a place in which we northerners would truly like to pass our winters, but, for this visit, the ICPS landed just before the beginning of the torrential rains that caused great havoc throughout the area. In spite of the weather the course visited Lockheed, to view the Aurora program and development, Rockwell, for briefings on the Sabreliner and the space shuttle program, Litton, to learn a little more on Inertial Navigation Systems and finally Northrup, for an impressive showing of the F-18 fighter. Due to poor weather enroute it took the course a mere three days to fly back to Winnipeg and the clean, cold air. Maybe they can get a sun-tan the next time south.

Responding to the unexpected is not unusual for 429 SQN, as was shown on 11 Feb when the squadron launched three early morning CC130 flights deploying VIPs and a 110 man honour guard to Saskatoon for the funeral of LT Governor Porteous of Saskatchewan. BAMEO personnel are to be commended for ensuring the very early departures prior to 0500 hrs.

8 Feb saw a very unusual event at the squadron facilities. Flight 6815 had just returned with many squadron personnel from Namao where they attended flight simulator sessions for Arctic Express. At the same time two crews were briefing for departures on navigation flights and a girl guide tour, hosted by CAPT Vic Charlebois, in 16 Hgr was in progress. A quick tally showed only five personnel of the CC130 crews were missing; consequently, it has been decided to hold all future briefing/meetings at 1915 hrs on Wednesdays. We might have more luck making a quorum this way.

### POSTINGS

CAPT Warren Everett to Portage la Prairie to instruct on Musketeers starting last January.

CAPT Hal Steffler to follow Warren in March to instruct on Musketeers also.

CAPT Vic Charlebois to commence MOAT in late March then posting to 415 SQN in Summerside flying the Argus.

LT Jill Sharpe to Ismalia in early February.  
That's it for now, talk to you next issue.

Buffalo Bob



Members of ASC 30 have survived their latest OPEVAL without loss of a student (or a staff member!). Under the leadership of MGEN. Ockenden of CDLS Washington, ASC 30 and selected staff spent 2 weeks visiting a bewildering number of aerospace industries and military facilities on ASC South.

The theme of ASC 30's main project this year is Remotely Piloted Vehicles (RPVs). Therefore, the tour itinerary was heavily flavoured with organizations that have special interest in this field. The course visited Hill AFB, home of the USAF RPV Test Squadron, to ascertain current USAF interest in RPVs and later visited the US Army at Fort Bliss to get their views on the subject. The two largest suppliers of current ROB's, teledyne-Ryan and Northrop, were also visited.

Manned aircraft were not forgotten by any means. Briefings were received on the Boeing YC-14 and MacDonnell-Douglas YC-15, contenders for the USAF C-130 replacement aircraft, to be designated the Advanced Medium STOI Transport. The course was also briefed by 3 NFA Competitors - Northrop (F-18L), General Dynamics (F-16), and MacDonnell-Douglas (F-15 and F-18A).

Dear reader, do not shed tears for these hardworking "course members" all was not drudgery and toil. The trip was arranged to allow 5 days in the Los Angeles area which allowed them to sample, in what little spare time they had, the cultural offerings of the LA area. (Who said we had to rope and hogtie certain people to get them out of LA?)

Suspensions were confirmed about the ability of pilots to tell time - two of them showed up at 1115 one morning for an 0830 briefing. Competition on the overall Dumb Question of the Day (DQD) award was fierce. However, while novices at the sport peaked early, the keen old-timers surveyed the competition, planned their strategy, and saved their best to the last. As a result, the competition was won on the final day at the final briefing. What timing!!!

Top tunes on the ASC 30 Hit Parade during ASC South were Amazing Grace and Rule Britannia!

SANC 7801 went to Ottawa for 3 days during the same period to receive briefings on current programs such as LRPA, NFA, Tracker Update etc. While in Ottawa they had a golden opportunity to meet with their Career Managers and jockey for postings.

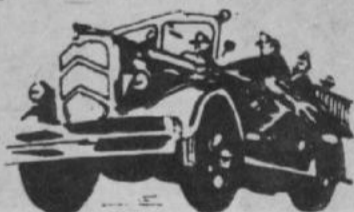
Well that's it for this issue folks. Bye for now.

## FIRE PREVENTION COMPETITION

Canadian Forces Base Esquimalt, B.C., is the Grand Award winner in the Class "A" military category of the 1977 Fire Prevention Canada Association's annual competition.

Second in the 61-entry field is CFB Petawawa, Ont., with CFB Borden, Ont., in third spot. Honorable mentions go to CFBs Greenwood N.S., Cold Lake, Alta., Gagetown, N.B., and Edmonton, Alta.

The competition recognizes positive efforts in the field of fire prevention, stimulates fire safety and encourages greater public and private fire prevention efforts.



There are six classes in the military category, dependent upon the size and type of the base or station, for which first, second, third and honorable mentions are awarded.

CFB North Bay, Ont., placed first in Class "B" followed by CFB Cornwallis, N.S., and CFB Europe, Baden-Soellingen detachment.

In Class "C", CFBs St. Jean, Que., Halifax, Debert detachment, and Penhold, Alta., ran first, second and third with CFB Suffield, Alta., getting an honorable mention.

CFSSs Yorkton, Sask., Gypsumville, Man., and Lac St Denis, Que., captured first, second and third spots in Class "D" with CFSSs Mill Cove, N.S., and Falconbridge, Ont., being honorably mentioned.

Class "E" winners are CFB London, Ont., CFS Masset, B.C., and CFB Moncton, N.B., while first place in Class "F" belongs to HMCS Huron with HMCS Assiniboine getting an honorable mention.

## GOOD-BY JILL



LCOL Tettelaar presenting LT Jill Sharpe the squadron crest in appreciation of a job well done. Everyone is smiling so we can't tell if Jill is happy to go or the rest are glad to see her go. (BASE PHOTO)



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## ENERGY CONSERVATION



### Energy Savers: Controlled Flow Showerheads

A number of new shower heads offer special effects while other offer savings in the amount of water used. Some offer both. Any shower head that can regulate and decrease the amount of water used saves in two ways: it saves water and sewer costs and it saves hot water (remember that 40% to 60% of water used is heated).

One such device is being tested by DND and initial reports indicate savings in water consumption in the order of 35%. This device is the "Bubble Stream" controlled flow showerhead which is available locally for \$8.00 per unit. Others should be considered carefully. Remember that a normal showerhead delivers 10 gallons per minute. If you measure a controlled flow shower units against this norm and find one that has a setting that delivers from 3 to 6 gallons per minute you have a winner.

