



Postair



Following the Canadian Forces

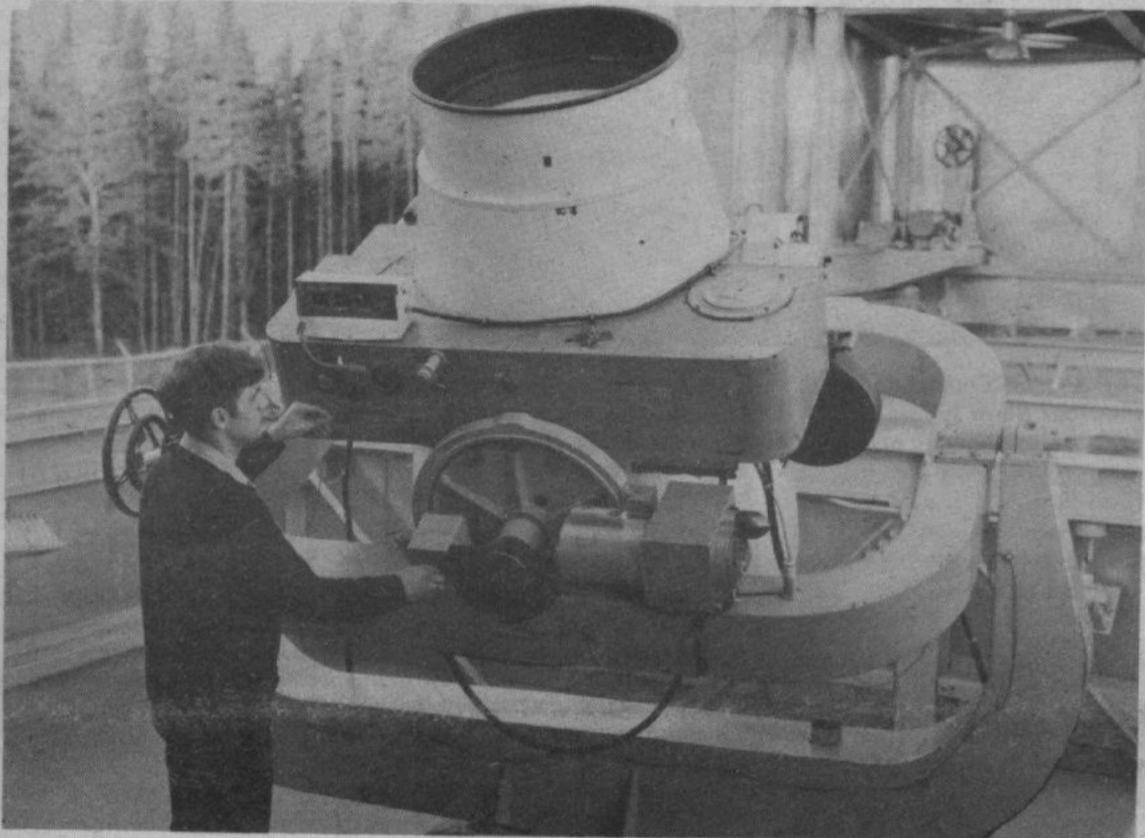
APRIL 26, 1978

CANADIAN FORCES BASE, WINNIPEG

ISSUE NO. 8

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SPACEWATCH



PTE James Thomas, 19, of Windsor, Ont., carries out a system check of the Baker-Nunn spacewatch camera at St. Margaret's, near Chatham, N.B. Part of NORAD's Satellite Detection and Tracking system, this powerful optical sensor can spot a basketball-sized object out to 20,000 miles.

(CANADIAN FORCES PHOTO).



FIRST FEMALE SKYHAWK WILL PERFORM AT ARMED FORCES DAY AIRSHOW MAY 28, 1978

PTE G. E. (Gaye) Toupin, 21, of Gores Landing, Ont., will become the first servicewoman in the Canadian Forces Skyhawks parachute jump team when they set off in May for the first of over 70 performances across Canada this year.

An administrative clerk in the base maintenance section at CFB Trenton, Ont., PTE Toupin applied to be a member of this year's jump team and was accepted. She learned her parachute jumping skill as a civilian when she logged 360 jumps with the Gananoque Ont. sky diving club.



Currently PTE Toupin, along with other members of the Skyhawks, is jumping daily at CFB Edmonton, to hone their routine before their first appearance in Yellowknife, N. W. T. in mid-May. The team will rehearse about six weeks before their first show.

When asked what she thought about being the first female member of the team she said, "The Skyhawks are a very professional, well-trained group; the training standards are tough, and I'm expected to meet the same standard as the men."

Daughter of Mr. and Mrs. Phil Toupin of Gores Landing, Ont., PTE Toupin joined the Canadian Forces in April, 1974. For the statistically minded, she is 21 years old, single, is 5 ft. 1 in. tall and weighs 110 lbs.



BOOB TUBE



EDMONTON — Everybody who watched the Olympic events in Montreal on the "boob tube" was probably impressed with the amount of, and quality of television coverage.

Well, coverage for the Commonwealth Games slated for Edmonton August 3-12, 1978 will not be quite as exotic but will nevertheless be extensive.

CBC was the Games' choice for Host Broadcaster. Its job will be to provide full colour electronic facilities for 20 television countries and services for 35 radio countries throughout the Commonwealth representing a potential audience of 500 million people.

During the Commonwealth Games held in Jamaica (1966), CBC sent down over 200 broadcast people to cover the event prompting one wag to suggest that the Games should have been billed as "Commonwealth countries versus the CBC".

In response to this unkind cut, CBC officials were quick to point out that they need a lot of people because they have the responsibility for coverage of

Canada in English and French for both radio and television.

This time more than 350 CBC employees from stations across Canada will join the special project team next July. And according to CBC vice president Don McPherson, Games coverage will be "our second biggest job, next to the Montreal Olympics. At Montreal we did use some equipment and manpower from outside the industry. Edmonton will be our largest exclusively CBC task to date".

For the 1978 Games, all ten official sports and the demonstration sport (lacrosse) will be covered electronically (as opposed to film) for television. This will require ten mobile units, 45 colour cameras and 35 videotape recorders. For radio and television commentators, more than 100 mini-consoles with microphones will be provided at the venues.

All mobile units will transmit to a Broadcast Centre, with six television and ten radio studios located in downtown Edmonton. In the centre, each of the rights-holding broadcasters will be able to produce or "package" its own program for its own country.

A 60-minute video taped summary of each day's highlights will also be available to rights-holders. Broadcast organizations without rights will be permitted to extract three, three-minute news items from each CBC daily summary.

As Host Broadcaster, CBC is obliged to broadcast live over its French and English television networks a minimum of eight hours each day of the Games. Radio coverage will also be provided throughout the day on both French and English networks.