SAVE WATER, SAVE ENERGY: HELP GEORGE DO IT

### Householders Can Save 10%

Saving energy around the home can have significant impacts on the national scene. If everyone cuts his or her domestic consumption by only 10 percent through furnace tuning, insulation, lower temperatures or other measures, the result would be a cutback of about 2 percent in total national consumption. While this may not seem large in percentage terms, it is actually a tremendous energy and dollar saving for Canada.

As private citizens we consume almost 20 percent of Canada's energy budget in our homes and over half of the transportation energy in our cars, meaning that our direct consumption is about one third of Canada's total energy use. The other two thirds of Canada's consumption is used to produce the goods and services that we as consumers demand. This means that our potential for conservation is not limited to that one third of the total energy budget that we consume directly. By careful purchases, consumer action, recycling, and choosing energy efficient travel modes we can have an impact on that other two thirds as well.

### 7 Ways To Conserve Energy In Your Daily Life

1. Turn off lights when leaving a desk or room unoccupied for more than a few minutes.
2. Lower thermostats. The recommended maximum heating temperature is 20°C (68°F) and the recommended minimum cooling temperature is 25°C (77°F).
3. Both hot and cold water require energy. Use them sparingly.
4. It takes a lot of energy to make paper. Are you using both sides of the sheet?
5. Open shades, blinds and drapes to make use of sunlight in winter; close them to reduce heat in summer.
6. Turn off all electrical equipment during quiet hours; exhaust and circulating fans, air conditioning units, overhead and desk.
7. Cut down on the use of high energy transportation. Trains and buses are now recommended for journeys under 200 miles.

## ALCARE PROGRAM WHAT IS IT?

Contrary to belief i.e. rumours - you don't have to be an alcoholic to get on to the Program, in fact even if you don't "touch a drop" this Program could be of use to you.

There are some "jokers" in the messes who say they are taking names for ALCARE - you can rest assured that the only authority they have for saying this is their own, and in saying this, one would have to question the reasoning of these "jokers" for such action - (do they have a problem?)

The ALCARE Program was instituted to provide a service of education, life enrichment, or alternate life style to those people who have run into problems through misuse of alcohol - we don't have to meet a quota for each program - no one has been on the Program because a certain number has to be maintained for the viability of the Program - we have not gone on a "witch hunt", nor will we, to provide bodies for the Program.

Well, how do people get on?

1. Volunteer i.e. if you feel you have a problem with alcohol, see someone e.g. the Medical Officer, Social Services, Padres, there are also two full time personnel with ALCARE - these people will assess what you tell them - maybe they can set your mind at ease, for instance tell you you don't have a problem - and we have done this! There are some people who have volunteered and are happy they did.

2. Medical Officer referral - occasionally people are picked up on medicals - because their physical condition has deteriorated due to misuse of alcohol, this can show up in many ways e.g. obesity, high blood pressure, enlarged liver, gastritis, increased incidences in attending sick parade due to after mess altercations (fights).

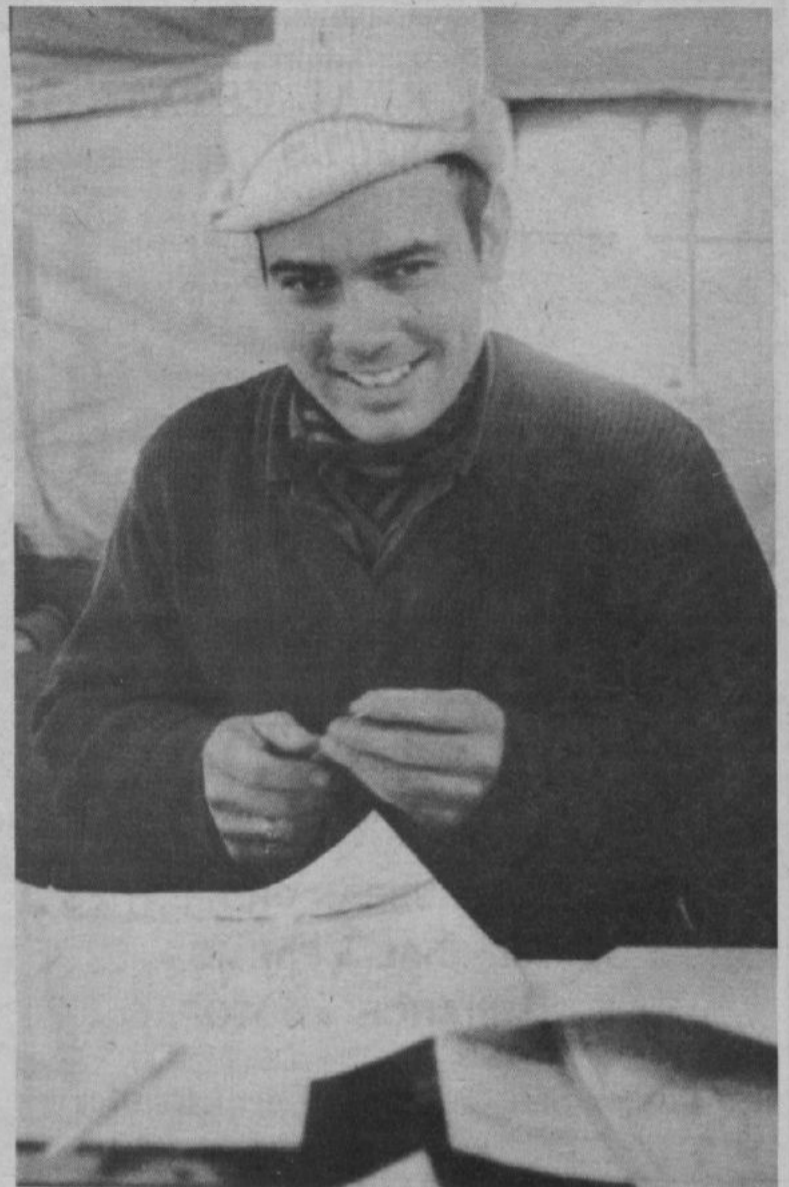
3. Supervisor referral - this is done if the supervisor has noticed the person's job performance has deteriorated. He refers the person to the MO on that ground alone for diagnosis - the decreased job performance can be due to other things as well as alcohol abuse. In accordance with CFAO 19-31 the person may be put on Counselling and Probation (C&P) for alcohol abuse and this is recommended if there is more than one incident. You ask "How does this affect my career?"

It need not! If you volunteer for the Program there is no career implication. Neither does a bout with tonsillitis. If by MO referral the only notation will be in your CF2034, Medical File, as is the appointment with a specialist downtown.