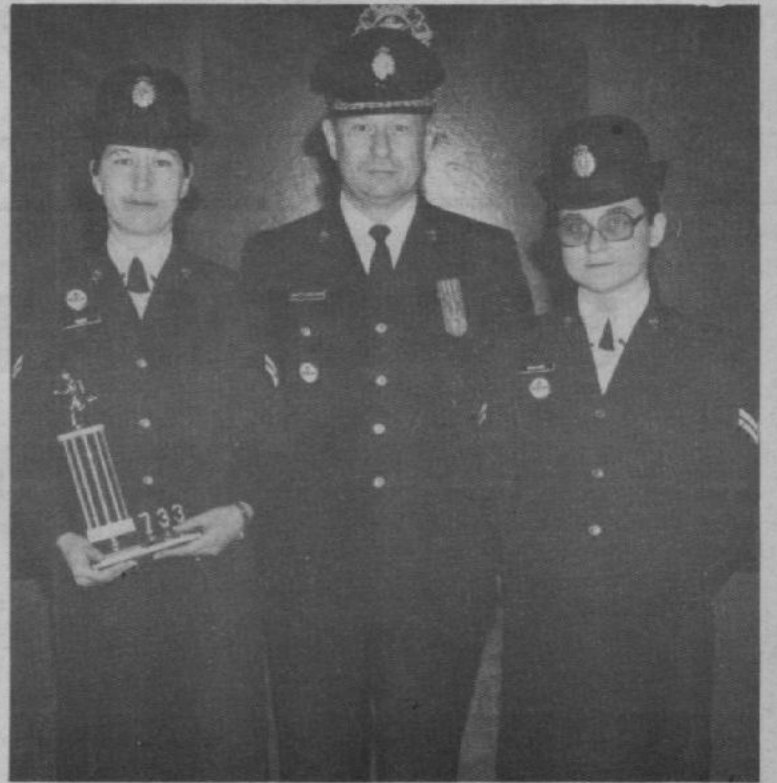
Outside the country, Radio Canada International will report the Games to the world in eleven languages. Total financing allotted to the CBC by the federal government for Games' coverage is \$8 million.

So, next summer, if you want to watch television coverage of Commonwealth Games track and field events, tune in to your friendly CBC — TV station, sit back, relax and enjoy.

733 COMM SQN PRESENTATIONS



L to R - SGT (Ben) Lee, Clasp to CD; MCPL (Thornley) Docker, Clasp to CD; CO 733 Comm Sqn, MAJ (Gordon) Shufflebotham; SGT (Leonard) Ryan, DET COMDR COMMDT Beausejour, Silver Jubilee Medal; MCPL (Roy) Switzer, CD and Silver Jubilee Medals. (BASE PHOTO)



L to R - CPL (Sylvia) Hann, 733 Comm Sqn Trophy for Aerobics Excellence, promotion to CPL; CO 733 Comm Sqn, MAJ (Gordon) Shufflebotham; CPL (Pauline) Bouchard, promotion to that rank. (BASE PHOTO)

MUST KEEP TO ALLOWANCE

By Dan Hodgert
Directorate of Social Development Services

Each year millions of dollars pass through the hands of our youth. As they spend increasingly more each year for motorcycles, cars, stereos, records, entertainment and clothing there is no doubt in my mind that their financial concern will grow as well.

Are we doing all we can to help them deal effectively with the complexities of the marketplace? I don't really believe so. I will admit that schools are offering more consumer oriented courses than they were a decade ago, but there is still much room

for improvement.

Where then can they get help? Right in your own backyard. Wise parents can do a lot to help their children cope with money problems and to learn to make financial decisions.

W. Scane Bowler, president of an American national financial services organization says that a properly planned allowance given to children in their formative years can help lead to a financially solvent adulthood. Bowler adds that a child's weekly allowance can be used as an important tool in successfully shaping his adult

life and that the entire spectrum of money management - saving, investing and budgeting - can be taught through that simple process.

Bowler offers these suggestions on allocating the allowance:

a. Determine actual monetary needs. Discuss them with the youngsters and make sure they fully understand why and how you have arrived at a specific sum.
b. Promise this amount on a regular basis and keep that promise, or don't promise it at all.
c. Be consistent. Rules need not be iron-clad but they should be firm. The child must realize that he or she has to live within the allowance.

d. Don't put a dollar sign on achievement. Monetary rewards should not be associated with good behavior or good grades in school. This can lead to unnatural pressures for money, and in some cases it can even be a cause of cheating.

e. Do not be overly concerned with what other parents in the neighborhood are giving their children. Do not permit allowances to "follow the Joneses."

f. By all means encourage the children to keep track of their expenditures as well as their income. This will act as a directional signal for future budgeting and savings.

IT'S CLUTTERED UP THERE

The disintegration of the Soviet Cosmos 954 satellite in Northern Canada in January has focused attention on just how crowded the outer atmosphere is with man-made material.

Twenty-one years after the launch of the satellite which inaugurated the space age, NORAD headquarters in Colorado Springs reported this week that there are 4,578 objects in space.

The first man-made satellite, a 23-inch aluminum sphere called Sputnik 1, was rocketed into orbit by the Soviets Oct. 4, 1957. It came down three months later.

Since then 10,744 space objects - instrumented payloads, rocket motors and debris fragments - have been detected and catalogued.

As of this week there were still 4,578 "things" floating around in space, most of them bits and pieces of decayed satellites and space probes. But there are 948

earth satellite vehicles and 56 space probes still functioning. The USSR has the most with 450, followed by the United States with 400. Canada has eight.

Since the space age begun, 6,165 satellite and space probe pieces of debris have decayed, the great majority completely disintegrating due to friction as they entered the earth's dense atmosphere.

Radar, optical and radio-energy sensors at various locations around the globe are used in the space detection and tracking system. They send some 20,000 observations daily to NORAD's control facility. Two optical sensors - Baker-Nunn cameras - are in Canada at CFB Cold Lake, Alta., and at 21 Radar Squadron, St. Margaret's, near Chatham, N.B. Others are in Korea, New Zealand, Italy and the United States.

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VOXAIR

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ALCARE

This article is as the result of many telephone and personal inquiries brought about by a previous, brief article on the Alcare Program.

It would appear that there is much interest in Alcare, what it is, and how it works. Many of those who have been in touch with us are family members and friends of those who have completed the program. More than just a few however, are people who have become concerned about their own drinking habits or those of friends and who are looking for some kind of an answer. We are always willing and receptive to such inquiries and make an open, standing invitation to all, to contact us at local 276/595.

The proof of the pudding, as they say, is in the eating and we would invite anyone who has attended the Program or whose spouse or friend has attended to submit their impressions as well so that we may all share this experience.

What is Alcare?

The Alcare Program is a twenty-eight day in-patient program designed to help persons who have come into difficulties through the abuse of drugs or alcohol, to look at, and hopefully, adopt a new lifestyle which will eliminate the need for these chemicals.

The Program is conducted on the third floor, north wing of Building 62, North Site. Participants are required to report on the Sunday evening preceding Program commencement date and most administrative matters are dealt with at this time. Commencing first thing Monday morning, the intensive treatment begins and it follows through to Friday of the fourth week.

During this period, all participants are required to "live-in" which means that they sleep and take all meals in the Alcare facility.

Does this mean that they are completely isolated for the whole twenty-eight days? No it does not. Alcare recognizes the need for and benefit from, outside participation, and stresses family involvement both inside the facility as well as in the home. Also, visitors, be they spouse, family, friends etc are encouraged at any time, providing their visit does not conflict with scheduled Program events. Participants are permitted to leave the facility providing they are accompanied by a responsible person. This includes any evening and on the weekends. They must return by 2300 hrs. except during the weekend of the third week when a weekend pass will be issued.

How does one "get on the Program"?

First, let's lay-to-rest a couple of the rumors. There is no-one on the base authorized officially or unofficially to "take names" for Alcare. If you have encountered an individual in your Mess or Club who is actively engaged in this endeavor please refer him to this article or, better yet, to the Alcare treatment team.