If by supervisor referral and you're on C&P, a note will be made in your Personal File and rightly so - if you've let your problem get this far - in this instant there could be career implications. So if you volunteer, or are referred by an MO there should be no notation in your PER or Pers File - if on C&P there should be.

A supervisor may also refer if he keeps getting reports on personnel being picked up on impaired driving charges, as indirectly, you're affecting your job, or if he keeps hearing from

## I CEU AT WORK



LT Mike Bolahan of Tilbury, Ont., takes a moment out from his calculations at Warden's Grove, N.W.T. where the Canadian Forces set up a base camp to recover Soviet satellite debris that came down in the area. A military engineer with 1 Construction Engineering Unit in Winnipeg, LT Bolahan carried out accommodation studies at the camp. He is the son of Mr. and Mrs. Leo Bolahan of Tilbury.

(CANADIAN FORCES PHOTO)

the spouse re: her/his concern about your behaviour when drinking.

OK, I get the message, I'd like to volunteer for the Program. What can I expect on it? What happens?

The Program is 28 days long - for the first 19 days you stay in the hospital - weekends included - you are allowed out, but only in the company of another person. You report to the Program on the Sunday evening preceding the Course. The first week is quite intense but is generally introductions to the various areas that are dealt with in more depth over the last three weeks, e.g. dealing with the truth, honesty, coping, an introduction to Alcoholics Anonymous, Transactional Analysis, Relaxation Therapy. All people coming on course are put on Antabuse - this should be seen as another tool by which to live better. One has to look at oneself in more depth than probably the person has ever thought about before - this can be a good,

enlightening experience. The decision to stop drinking is yours - you are responsible for your own actions, not the Service, not the System, not your spouse, not your peers - You alone have to accept the responsibilities.

Who can get on the Program?

Anyone up to the rank of MAJ - again, contrary to popular belief, the Program is not a new Junior Ranks Club. All persons on the Program are on a first name basis, ranks are not used.

If I want More information on the ALCARE Program, how do I go about it?

There are several ways - you can contact any of the treatment personnel e.g. Social Services, Personnel Selection Officers, Padres, Medical Officers or the full time personnel both can be reached at local 595 most of the time or, better still, come up and see them on the third floor, north wing of Barrack Block 62. They can supply you with any information you may require.

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# WINTER CARNIVAL SPORTS SCENE



**JNR. RANKS LADIES TUG OF WAR TEAM**



**EXCITED JUDGE**



**SWOOSHING**



**WO'S AND SGT'S MESS LADIES TUG OF WAR TEAM**

## 2PPCLI REGIMENTAL BIRTHDAY

On the 23rd of March, 1978, the 2PPCLI celebrates their Regimental Day in memory of their first Colonel-in-Chief's birthday. Her Royal Highness, the late Princess Patricia of Connaught, was appointed Honorary Colonel-in-Chief on the 22nd of February, 1918. She married and became Lady Patricia Ramsay, relinquished all Royal titles at her own request, and was later appointed Colonel-in-Chief. She held the appointment of Colonel-in-Chief until her death on the 12th of January, 1974. On the 15th of June, 1974, in accordance with Lady Patricia's expressed wish, the Lady Brabourne, DL, JP, was appointed Colonel-in-Chief of the Regiment.

The celebration of the late Lady Patricia Ramsay's birthday is held annually, on or about the 17th of March and is the most important Regimental day for the PPCLI. The first recorded celebration of the Colonel-in-Chief's birthday was on the 17th of March, 1920, at Tecumseh Barracks, London, Ontario.

The celebrations are characterized by sports events, mess dinners and especially the playing of Broom-i-Loo. One event which usually takes place, and is being played this year, is the traditional Officers vs Warrant Officers and Sergeants Broom-i-Loo game.

This important gathering of Patricia's takes place every year and is in various locations across the world, wherever Patricia's are serving.

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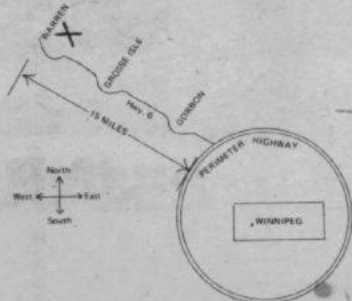
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Bill Neilson CD

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### CLUB MANAGER

CANADIAN FORCES BASE SHILO is accepting applications for the position of MANAGER of the SHILO GOLF & COUNTRY CLUB.

THE POSITION— management and control of trading operations in a complex including a bar and lounge, dining room and pro shop; the supervising of a staff of 30; the supervising of a variety of social functions; working with elected committees in the operation of an 18 hole golf course and 6 sheet curling rink; financial and inventory management and the preparation of an annual budget.

THE MANAGER is responsible to the Base Commander through an executive committee.

Salary is negotiable depending on qualifications, etc.  
Range \$16,500—\$21,400

Applications accepted to 31 Mar 78.

Forward complete personal resume to:-

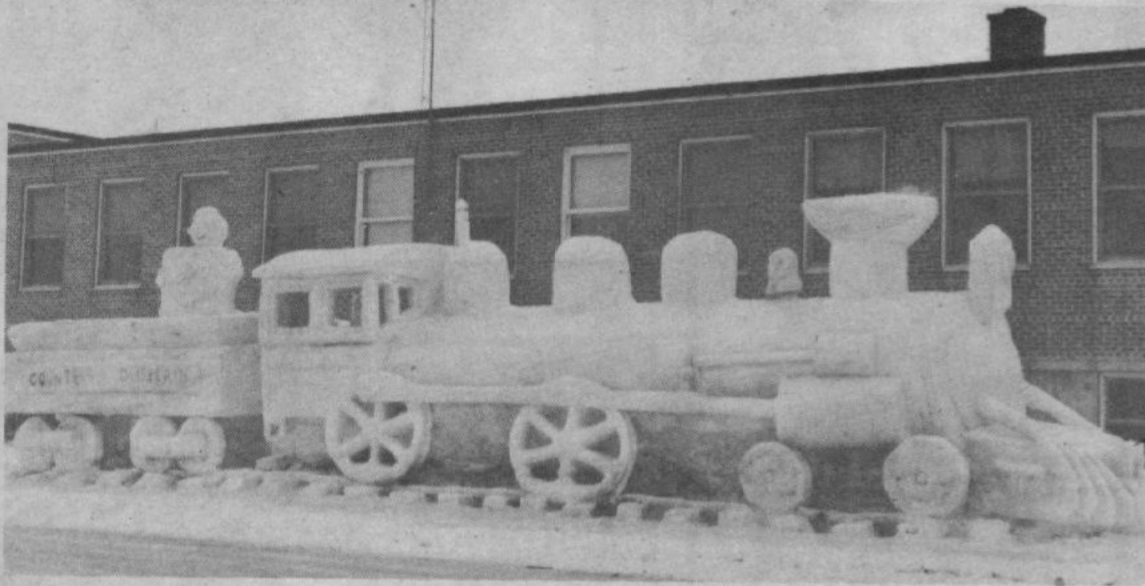
Base Commander  
Canadian Forces Base Shilo  
Shilo, Manitoba  
ROK 2A0