Another rumor is that Alcare has a quota to fill and will fill it any way they can. At time of writing, we are four weeks from the commencement date of the next Program and have ten referrals to-date. Our maximum capacity is twelve. We are not, we have not and we will not, indulge in a "witch hunt".

Having said this, let us now address ourselves to the question.

All persons who come on the Program do so by way of referral from a Medical Officer. This is a necessity even for volunteers as all participants are in-patients of the Base Hospital and that requires sanction of a Medical Officer.

Volunteers come on the Program by approaching their supervisor, Social Worker, Padre etc. who, after interview, if they agree that a drug or alcohol problem may exist, arranges an appointment with a Medical Officer. The individual can also approach the MO directly and discuss his problem. He can also approach either of the two full-time Alcare staff at local 267/595 or, better still, drop by the facility personally and discuss it with them.

Supervisor referrals come about when a supervisor recognizes a deterioration in work performance which he feels is as a result of drug or alcohol abuse or perhaps through a series of complaints from spouse or fellow workers. It is then his responsibility in accordance with CFAO 19-31 to refer the person to the MO for diagnosis and treatment.

Medical Officer referral takes place when, as a result of medical examination or sick parade attendance an MO detects one of a number of maladies which in his opinion are as a result of, or aggravated by, the use of drugs or alcohol. Some of these maladies might be: enlarged liver; high blood pressure; gastritis; obesity or various bodily damage as a result of fights etc.

In all the cases mentioned the only person qualified or authorized to make a diagnosis and referral to treatment is the Medical Officer. A supervisor is not required to state whether or not a member is a drug user or an alcoholic - that remains the responsibility of the Medical Officer. A supervisor's responsibility ends when he has detected the deterioration of job performance and referred to the MO.

How would attending the Program affect my career?

It could make a world of difference from the point of view of improved job performance and elimination of problems arising in the Mess or Club as well as problems with the family and peers. Things can and will improve given the proper circumstances.

However, this is not what is normally referred to when this question is asked. Normally what is meant is "what kind of adverse affect will it have?"

If there has been no career action taken against a person to-date because of chemical abuse, the only effect the Program will have, will be an annotation on the CF2034 Medical Record. If, however, a person has allowed his problem to increase to such proportions that there has been career action, say Counselling and Probation (C&P), then any affect the Program could have can only be seen as positive at any rate. There are no Course Reports or for that matter any other administrative reports as a result of attending this Program. In short if a person recognizes his problem and is wise enough to deal with it before he becomes an administrative problem, he should not and will not suffer career

UN R&D SECTION



U.N. DUTY . . . SGT Pete Shields of Moncton, N. B., and CPL Fred Herman of Dartmouth, N. S., don't usually have the time to pose to have their pictures taken; they are the reception and dispatch section for the Canadian Contingent, United Nations Middle East. More than one thousand members of the Canadian Forces - men and women in the regular and reserve forces - are serving with the United Nations in Egypt, Israel, Syria and Lebanon. The headquarters for the Canadian Contingent is in Ismailia, Egypt. SGT Shields came to Egypt from CFB North Bay, Ont. - 2nd CPL Herman from CFB Winnipeg.

(CANADIAN FORCES PHOTO)

repercussions. If however, he has allowed it to advance to the stage where he has experienced C&P then he must accept the whole responsibility for that himself.

In accordance with CFAO 19-31 this Program may be the last chance for those who have gone the "administrative route" (C&P) and failure on their part after completing the Program may very well result in an undesirable release. What is the Program? What will happen during it?

The philosophy of the Program is "to change conduct through changing attitudes". This is accomplished by providing the participant with a set of "tools" which, it is hoped, he can use to provide and maintain a better, more stable lifestyle for himself and his family.

This is done by using the many facilities open to Alcare. The medical aspect of the disease is explained and discussed by Medical Doctors; the mental aspect by psychologists and the social aspect by Social Workers. Also available and utilized are an array of professional and lay persons ranging from Alcoholic Anonymous to a psychiatrist. In short, if a participant feels he has a particular problem, he can be referred at his request to a

professional who can give whatever assistance is necessary.

The principle mode however, is group therapy which enables the participant to discuss openly, in confidence and to get some insight into himself, to help him see himself as others see him.

Also included are family sessions conducted by the Social Workers. It has been recognized that a major source of help and support available to a participant after completing the Program must be the family, especially for those suffering alcohol problems. Alcoholism is a family disease and thus the family must be treated - as a unit. Let's face it, who wouldn't have problems living with a person who has an alcohol problem. So, not only does the participant benefit from this therapy but the family members do as well both personally and in their relationship with the participant.

Next comes supervisor involvement. This normally takes the form of two, two hour sessions, one in each of the second and fourth weeks of the Program. This is of dual value. First it helps the participant see how his involvement with chemicals is affecting his job and/or personal life and, secondly it helps the supervisor to understand what his

subordinate is experiencing and helps "break the ice" in preparation for the participant's return to work.

What happens after the Program? Will I be left on my own?

That will depend on individual circumstances. The final phase of treatment or the "follow-up" phase will last one year. During this time, participants will participate in four scheduled one day sessions with the other members with whom he attended the Program. Between these sessions, a group leader will maintain regular contact with each participant.

For those with alcohol problems, Alcoholics Anonymous meetings are included as an integral part of the Program and it is recommended that involvement in AA continue after Program completion.

The above is a rough "thumb nail sketch" of what Alcare is all about and is not meant to answer all possible questions. Persons are encouraged to approach the treatment personnel regarding any further information which may be of help. Please feel free to contact them at any time - in particular the full time personnel at 832-1311 local 276/595 during normal working hours.



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ASC news news news news

CONGRATULATIONS are the order of the day at the squadron for MAJ Claude Naud, LCOL Earle Price, and LCOL E. J. Lewis. Claude figured out the statistical probability of his chances for promotion and is muttering something about skewed kurtosis. We knew the "Earl the Pearl" was a fast burner, but we didn't know he was in zone five A/B. It's been a long dry spell for E.J. however I'm convinced they were waiting for the right job to open up and you had better watch his smoke now.

Aerospace System Course 30 has returned from their Eastern Canada/United States trip with much knowledge and a few questionable quotes. To get an insight of the knowledge they gained you need to read the fourteen tour reports that are being produced; some of the quotable quotes are un-publishable but here are a few that should make it by the editor.

I've always heard the old adage "Let sleeping dogs lie" - well - ASC 30 has given it new meaning. Don't ask questions after being kicked awake by a fellow member, it may have already been asked. What is powered lift anyway? Is that lady screaming because of the fire alarm or because the elevator stopped on the 4th floor?

One of the companies visited is building the manipulating arm for the space shuttle. After deliberating for months on how many degrees of freedom the arm should have a believer took a hint from the greatest design engineer of all time and gave it the same degree of freedom as the human arm.