Attn: B Adm 0

# WINTER C

## SNOW SCULPTURES

**Inter Mess Winner**



**WO'S AND SGTS MESS**

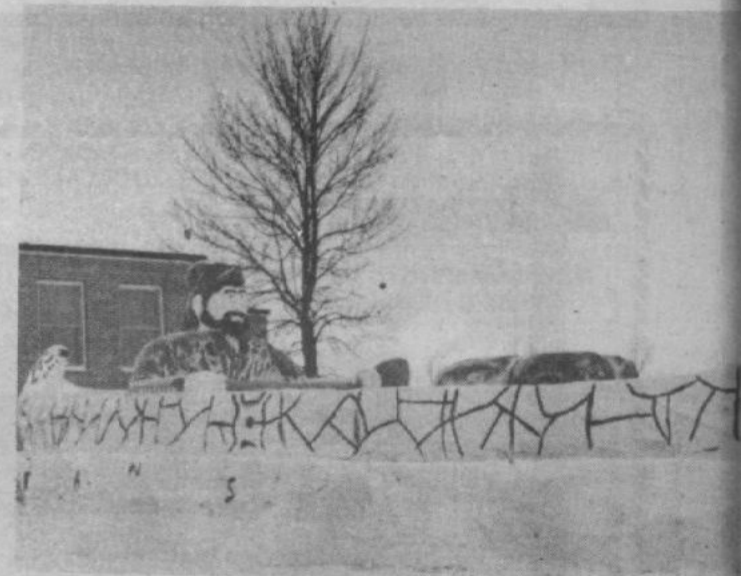


**JNR. RANKS**

**Inter Section Winner**



**BASE HEADQUARTERS**



**OFFICERS MESS**



**CFSAT**



**CFTMPC**

# CARNIVAL

## FLOATS

### THE WINNER



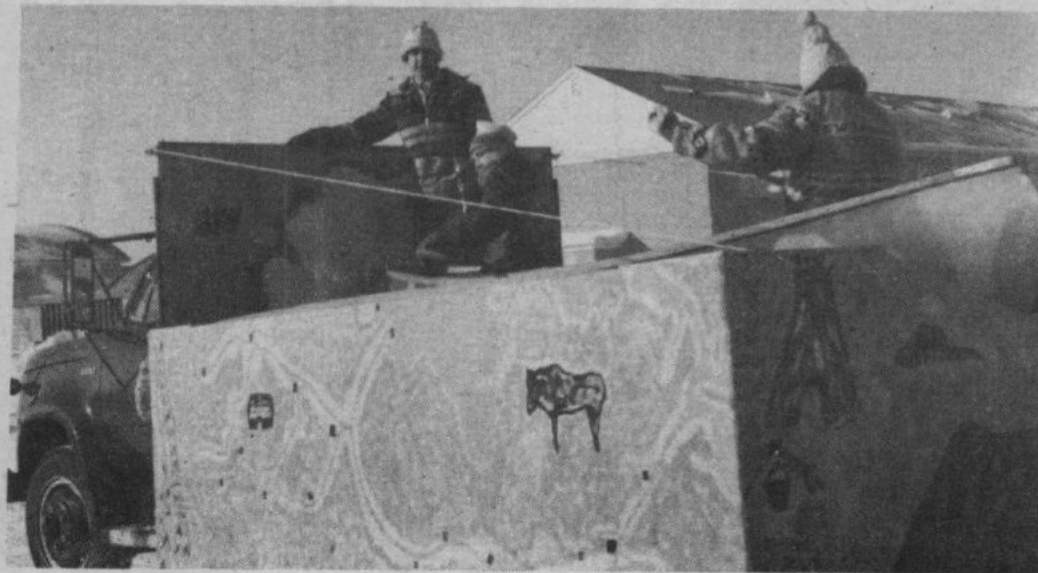
2PPCLI



THE JUDGES



OFFICERS MESS



WO'S AND SGTS MESS

### THE QUEEN

#### OFFICERS MESS



Lt. Nola Wilson



# PRAIRIE REGION BOWLING CHAMPIONSHIP

CFB Winnipeg was proud to host the Prairie Region Bowling Championships 22 - 27 February 1978.

The following are the results of the championship:

Team Standings

- 1 - CFB Cold Lake
- 2 - CFB Winnipeg
- 3 - CFB Edmonton
- 4 - CFB Shilo
- 5 - CFB Moose Jaw
- 6 - CFS Beausejour

High Single - G. Hamblin, CFB Edmonton 388

High Triple - R. Dupuis, CFB Edmonton 932

Top Ten Averages

- 1. B. Knight CFB Shilo 256
- 2. D. Krenchuk CFB Cold Lake 245
- 3. R. Dupuis CFB Edmonton 243
- 4. J. Bonnell CFB Winnipeg 242
- 5. J. Nicholls CFB Edmonton 239
- 6. D. Harrison CFB Cold Lake 238
- 7. J. Pongratz CFB Cold Lake 236
- 8. L. Weymouth CFB Edmonton 233
- 9. R. Sybulski CFB Winnipeg 232
- 10. M. Underhill CFB Cold Lake 232

Congratulations to all winners.



CFB Winnipeg's Star Bowler

# 2PPCLI "A" COY INTER-COMPANY BASKETBALL CHAMPS



Top Row: L to R, LT Eckley, PTE Cooper, CPL Atkinson, PTE Patton.  
Bottom Row: L to R, MCPL Sarginson, LT Molloy, PTE Kavanagh, PTE Ebanks.  
A Coy defeated B Coy in the final game 67 to 20.

(PPCLI Photo)

## SERVICEWOMEN'S SOFTBALL TEAM

All servicewomen interested in playing ball for the Base team are asked to contact MCPL Sue MacAskill at local 514.

A team meeting will be held Thursday 16 March at 7:00 p.m. in the Westwin Gymnasium.



## WESTWIN POOL - EASTER SCHEDULE CASUAL SWIM

24 March	Closed
25 March	Closed
26 March	Closed
27 March	1330 - 1500 hrs
28 March	1400 - 1500 hrs
29 March	1400 - 1500 hrs
	1800 - 2000 hrs
30 March	1400 - 1500 hrs
	1900 - 2000 Adult Casual Only
31 March	1400 - 1500 hrs
	1800 - 2000 hrs
1 April	Closed
2 April	1330 - 1500 hrs



F.R. (1 to r) Glen Hamblin, Edmonton (Hi Single), Bud Knight, Shilo, (Hi Aug), Ron Dupuis, Edmonton, (Hi Triple).

B.R. (1 to r) Wally Gadd, Winnipeg (Statistician) Winning Team CFB Cold Lake - Dave Harrison, Ed Perry, Don Klewchuk, John Pongratz, Art Zielke, Murray Underhill, CAPT. Benoit CFB Wpg. BPERO.

(BASE PHOTO)

## WO'S/SGT'S MESS CURLING



FRIDAY - 31 MAR 78

ENTRY FEE \$5.00 INCLUDES:

LUNCH AT THE RINK - PRIZES - ICE RENTAL - YOU NEED NOT BE A CURLER TO ENTER THIS SPIEL. RINKS WILL BE MADE-UP BY THE SPIEL COMMITTEE. ENTER NOW AT THE MESS BY POSITION..... ALL GAMES WILL BE CURLED AT THE WESTWIN RINK. PRIZES WILL BE PRESENTED AT THE MESS ON COMPLETION OF THE DRAW.



MCF FCM

THE MILITARY CHRISTIAN  
FELLOWSHIP OF CANADA  
LA FRATERNITÉ CHRÉTIENNE  
MILITAIRE DU CANADA

The MCF of Canada is a non-denomination body of believing military men and women, whose commitment to Jesus Christ includes both concern for and expression within the military society. The MCF's objectives are:

a. To build up the individual military man or woman to spiritual maturity in their walk with God, their family and their associates.

b. To be an instrument leading military men and women to commit their lives to Jesus Christ and to help them grow in spiritual maturity.

How do we do this?

Monthly Newsletter

- lists members on the move
- details about members' walk in Christ and His faithfulness
- suggestions for Christian living and other topics

Regional Conferences

- study, meditation
- speakers

Weekend Retreats

- skiing
- discussions

#### THE MCF STORY

The Canadian MCF (formerly OCU) was born in 1948 thanks to the British OCU who sowed the seed during the war years. Canadian MCF is also indebted to the American OCF for it was through their persistent encouragement and financial assistance that the MCF matured. During the late sixties our able Executive Secretary Mr. Gordon Reid began his leadership, which continued until 1975.

The year 1975 is marked "Year of transition, of testing, of a turning to God and of his visions."

The Holy Spirit has been reviving His people within the church but also in MCF. We are thrilled as we see His renewing fire being poured upon our Chaplains as well as on MCF members.

The membership of the MCF is about 300 in total, represented at various bases across Canada. Chapters meet regularly where members are found; examples are Kingston, Ottawa, Edmonton and Victoria.

Don't be surprised but you may find a MCF representative in your area whether or not you live near a military base. Many of our former regular force members have retired but still remain active as associate members of the MCF.

- NOTICE - NOTICE - NOTICE -

A Prayer Praise and meeting is held at the North Site Protestant Chapel on Tuesday evenings at 2000-2200 (8 pm - 10 pm)

For more information contact your area representatives:

Rick St. Germain 885-4812

Jack Myers 889-0540

on North Site

"See You There"

### ST. GEORGE'S CHAPEL NEWS

The parish is presently preparing for confirmation, the scheduled date being April 24th, this year at St. George's Chapel. Mrs. Hilda Bergeron is expending so much time and energy on the programme of events that it cannot fail to be anything but a tremendous success. There will be three special classes for those who are to receive the sacrament; all classes will be held at the south site to avoid duplication. All wishing to be confirmed must attend all of the classes, also proof of baptism is required in order to be confirmed. Those who are in

grade five or older are eligible to receive the Sacrament if the parents feel the child is mature enough to understand. As plans are finalized you will be informed of all arrangements.

A letter was received from Father Cremona last week, he is well and wishes to be remembered to everyone.

You are reminded that the World Day of Prayer service will be at the Oxford United Church, Grant & Fleet Streets, on March 3rd, 1978 at 2:00 p.m. - the Rev. A. Bell will be the Speaker and Nursery service will be provided.

#### NOTICE

The Chapel of the Good Shepherd will be privileged to host "CELEBRATION ONE" a short play under the direction of Ken DeLisle and Townhouse "9" Productions during the 1100 AM Service on Sunday 12 Mar 78. Everyone welcome.

### JUNIOR RANKS MESS

This year the Jr. Ranks participation in Winter Carnival was even better than last year. Although we placed Second, overall, in the standings we did receive a trophy for first place in the Mess Decorations and first place in the Talent Contest. The Talent Contest was won because of the beautiful singing of Lorna Wuschke who was called back three times after the Talent Contest had ended to sing. The Trophy for the best Mess

Decorations was won mainly due to the artistry of CPL Duke Duquette and the hard work of Zak Vilyevac, Pete Foster, Gloria Gorden, Serge Morin and our Associate Members.

The PMC wishes to extend a special thanks to all the members who participated in the Winter Carnival. And by the way a note to the Officers Mess - Watch out! We are already planning our strategy for next year!

## WESTWIN COMMUNITY COUNCIL NEWS

#### WINTER CARNIVAL

Two of the three events sponsored by the Community Council were very well attended. The Teen Dance and Children's Skating Party proved very popular. The PMQ ice sculpturing contest produced poor response and the decision has been made not to award the advertised prizes.