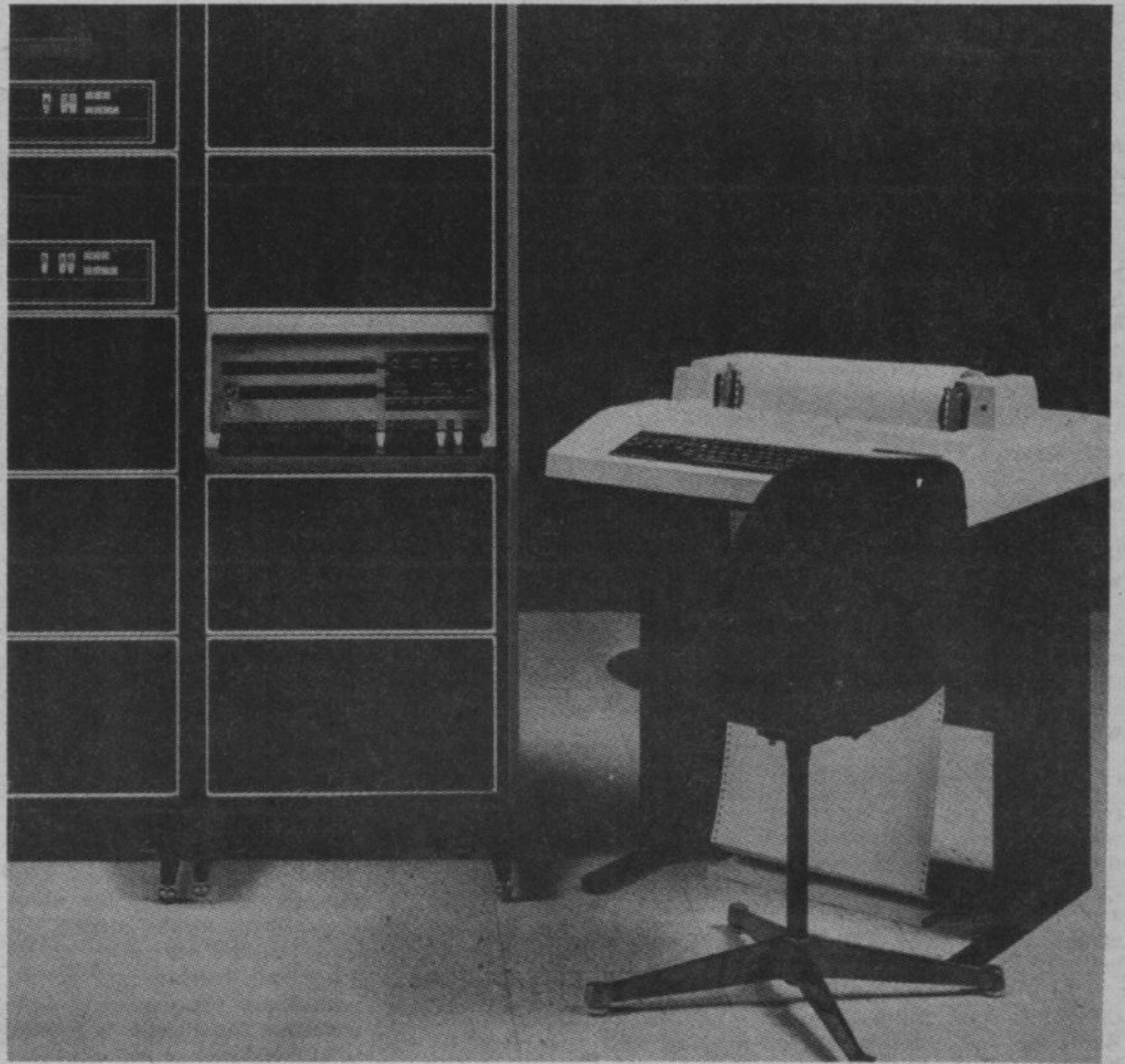
Did the General really crash both simulators at C. A. E? Maybe that's why flight safety came up with the regulation of no smoking 12 hrs prior to flight and no drinking within 50 ft of the aircraft.

While sitting at a lounge in Montreal trying to decide where to go for cuisine four guys from ASC 30 walked in and invited us to go with them. Well that sounds like a good place but we hate to break up that Mutt, Mutt, Mutt and Jeff combination you have there. Not bad coming from the guy that also won the magic-finger telephone award.

The competition between the staff pilots was tough on who had the best looking sun-glasses and who had to wear them the most. We must give the hiding/sleeping award to Dave only because the other pilot picked up a nickname. "Breaker 19 thisses issues thee ole Woodduck"; or was it Applechuck or Up-chuck? Could you tell me where the closes religious church is?

You have all heard that Philadelphia is the city of brotherly love - well - we now know where the city of sisterly love is. For further information contact your friendly CF/USAF Exchange Officer.

CEMIS AT CE



Commencing at the end of May 1978, the Base CE Section will be introducing a computer into everyday work methods. The system, called CEMIS Mk II by Digital of Canada Ltd., is designed to help people in CE to more quickly and effectively manage resources available to them.

Since the CE Section is in existence to perform a service to the Base, the CEMIS will provide a tool to place more current information at the disposal of the CE staff. The result of this will be a capability to keep the "customer" better informed about particular requests for work.

As with all computers, it is anticipated that CE staff will spend less manual effort in keeping current their MIS (management information system). At present the CE information system relies on display boards and manual records. To quote MGEN R. E. Ashton, Chief of Construction Engineering, who said, "emphasis can shift from recording what we ARE doing to deciding what we SHOULD BE doing (or should have done)".

All systems have some limiting factors. The CEMIS MK II will only be limited by the validity of original data, the ability of CE Staff to decide what information is required in a given situation, and the ability of CE personnel to interpret the information received.

Despite these minor limitations, CEMIS will provide the CE Staff with information needed to control the receipt and execution of CE work, to inform "Customers" of the status of individual requests, to provide routine or special reports to higher authority, and to identify areas where management control should be improved.

CEMIS Mk II is a major step forward for the CE Section and the staff should be able to have ready access to current information needed in the performance of their jobs.