#### COMMUNITY QUESTIONNAIRE

The Community Council questionnaire distributed during the fall produced several responses regarding the allocation of PMQs and Bulk Lease Housing Units (BLHUs). By way of clarification, residents should note that:

a. For allocation purposes, the Jameswood housing is treated in the same manner as PMQs. These houses are included in the over-all total of Married Quarters available for allocation. Rent charges are lower than PMQs, but BLHU occupants pay their own utility bills.

b. It is important that Jameswood residents understand that, administratively, there is a difference between Bulk Lease Housing Units and PMQs. The Jameswood complex is owned by a private company, which has leased the complex to DND under a long-term agreement. Both the owner and DND have responsibilities under this agreement; consequently the occupant will have dealings with representatives of both.

c. All residents of Jameswood are members of the Canadian Forces who have been provided with housing by the lessee, CFB Winnipeg as the lessee representative maintains a proprietary interest in the welfare of the occupants, and in the manner in which the occupant makes use of the house allocated to him. Notwithstanding the fact that Jameswood is owned privately, and is situated in the city of Winnipeg, service housing regulations will apply to Jameswood residents. In addition, the occupant is also subject to the Municipal regulations of the city of Winnipeg.

d. The personnel who reside in BLHUs usually neglect to read the orange book in each house "Bulk Lease Housing Orders". They therefore have problems in understanding procedures to follow in reporting maintenance problems. Following are a few hints:

- (1) Complete work order in 2 copies (pad is in BLHU).
- (2) Forward one copy to BHO - retain 2nd copy for your own records.
- (3) BHO directs work order for normal maintenance to Metro or for occupant caused damage to CE.
- (4) Recovery action may be taken by CE for repair of items not considered as normal fair wear and tear. Eg: broken glass, holes in walls or doors, broken fridge parts, or cut counter tops.
- (5) For emergency repairs see the list of phone numbers on front page of Bulk Lease Housing Orders.
- (6) Interior Painting. The interior painting under normal conditions should last for a minimum of 4 years. Repainting is carried out while vacant or as required when funds are



### "Awards, Rewards & Turning Points"

Can a movie, nominated for eleven Academy Awards really be that good? THE TURNING POINT is a fine film... but perhaps not *that* good.

But then, Hollywood's Academy Awards tend to be a much inflated awarding system, based more on popularity and box-office success than on quality. The Oscar doesn't carry the prestige of other more critical film awards, but it is the mark of mass recognition of a mass media, USA style. Popularity, as a way of evaluating is not without its place in our society.

THE TURNING POINT may not be the best American film of the year, but it has enough engaging ingredients about it to make it more than just another assembly line movie. At times it teeters between becoming a Harlequin romance or a depressing afternoon TV soap opera. It does, however, manage to keep its balance, and the end result is its good story and a fine film entertainment.

For those who like dance, THE TURNING POINT will have a special attraction, since the context of the movie is ballet. A healthy portion of the film is made up of dance sequences with Mikhail Baryshnikov and Leslie Browne. The behind-the-scenes view of a ballet company at work are particularly interesting. The female dancers even sweat. How could Hollywood allow it?

THE TURNING POINT could be called "a woman's film". This is not to mean that it is aimed at only a female audience. Rather, women are the main characters in the story and men are the supporting cast. As well, the mid-life crises portrayed in the film, though universal in appeal, use woman as the archetype rather than man. A small sub-plot of adolescent crisis is also portrayed by a girl rather than a boy. This is a refreshing approach. Whoops, there goes another Hollywood stereotype.

The two main characters and their crisis or "turning points" are the career woman, who in mid-life is soon to be pushed off stage by younger dancers, played by Anne Bancroft; and the housewife, who is tormented by what should-have-been, played by Shirley MacLaine. These are two very talented actresses. Together, they make absorbing cinema and powerful theatre.

There is a fascinating sequence in THE TURNING POINT where mother and daughter, mid-life crisis and adolescent crisis collide. Daughter has her first close encounter of the third kind with sexy dancer Mikhail Baryshnikov; she basks in the comfort of this brief affair, but somehow treats it all very matter-of-factly, and refuses to confide or share with her mother. However, when lonely, isolated mother has a brief encounter with an old boy friend, daughter gets self-righteous, upset, vindictive and judgemental. An interesting portrayal of the double moral standard.

The camera work is exquisite and the musical score beautiful in THE TURNING POINT. American director Herbert Ross once again demonstrates his filmmaking skills.

However, there is a problem in the film which may indicate a flaw in the direction... or perhaps it is just a matter of opinion. The dance sequences in THE TURNING POINT seem to have been made by someone else. In contrast to the skilled and controlled camera work in the rest of the film, the dance sequences are all edited footage of five-second segments. True, if you don't notice this chopping, you get a unique view of the dance from a variety of camera angles. On the other hand, the super-fast editing made the dances seem like so many agitated and fleeting TV commercials. An unfortunate choice of style.

Of its 11 nominations, THE TURNING POINT should be able to get one or two Oscars... and it will deserve that recognition... This is a film worth seeing. (THE TURNING POINT is currently playing at Northstar Cinema 2, in downtown Winnipeg.)

available. Occupants who feel their interior painting has deteriorated to an unacceptable condition should call local 383. A project to paint the interior of 100 units is underway now.

#### COMMUNITY CLUB DONATION

During the monthly meeting held 20 Feb, Council voted to donate \$100.00 to the Base ALCARE program. The aim of this program is to help those suffering from alcoholism and should be supported by all residents.

#### BINGO

The Community Council sponsored bingo is continuing every Wed at 2000 hrs in Bldg. 21. Each night includes a variety of games, an even split, lucky seven and the jack pot game. Come out and support your community.

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## Comedy CORNER

**LADY'S DAZE:** A Toronto policeman waved a lady motorist over to the curb and complained, "Madam, why have you no red light on the rear of your car?" "Officer", she replied, "It's not that kind of car!"

\*\*\*

**REJECT/ELECT:** One of our newly elected members of parliament was about to have his first ride in a CF101 Voodoo Jet Aircraft. The pilot (a Captain in the Canadian Forces) briefed the MP on the operation of the ejection seat. "What happens if the seat won't eject?", queried the politician. Without batting an eye, the pilot said: "A by-election in your constituency, Sir!"

\*\*\*

A Canadian customs official picked up a neatly wrapped Xmas gift from the baggage of a visiting UK Clergyman. "What is in this gift package Sir?", inquired the official. "Holy Water", replied the visitor in a heavy Irish brogue. The customs man opened the gift, uncorked the bottle, and took a swig, "For Pete's sake", he exclaimed, "This is Irish Whiskey!" "Saints be praised", cried the man of the cloth, "It's a miracle!"

\*\*\*

**MUSHROOM SYNDROME:** One of our Canadian Forces Privates asked for immediate leave on the grounds that his pregnant wife was ill. Suspecting that all was not as it should be, the Major (who was the approving authority for the leave) said, "What is the meaning of all this, Private Jones? I know your wife and she is neither pregnant nor ill!" Jones (slightly taken back) asked and was granted permission to speak off the record. "Just between you and me, sir", stammered Jones, "I think that we are the most elegant liars in the Canadian Forces." "Whatever do you mean?", asked the Major. "Well, Sir", replied Jones, "I'm not married."

## CWL (NORTHSITE) OUR LADY OF THE AIRWAYS

1. We are well into the year 1978 and the CWL organization on this base is confident activities will continue to flourish and commitments completed. But we must admit that we feel we are not reaching many of you for various reasons. Please contact us and ask what's going on or that you would like to see us doing such & such a thing. We need a little more participation from all you Catholic ladies. Here's another idea, perhaps you could start simply by purchasing your membership which incidentally is \$3.00 per year, you would receive the league magazine every season and have a membership card, this does not obligate you to attend the meetings but you are supporting a worthwhile Catholic Womens organization. The league magazine has some input from the Military Councils. Inquire from the lady selling at the religious articles counter at the back of the chapel. Please join us as we endeavour to fulfill the objects of the Catholic Women's League of Canada which shall be 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, in particular:

1. To exemplify and promote the ideals of true Christian womanhood in home and family life, and in the varied vocations and avocations which women in our day may undertake in the service of the local, national and international community.
2. To uphold and defend the values of Christian education.
3. To recognize the human dignity of all people everywhere, and
4. To contribute to the understanding and growth of religious freedom, racial justice, peace and harmony.

The feast of Our Lady of Good Counsel, April 26 will be celebrated in a special way this year as we will have our new banner inaugurated simultaneously. The banner will be exhibited at the front of the chapel every Sunday preceding meeting.

## LOCALLY YOURS UNDE

### Submissions

Deadline for submissions of the convention resolutions to be submitted to the Chairman Doug Johnston prior to the 16 March 1978 meeting in order that these resolutions may be presented to the general membership.

### Death Benefits and Insurance Policies:

All members are advised that it is their responsibility to inform their next of kin that these policies do exist. It is the responsibility of the beneficiary to claim this benefit.

### Training Course

PSAC are conducting a weekend training course on conventions. Interested members should contact D. Johnston at 832-3809.

### GLT Ratification

GLT ratification kits are due to arrive mid March with a deadline for return to Ottawa 7 April. GLT members are advised to watch their notice boards for dates and locations to cast their ballots.

### Next Regular Meeting

Next regular meeting of Local 705 will be held at Bldg. 24 on 20 March at 7:30 p.m.

### Agenda

Receipt of resolutions for the 1978 UNDE convention.

Election of delegates for the convention.

# ANNOUNCING THE 20<sup>TH</sup> ANNUAL MEETING & DINNER OF THE ASTRA CREDIT UNION LTD



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DANCING — 9:00 p.m.



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AT THE HOLIDAY INN  
CONTACT STEPHANIE SHUPER  
TICKETS \$9.00 832-1311 Ext. 371

Seven contestants will compete to see who represents this council from Winnipeg in May at the Regional Contest which is being held at Duluth, Minnesota. The winner of the regional contest will go on to the International Contest to be held in San Francisco in July.

Have you wondered what Toastmistress is all about? Here is your opportunity to find out. Public speaking is just a portion of the Toastmistress program. Their training program also encompasses the following:

- Developing poise and self-confidence
- Increasing the ability to express ideas effectively
- Improving conversational techniques
- Becoming a better hostess
- Analytical listening
- Evaluation

It also consists of learning efficient organizational techniques by:

- Planning an agenda and conducting a meeting
- Chairing a committee
- Recording the minutes of a meeting
- Preparing a budget
- Planning a program
- Learning parliamentary procedure.

The only requirement to be a member is a desire to learn. Dues are nominal. Toastmistress is a non-political, non-profit organization without regard to race or religion, and has members in 27 countries.

## BLOOD DONOR CLINIC "THANK YOU"

Commanding Officer,  
Canadian Forces Base,  
Winnipeg,  
Westwin, MANITOBA  
R3R 0T0

Dear Colonel McNaughton:

On behalf of the Canadian Red Cross Blood Donor Recruitment, Manitoba Division, thank you for once again allowing us to hold a Blood Donor Clinic at Canadian Forces Base, Winnipeg. Held on February 16th, the clinic resulted in a total attendance of 296 registered donors, 87 donating for the first time.

The clinic was the most successful clinic held at C.F.B. Winnipeg since 1975. The organizational ability, effort and enthusiasm of LT. Chic Young were key factors in the success of the clinic. We are grateful to LT. Young for the efficient manner in which he organized and promoted the clinic, canvassed donors, and arranged for volunteers and meals.

Please extend our sincere thank-you's to the C.F.B. Personnel who assisted our clinic team with the unloading and loading of equipment. Our appreciation is also extended to the volunteers of the Catholic Women's League and the Protestant Ladies Guild who work so efficiently and co-operatively.

A very special thank you is extended to each of the 276 concerned individuals who took the time to give the "Gift of Life". The need for blood is ever-spiralling as our population increases. Advanced medical techniques, such as open heart operations and organ transplants, are placing a strain on the blood supply. The Canadian Red Cross can only continue to meet the needs of thousands of Manitobans every year who require whole blood transfusions or blood component therapy with the continuing support of concerned blood donors, such as those at C.F.B. Winnipeg.

Once again, Sir, thank you for your assistance. May I look forward to your continued support in the future.

Yours very truly,  
Lynda K. Taylor, Exec. Assistant,  
Blood Donor Recruitment.

because only you can give  
the gift of  
*Life*



The ROYAL WINNIPEG BALLET is off at the end of this month to perform in New York. Last week they gave us a preview of some of the numbers they will be offering to the so-called sophisticated audiences in the Big Apple, and demonstrated once again that they have the energy and skill to make it big.

The program was made up of three numbers by the RWB's favourite choreographers, Argentinian Oscar Ariaz, and Canadians Norbert Vesak and Brian Macdonald. Vesak's *What To Do Till The Messiah Comes* was the opening ballet, danced to modern music by a number of pop groups. Although I have seen this ballet several times, I still am not sure what we are supposed to be doing in the interim period, except fool around a lot. However, the dancers were in top form, as they were in all the numbers.

*Pas D'Action* shows that the members of the Company have a fine sense of humour, and are not afraid to spoof the classical ballet. Sheri Cook, who danced the lead part of the Princess on opening night, was faultless in her part, and was well supported by four male dancers.

The final ballet, *Mahler 4*, so named because the music is Gustav Mahler's fourth symphony, was possibly the best and most beautiful of the three. This examines the happy aspects of life and death, and ends with a picnic in Paradise which gives the ballets its sub-title of "Eternity is NowLL. Costumes and lighting combined with more excellent performances, made this a real joy. If the Company can sustain this standard in New York they should score highly.