PROMOTIONS

106 708 981	CAPT	Murphy, J.	1 Jan 78	CFANS
612 061 853	CAPT	Hunt, G.B.	1 Feb 78	CFPU
TO CAPT				
435 203 351	LT	Young, R.O.	31 Mar 78	BSUP
709 306 294	LT	Donley, M.W.	31 Mar 78	BCEO
437 231 194	LT	Gibbons, T.A.	25 July 77	2PPCLI
TO 2LT				
452 736 168	OCDT	Thompson, R.E.	15 Dec 77	CFANS
441 915 238	OCDT	Kitching, S.C.	15 Dec 77	CFANS
TO MWO				
612 139 675	WO	Leiper, R.M.	1 Jan 78	733 COMGRP
611 444 936	WO	Wharton, T.W.	1 Jan 78	BAMEO
TO SGT				
106 736 200	MCPL	Snelgrove, B.G.	1 Jan 78	BCOMPT
431 377 407	MCPL	MacDiarmid, A.N.	1 Jan 78	BAMEO
710 876 517	CPL	Rempel, R.C.	30 Jan 78	AIRCOM Band
612 536 631	MCPL	Rochon, A.D.	1 Jan 78	BOPS (MET)
432 496 644	MCPL	Ayerst, P.A.	1 Feb 78	2PPCLI
620 728 394	MCPL	Pryce, E.G.	1 Mar 78	2PPCLI
TO MCPL				
216 179 705	CPL	Wright, J.W.	19 Oct 77	BAMEO
613 357 243	CPL	Garrison, R.J.	1 Jan 78	BAMEO
612 100 800	CPL	Weber, G.A.	3 Jan 78	CFANS
431 738 400	CPL	Bootle, F.	1 Jan 78	2PPCLI
112 361 076	CPL	Evans, A.J.	1 Mar 78	2PPCLI
442 844 973	CPL	Flowers, K.	1 Jan 78	2PPCLI
620 912 212	CPL	Hoffart, D.R.	1 Mar 78	2PPCLI
446 364 978	CPL	Millar, R.J.	1 Feb 78	2PPCLI
712 524 677	CPL	Usipiuk, G.M.	1 Feb 78	2PPCLI
709 072 607	CPL	Vidal, E.D.	1 Mar 78	2PPCLI
TO CPL				
622 209 807	PTE(W)	Jasper, S.M.	4 Mar 78	Supply
622 063 170	PTE	Gilewich, C.B.A.	14 Jan 78	2PPCLI
450 156 468	PTE	Peck, R.P.F.	14 Mar 78	2PPCLI
451 469 985	PTE	Scrivens, G.R.	8 Mar 78	2PPCLI
110 570 777	PTE	Bright, D.G.	8 Mar 78	2PPCLI
712 347 376	PTE	Keswick, D.A.	16 Mar 78	2PPCLI
111 775 474	PTE	Wilkins, R.W.A.	9 Mar 78	2PPCLI
238 616 122	PTE	Saillant, J.A.R.	29 Mar 78	BTNO
229 956 826	A/CPL	Pitre, J.R.	19 Dec 77	BTNO
110 368 388	PTE	Desroche, J.W.V.	16 Mar 78	2PPCLI
714 447 752	PTE	Martin, D.R.	26 Feb 78	2PPCLI
TO A/CPL				
232 968 321	PTE	Pare, J.R.J.	5 Jan 78	ICEU
449 931 528	PTE	Smith, T.D.	22 Feb 78	2PPCLI
113 224 646	PTE	Snow, E.L.J.	26 Jan 78	B Traffic
240 137 455	PTE	Morin, J.L.	24 Feb 78	BTNO
457 135 226	PTE	Huston, D.L.	6 Jan 78	CFS Churchill

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WO'S AND SGTS MESS NEWS

The past month in the WO's and SGT's Mess saw a very active and interesting period of entertainment. March eighteenth was the Saint Paddy's Day Candlelight Dinner and what a gala affair it turned out to be. The evening started in the upper lounge with cocktails served from a bubbling, misty fountain in the center of the room. Delicious, hot hors d'oeuvres of deep fried scallops and beef tenderloin were served throughout the cocktail hour. Dinner was served in the dining room and consisted of a consomme, coquille St. Jacques entree and the main course of prime rib of beef followed by a delicious dessert of Baked Alaska. In the upper lounge we were later treated to a floor show of Irish songs sponsored by the associate members and then entertained the rest of the evening by the exciting sounds of "Harvest". The event was a complete sellout and by all the happy faces in the crowd certainly successful.

Sunday the nineteenth of March was the Fifth Annual Associate Members Auction called by the one and only "Auctioneer" Mr. Jimmy Duff. Proceeds from this auction went to the Timmy Foundation and other worthwhile endeavours of the associate members. This auction, like those in the past, proved to be a very entertaining and worthwhile occasion with enthusiastic bidding on an excellent variety of goods. We are looking forward to next year's auction which Jimmy Duff says, "Will be even bigger and better".

We opened the month of April with a Bingo/Dance on the first with a fair size crowd. The jackpot of \$250.00 did not go and therefore \$300.00 is up for grabs in May. On Friday the seventh of April a Mixed TGIF was held with a good turnout of members and everyone had a great time playing darts, cards and shuffleboard. A delicious dinner of fried chicken and trimmings was served from six to eight and there was a musician to dance to later in the upper lounge. The fifteenth of April saw a nice crowd out to attend the Spring Fling and enjoy the music and singing of the band "One-of-a-Kind".

Saturday, the twenty-ninth of April is the big evening we're all waiting for and anyone who misses out on the Mixed Mess Dinner will certainly be disappointed. Cocktails will be served at seven o'clock in the upper lounge and dinner in the dining room at seven-thirty. There will be dancing later in the upper lounge to a new, superb group called "Mark Five".

May is going to be an exceptionally busy month with something interesting for everyone to do. We open the month with a "Gong Show" and any who feel that they would like to participate in this fun-packed event is asked to contact either Mr. Jimmy Duff or SGT Ron Buck at 832-1311, local 242 during normal working hours. Although it is not advertised on the monthly calendar, there will be food on this event of Kentucky fried chicken and chips. The evening will be rounded out with dancing to "Ted Fraser and his Band". Friday, the twelfth of May is a Mixed TGIF with games for everyone, dinner served from six to eight and dancing later to a musician.

On Sunday the fourteenth there is a very special event planned in the form of a "Mother's Day Mardi Gras". Be sure to attend and bring your favourite "Mother" out for this memorable "New Orleans Spectacular". A delicious T-Bone Steak Dinner is planned with all the trimmings and a seven piece Dixieland Jazz band from the Winnipeg Jazz Society will be playing from three until nine in the evening. Not only will this group be playing Dixie music but you'll enjoy their "Big Band Sounds" of Glenn Miller, Tommy Dorsey, etc; definitely music to dance and relax by. All female ticket holders can look forward to a couple of pleasant surprises also. The cost for this delightfully different Mother's Day is only three dollars. Anyone wishing to attend for the music only is most welcome, at no cost. So fellows be sure to give that little lady of yours a very special "Mother's Day" this year.

The eighteenth of May is the wives Meet and Greet Club meeting and all members and associate members wives are most welcome.

Saturday, the twentieth of May is the Sportsman's Bingo/Dance. Prizes for this bingo will be purchased specifically for the sports-minded and outdoors people in general. The jackpot will be \$300.00 in 53 numbers with a \$25.00 consolation. Dinner will be served at nine forty-five in the dining room and dancing later to a musician in the upper lounge.

The Armed Forces Day Reception on Saturday the twenty-seventh is another special event to look forward to. Cocktails will be served in the upper lounge from seven-thirty until nine o'clock and hot hors d'oeuvres will be served with your cocktails from eight until nine. Dancing will be from nine until one to the fabulous sounds of the band "Harvest". Dress will be informal and there is no charge for this special event.

There is, as you can see, something interesting planned for all our Mess members. ENJOY YOURSELF AND SUPPORT YOUR MESS.

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CWL NEWS (SOUTH SIDE)

Our meeting this month was held April 9th. It was the last meeting of this fiscal year and we had our best turnout of the year. A lot of material was covered as this is a busy month for CWL activities in our parish.

The most important event discussed, of course, was the upcoming Confirmation, which comes once every two years. This year it is being held in our parish on the 23rd of April. We will be preparing the hall, serving the luncheon and several of us will be meeting the Bishop, some for the first time.

Also discussed at the meeting were our plans for celebrating the Feast of Our Lady of Good Counsel, patroness of the Catholic Women's League. We will be joining the ladies from the North Site for this celebration which will include the crowning of Our Lady and the installation of the new executive of both councils. This will take place at Our Lady of the Airways Chapel on the 26th of April.

A very important part of this month's meeting was the election of the new executive. We were very pleased to have candidates for all of the positions available and to have several new ladies on the executive. We also took the opportunity to thank the members of the former executive for faithfully fulfilling their roles during the past year.

The new executive is as follows:

Lucille Granger - President
Pauline McLellan - 1st Vice President

Noreen D'Eon - 2nd Vice President

Maureen Zimmerman - 3rd Vice President

April-Ann Zimmerman - Secretary

Hilda Bergeron - Treasurer
Antoinette Daniels who has done a terrific job as President for the last two years will be continuing on the executive as Past President.

As you can see we have a full slate of officers for the coming year and if the enthusiasm generated at the meeting is any indication of future response we should have a terrific year. CWL is certainly not all work and no fun, therefore, in keeping with this, we concluded the meeting with a demonstration of cake decorating and a little wine tasting. The ladies all had a chance to try their hand at it.

On Sunday, April 16th we were invited to Our Lady of the Airways to listen to Sister Rolande Dufault speak about Villa Rosa, a home for unwed mothers. Several of our members attended and found it a very worthwhile experience. Sister Dufault is a very interesting speaker and we could not help but be influenced by her enthusiasm. We would like to thank CWL of Our Lady of the Airways for inviting us to share in this experience.

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NEW CHAP-GEN (PROT)

COL Stanley M. Parkhouse, 54, of Fergus, Ont. and Ottawa, Command Protestant Chaplain for the Canadian Forces Air Command, will be promoted to brigadier-general in September, Defence Minister Barney Danson has announced.

In his new rank he will be appointed Chaplain-General (Protestant) for the Canadian Forces, succeeding BGEN Colin D. Nickerson, 59, of Mahone Bay, N. S. and Ottawa, who is retiring after 31 years of service.

COL Parkhouse enrolled in February, 1942, during the Second World War and was an air navigator in the Royal Canadian Air Force until May, 1945, when he returned to civilian life.



After re-enlisting in the R. C. A. F. Supplementary Reserve he obtained a Bachelor of Arts degree from the University of Toronto in 1948, and later a Bachelor of Divinity degree at its affiliated Victoria College in Toronto.

Having transferred to the Regular Force in May, 1953, and following officer training, COL Parkhouse's first Regular Force assignment was to RCAF Station Winnipeg that September.

Since then he has been chaplain at RCAF Stations North Bay, Ont., Clinton, Ont. and Comox, B.C.; in Germany at 3 Fighter Wing Zweibrücken, and 1 Wing, Lahr; and in France at 1 Fighter Wing Marville.

From July, 1969 to July, 1973, COL Parkhouse served as Command Protestant Chaplain for Maritime Command with headquarters in Halifax. Prior to his current appointment in Winnipeg, which began in January, 1976, he was Director of Pastoral Activities at National Defence HQ in Ottawa.

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PATRICIA REPORT



KAPYONG

BATTLE 25 APR 51

The Second Battalion Princess Patricia's Canadian Light Infantry was raised on 15 August, 1950 and was the first Canadian unit to go into action in Korea.

On 24 April, 1951 the Chinese People's Liberation Army launched a crushing attack against Seoul, capital of the Republic of South Korea. The 2nd Battalion Princess Patricia's Canadian Light Infantry and the 3rd Battalion The Royal Australian Regiment were ordered forward as part of the 27th Commonwealth Brigade to block the main enemy approach along the Kapyong River valley. The Battalions dug in on two high features which straddled the valley at its narrowest point, and awaited the onslaught of the enemy.

That night, the Chinese launched savage human wave attacks against the Australian and Canadian positions. The Australians were forced to withdraw, leaving the Canadians alone to stop the enemy drive. All through the night wave after wave of screaming enemy infantry

closed with the defenders. Finally, friendly artillery was called down onto the battalion's position in order to stem the enemy tide.

At dawn, the enemy withdrew. Shortly thereafter, the battalion was relieved marking the end of the Chinese offensive.

The Battle of Kapyong was a critical turning point in the Korean War. In recognition of outstanding valour and steadfastness in the face of overwhelming odds, the President of the United States awarded the United States Distinguished Unit Citation to the Second Battalion Princess Patricia's Canadian Light Infantry, the Third Battalion The Royal Australian Regiment and Company A, 72nd Heavy Tank Battalion (United States Army). Serving members of the Second Battalion and veterans of the Battle of Kapyong continue to wear the Presidential Citation, a blue patch on the shoulder of the tunic, and a Kapyong streamer is attached permanently to the Battalion Colours.

tremendous pressure (on the ice and boards). The officers realizing the possibility of an extended war decided to employ their secret weapon at the height of battle, and in a flurry of staff work, planning and command decisions approval was given by Supreme Allied Command to employ "Dangerous Drew" (the infamous and most feared weapon in the arsenals of the Cadet Corps of Canada). Once approval was received the weapon was beamed down, with reasonable accuracy (it unfortunately materialized in the Tuxedo Ladies Auxillary Club and had to be transported the rest of the way by horse and buggy). The weapon was instantly thrown against the frenzied Klingons who by this time had penetrated the officers line of defence to a dangerous level. Counter attacking and ruthlessly employing their secret weapon the officers soon seared three direct hits against the main armour of the Klingon force, checking their advance and pushing them back into their own frontiers. Even with the secret weapon victory was not easy and the Klingons fought on with determination until the bitter end. The final "Tally" of the battle was nine to six in favour of the Officers. Casualties as follows:

a. Officers

- (1) Wheels Honig - Dehydrated during combat.
- (2) Sunshine Beattie - Shot repeatedly, got mad and went home.
- (3) Twinkle Toes O'Brien - tried playing his hockey stick but broke his fingers.

- (4) Wild Bill Hunter - blasted during combat but fortunately submitted plans for the redecoration of the mess prior to becoming a casualty.

- (5) Bo Bo Spence - upset stomach after eating 12 pucks.

Although the battle has been won the Klingons are reported to have started concentrating and training for the next battle, which is feared will prove to be an even more devastating confrontation.

b. Klingons

- (1) Grumpy Bashura - sent on TD
- (2) Lasy Ironstand - fell asleep during a break-a-way and didn't stop.
- (3) Cocky True - contacted bench sores while employed as the reserve force.

- (4) Darling MacDonnel - was distracted from playing by the careful positioning of pretty ladies around the rink.

MEMORIAL SERVICE

To honour those members of the Second Battalion Princess Patricia's Canadian Light Infantry who fell while serving with the Battalion in Korea a Memorial Service was held at the War Memorial on Memorial Blvd and York Ave., and the grounds of the Manitoba Legislative Building.

Taking part in the parade were 200 members of the Battalion. Also in attendance were MGEN G. G. Brown, CD, Colonel of the Regiment, BGEN P. J. Mitchell,

CD, Commander 1 Canadian Brigade Group, The Honourable F. L. Jobin, Lieutenant-Governor of Manitoba, His Worship R. Steen, Mayor of Winnipeg, and Mr. Thomas R. Hutson, Consul General of the United States, who read the Distinguished Unit Citation awarded to the Battalion by the President of the United States for outstanding heroism and exceptionally meritorious conduct during the Battle of Kapyong, 23 to 25 April 1951.

PARADE

On Saturday 22 April, the Second Battalion Princess Patricia's Canadian Light Infantry marked the occasion of the 27th Anniversary of the Battle of Kapyong with a parade held on the parade square of Kapyong Barracks.

Approximately 200 members of the Battalion took part in the parade which included a band concert featuring the Air Command Band from Canadian Forces Base Winnipeg and a demonstration of the Battalion training.

The training display included unarmed combat, internal security and Nuclear Biological and Chemical Defence training. Equipment and weapons on display included wheeled and armoured tracked vehicles, personal weapons and the recently acquired TOW anti-tank guided missile.