\*\*\*

The MANITOBA THEATRE CENTRE will open Shakespeare's *Measure for Measure* on March 17th, and should continue its winning ways with this sensual comedy. They had another hit show at the Warehouse during the past three weeks in *The Sea Horse*, which featured fine acting by Robert Haley and Kathleen Perkins in the two person show. If you missed it, too bad. Small casts required fine direction, and in this case it was provided by Irene Hogan, in what was her farewell shot at the Warehouse. Ms Hogan served this season as Resident/Director, and was plagued by sick and injured actresses, but this final show proved that she was a fine choice, and is truly a talented lady.



Nutrition and food queries will be answered by CAPT L. Know, SOFoodsS2, ACHQ in this weekly column. Please direct your letters to the Editor.

Question: I've seen a lot of advertisements which state that fibre is important in one's daily diet. They recommend bran flakes. What is fibre and what other foods can I eat besides bran flakes to get fibre in my diet?

Answer: Fibre (roughage) is the structural part of plants, i.e. the skin on a potato, the "kernel" of wheat. It contains many vitamins and minerals; these nutrients are lost in your diet when you eat refined foods such as white bread and refined cereals such as Sugar Pops. Fibre remains bulky as it passes through our digestive system and helps to mop out debris remaining after digestion and absorption. It's "bulkiness" may help you to feel "full" when you are on a reducing diet. Food sources of fibre are whole grain cereals (e.g. Granola, shredded wheat, bran flakes), whole grain breads, fruits and vegetables, preferably raw.

## USAF GENERAL VISITS

GEN. Robert James Dixon, the last serving member of the United States Air Force to have trained and fought with the Royal Canadian Air Force during World War II visited Winnipeg March 1 & 2.

He inspected an honour guard on arrival and was hosted by the Commander Air Command, LGEN. W. K. Carr.

General Dixon was born in New York in 1920 and joined the RCAF in 1941. He qualified as a navigator and later as a pilot flying Spitfires in Great Britain.

In 1943 he transferred to the USAF and flew 65 combat missions before being shot down

by flak and taken prisoner of war.

Following hospitalization, General Dixon served as a command pilot and flew during operations in Korea and Vietnam.

His decorations include: the Distinguished Service Cross, Distinguished Service Medal, Legion of Merit, Distinguished Flying Cross, Bronze Star, Air Medal, Purple Heart, British Distinguished Flying Cross, and French Croix d'officier de la legion d'honneur.

He is currently commander Tactical Air Command and is due to retire May 1.

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music reviews and syndicated columnist

**TEN YEARS OF GOLD**

For any singer or group to be able to lay claim to a decade of gold records is close to unbelievable. Take a few moments and just try to think of some artists that are red hot today that were around a decade ago. Some names come to mind, but very few.

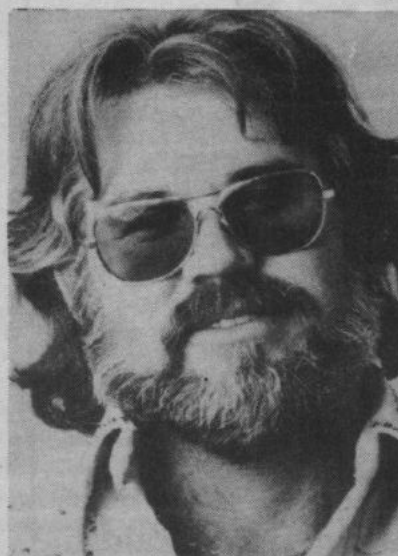
One of those names that immediately springs to mind is Kenny Rogers. He was on the top in 1968, and in '78 he's not only around, but probably bigger now than he was then.

LUCILLE  
Kenny Rogers had a brief hiatus from chart action after the break-up of 'The First Edition'. After singing with United Artists records, Kenny released his debut single for the label, "Love Lifted Me", which caught solid country action. The single re-introduced Rogers to music fans and led to an album by the same name.

It was the second single for Rogers that broke everything wide open. "Lucille" started as a country single, it quickly crossed-over to the pop charts and not only nailed down the number one spot, but sold well in excess of a million copies. With "Lucille" bringing Kenny gold from United

States and Canada and many other parts of the world, the chanter was back in the spotlight. The album, "Kenny Rogers", surpassed the wildest dreams of most people and quickly knocked off double platinum sales. Rogers and "Lucille" grabbed off a truckload of awards and 1977 turned out to be the best year ever for the native of Texas.

TEN YEARS OF GOLD  
With the release of "Ten Years Of Gold" (United Artists La-835) KR is again tasting the sweet fruits of success. Along with everything in the album being



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certified as a gold record, the album has reached the magic threshold to make 'Gold' gold.

Many of the songs in the "Ten Years" album were originally hits with Rogers being backed by The First Edition. This album is newly recorded, but done in the same exciting and tasteful style as the originals.

Along with the multi-million seller of "Lucille", Rogers includes the Mel Tillis composition about a war veteran that lays paralyzed in bed while his wife goes out to cheat on him. The song, "Ruby Don't Take Your Love To Town" was another one of those giants in the same sales pattern as "Lucille". He crosses the colour line with "Rueben James", adds the infectious strains of "But You Know I Love You", re-kindles the spark of "Somethings Burning" and returns to his psychodelic sounding "Just Dropped In", which swirls with surrealistic arp synthesizer and numerous gospel flavored vocal backings.

The album explores not just past triumphs of Rogers', but brings everything totally up to date. He offers his recent winners "Daytime Friends", "While The Feeling's Good" and "Love Lifted Me" and wraps up the set with Haggard's "Today I Started Loving You Again".

Album photography depicts each of the ten song titles cast in a golden bar. Album was co-produced by Rogers and Larry Butler.

DUES PAYING

One of eight children born to Edward and Lucille Rogers in Houston, Texas, Kenny began his singing with the local choir. He graduated to a high school group "The Scholars" who did a million dollars worth of a single called "Crazy Feeling". Rogers worked with the Bobby Doyle Trio, New Christy Minstrels, graduated to The First Edition and today is one of the hottest solo acts in the business.

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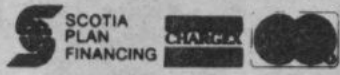


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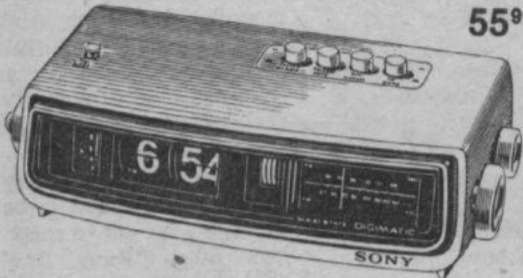


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