The guest of honour for the parade was MGEN G. G. Brown, Colonel of the Regiment for the Princess Patricia's Canadian Light Infantry.

SNR NCO/OFFICER HOCKEY

Afteraction Report - On 7 Apr 78 the Senior NCO's and Officers of 2PPCLI met on the hockey rink and engaged in mortal combat (The NCO's will hereafter be referred to as Klingons). The officers had been greatly aided by the clandestine capture of the Klingon operation order which included a myriad of useless information which of course was studied and analysed in great detail by the officers.

The battle was joined in the early afternoon of 7 Apr after the courage and determination of both friendly and enemy forces had been bolstered by drinking copious quantities of beer, potato chips, nails, bullets and other assorted health food items. From the onset it was a most tenacious struggle with neither side being able to achieve a decisive victory. The see-saw battle continued on and on with the Klingons exerting

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CANADA SAFETY COUNCIL

FIRST FEMALE GCA CONTROLLER



CPL M. H. (Helen) Bowman, 25, of Bath, Ont. became the first Canadian Forces service woman to qualify as a ground control approach air traffic controller here last week.

CPL Bowman joined the Canadian Forces in 1970 as a teletype operator. In 1975 she transferred to the air traffic control trade and attended courses at CFB Borden.

To achieve her present status as the first Canadian Forces service woman qualified in GCA, CPL Bowman completed a three-month course on radar control which emphasizes the alignment of surveillance and precision scopes, and aircraft control procedures.

Following formal training, CPL Bowman returned to CFB Edmonton for three-months field training on precision aircraft approaches. She completed her field training March 21, 1978 thereby becoming the first female qualified GCA air traffic controller in the Canadian Forces.

CPL Bowman is married to former CF SGT Gary Bowman. She is the daughter of WO and Mrs. Walter MacDonald, PO Box 416, Purdy Road, Village Meadows, Bath, Ont.

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ENERGY CONSERVATION

NATIVE INDIAN CULTURE: A Lifestyle Balance With Nature

The traditional way of life of the Canadian Indian was one of balance with nature. Animals were hunted to supply both food and



clothing, but only enough was taken to satisfy the tribes modest needs. Enough healthy animals were always left to continue the species. The Indian religions feature a spirit in all animals that made them sacred. Even the

plants, trees, mountains and streams were believed to have a spirit. Transportation was by foot or canoe which placed no demands on the natural balance. Other than food the energy required from the environment was for heat. This was supplied by wood - a renewable resource. In the Indian lifestyle as in nature everything was recycled.

Our present way of life is built upon living off a legacy from the past. Most of our energy comes from fossil fuels (gas, oil, coal) that were stored by plants and animals many millions of years ago. We cannot live off this saving forever. If we are to survive we will have to develop a lifestyle like the Indians that is in balance with nature. Our technology may allow us to preserve some of the conveniences we now have.

Try to predict what you think the world would be like if we take from our environment only those things that are renewable. A careful study of the old Indian way of life may teach us some valuable lessons.

DE-ENERGIZE THE BATHTUB

For those of you who don't like to take a bath, even if you need it, here are four easy ways of reducing the amount of heat used and wasted in a bath tub.

1. Choose between a bath and a shower. One uses less water and it's easy to find out. Just take a shower and leave the bath plug in and see how much water you have used. It will either be more or less than your regular bath. If the tub overflows you'll know without measuring.

2. When you are finished taking a bath, don't pull the plug immediately. Wait until the water is cool. The heat will go into your home instead of down the drain. In the summer, however, pull the plug quickly to get rid of the heat.

3. Don't be a 'hot bug' when you bath or shower. Use cooler water. It saves energy and is better

for you.

4. Don't bath so often, Don't worry about it. Your friends will



soon tell you if you need another bath and look at all the water and energy you'll save... you'll be a hero!

"HELP GEORGE DO IT"



HONORARY APPOINTMENTS

Honorary appointments for two retired Canadian Forces generals were announced today (March 30) by ADM Robert H. Falls, Chief of the Defence Staff.

LGEN Jacques Chouinard, of Montreal, has been named Colonel Commandant of the Infantry Branch effective June 1, 1978. He succeeds MGEN George Kitching of Toronto, who is retiring from the three-year appointment.

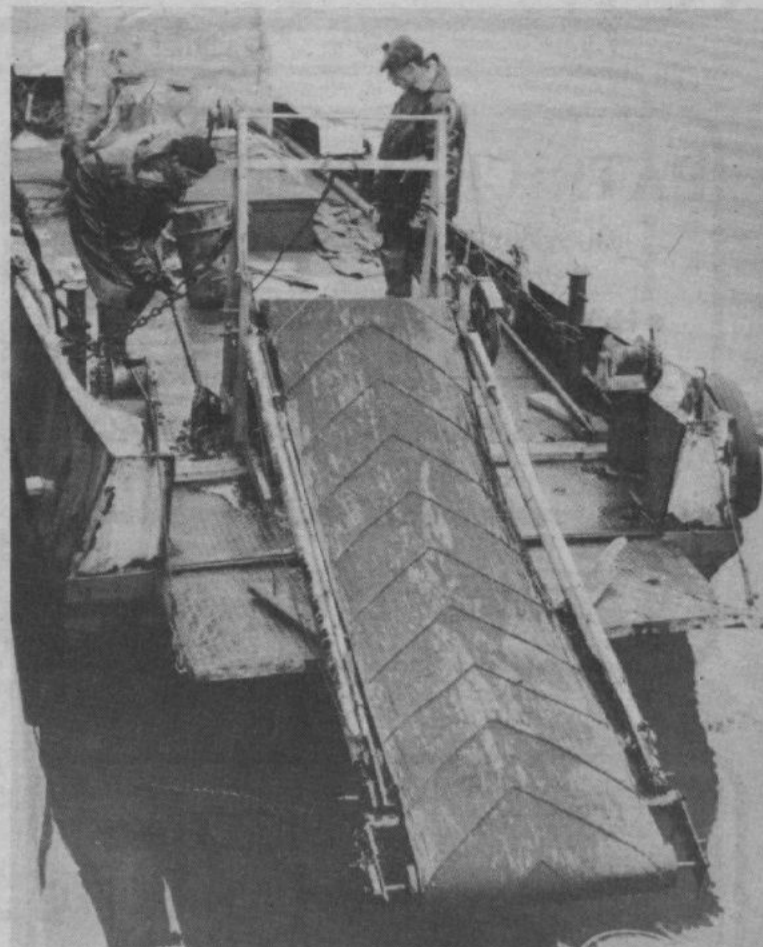
GEN Chouinard retired as commander of Mobile Command in December, 1977.

BGEN Patrick V. B. Grieve of Toronto is the new Colonel of the Regiment of the Royal Canadian Dragoons, effective July 20, 1978. He replaces COL Merritt H. Bateman, of Quyon, Qué., who has held the position for three years.

BGEN Grieve was commandant of the Canadian Land Forces Command and Staff College in Kingston, Ont. when he retired in October, 1976. He now resides in Ottawa.

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- \$10,000 spouse.
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NEW SUMMER DRESS



Rear Admiral John Allan, associate assistant deputy minister, materiel, tries on an Arab-style outfit during his visit with the Canadian Contingent, United Nations Middle East, in Ismailia, Egypt. During his visit to the Middle East, March 8 to 15, RADM Allan visited members of the contingent in Ismailia, El Tasa in the Sinai Desert and the Canadian logistics company on the Golan Heights on the border between Syria and Israel. The admiral also spent one day with the Canadian Contingent, United Nations Force in Cyprus. Assisting the admiral are: Mr. Latiff, an Egyptian entrepreneur who owns a number of concessions near the Canadian camp, and COL R. H. Annis, deputy commander of the contingent. (CANADIAN FORCES PHOTO)



music reviews and syndicated columnist

HOLLIES STEALING IT

Individually they are: Allan Clarke (vocals), Tony Hicks (lead guitar & vocals), Terry Sylvester (vocals & guitar), Bernie Calvert (bass & keyboards) and Bobby Elliott (drums). Collectively they are known as The Hollies, a group that can lay claim to having sales in excess of twenty-five million records.

The Hollies are known for their distinctive counter-point harmonies and solid musical abilities. These points are brought home in their latest album "A Crazy Steal" (Columbia PES 90444), which is the latest in a

pyramid of hits, that now include such classics as: "He Ain't Heavy, He's My Brother", "Just One Look", "Carrie Anne", "Bus Stop" and "The Air That I Breathe".

departed and Bernie Calvert became the replacement for him. Bernie had worked with Tony and Bobby during their days as 'The Dolphins'. Graham Nash left in 1968 to head for the United States where he would subsequently team with Crosby and Stills. Terry Sylvester took over Graham's place. Terry had been part of 'The Escorts' and

The Wall' and move into a medium-paced shuffler "What Am I Gonna Do" which features the Hollies trademark - harmony at it's finest. With "Let It Pour" they move into a slightly more up-tempo vein somewhat reminiscent of their early works.

"Burn Out" is a high powered solid energy mover that gets a good vocal workout with ringing guitar riffs and hand-claps, while "Hello To Romance" features the more emotional side of the group. They open "Amnesty" acappella and are joined by a softly flowing acoustic guitar. As the song



long line of hit material since the group's forming back in the by-gone era of the early sixties.

LANCASHIRE 1963
The story of the Hollies goes back to Lancashire, England and dates back about fifteen years. In 1963, five guys under the banner of The Hollies were working to capacity crowds throughout the Northern Part of England. Record producers Ron Richards travelled to Manchester and signed the group. Shortly after their signing the first of almost thirty hits began to chart. It was "Ain't That Just Like Me" and it was on that song that The Hollies built their

talent line-up and with the exception of Allan Clarke who left for about a year or so (he was replaced by Mikael Rickfors from Sweden) and returned to the group in mid-73 and Mikael returned to Stockholm.

CRAZY STEAL
Of the ten songs in "A Crazy Steal", Hollies members Clarke, Sylvester and Hicks wrote eight with "Amnesty" being penned by Douma and "Boulder To Birmingham" coming from the combined pens of Harris and Danoff.

They open the set with a reasonably laid-back "Writing On

builds, more instruments join in and with a flavorful offering of strings the song builds to a crescendo of sound. Set rounds out with the Latin styled "Caracas", "Clown Service" and "Feet On The Ground".

Hollies fans will enjoy this one. Other albums by the group include "Live" (their best set ever), "Another Night" and "Greatest Hits".

KINGSTON WINS

Canadian Forces Base Kingston are the 1978 National Volleyball Champions, after defeating CFB Valcartier, in the finals, on Sunday, 16 April, at Lipsett Hall Gymnasium. At the conclusion of the round robin, which began on Friday, 14 April. Valcartier emerged in first place, followed closely by Winnipeg, Kingston, Greenwood, Esquimalt and Europe.

In the semi-finals Valcartier easily defeated Greenwood in three straight games while on the opposite court a marathon battle, which lasted two and one-half hours saw our own Winnipeg team playing superbly, finally losing to Kingston in the fifth and final game, 17 - 15.

In the final competition, the high spirited and talented Kingston team rolled over the powerful Valcartier club in four games.

The tournament officially commenced with a march past of athletes who passed in review before BGEN J. J. Veronneau, representing the Commander Air Command. The festivities concluded with a banquet attended by BGEN Veronneau and two highly informative and qualified speakers, Mr. Dennis Nord, past coach of the Men's Canadian National Volleyball team and Mr. Wezer Bridle, Director of the Manitoba Volleyball Association and past president of the Canadian Volleyball Association.

Now that the cheers have ceased and the courts are vacant, this old player, in retrospect, realizes that it was perhaps the best played, most highly organized and most enjoyable CF National Volleyball Championship ever staged. Once again Kingston, congratulations; to CFB Winnipeg "You Done Us Proud".

NEW APPOINTMENTS

Two Canadian Forces brigadiers-general will trade jobs with each other this August in Ottawa and Montreal.

BGEN Claude A. LaFrance, 48, of Quebec City, director-general policy planning at Defence Headquarters here, will become commander of 10 Tactical Air Group, headquartered in Montreal.

BGEN J. L. Roger Lacroix, 47, of Hawkesbury, Ont., now commanding 10 TAG, will move to Ottawa to take the policy planning appointment.



NEW DEPUTY COMMANDER



LGEN Kenneth E. Lewis, 48, of Calgary and Ottawa, will be appointed deputy commander of NORAD EFFECTIVE August 8. (CANADIAN FORCES PHOTO)

GIMLI ART CLUB

The Gimli Art Club is attempting to contact the following members who where stationed at RCAF Gimli regarding the 10th Art Show to be held July 15th/16th. "Lila" Hank Thompson

- "Shirley" Bezanson
- "Margot" Reis
- Mrs. Lee Jaughlin "Jaughin"
- Julie Folk
- Carmen Schultz
- Joan Collard
- Vera Griffith
- Charmaine Nickleson
- Donna Edwards
- Judy Kanee
- McLeod Fiddler
- Valerie Berteig
- Gary Berteig

Contact Ann G. Rudd at Box 112, Gimli for further information.

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FRIDAY 28 APR 1600 hrs

CHILD SAFETY WEEK 1ST - 7TH MAY

Children are the apple of the parents' eyes, the joys of their hearts and the pride of their very existence, and yet we, the adults, through carelessness, non-attention and just plain ignorance, cause them to be crippled, maimed and even die every day.

Each year more than 650 children die in traffic related accidents, nearly 275 drown, approximately 175 die of suffocation and almost 160 are killed in fires in Canada. These mind boggling figures are only the fatalities, the accident figures are staggering in comparison.

Teaching children to identify and avoid potential hazards, as well as to provide a safe and healthy environment for them to play in is the sacred duty of every parent and adult in the country.

May 1-7 has been designated as "Child Safety Week". The idea of having a week so designated is commendable, but our efforts should be especially emphasized during this time to plan and deal with the existing and potential hazards to the health and safety of our children, and the rest of the years to the follow-up and updating of ideas.

With these thoughts in mind, a few points come to mind and could be considered as a basic starting point.

1. Education through example is probably the main line. A child who is brought up being transported in a vehicle which constantly exceeds the speed limit will undoubtedly do the same as he becomes a driver. A child who's parents don't use seat belts in cars or life preservers in boats will probably not bother when he or she becomes an adult, and the parent who doesn't practice and explain the basic safety precautions in any endeavour with his children may never become a grandparent.

2. Children, and especially very small children, are curious. Everything is new to them. Flowers are pretty, birds are pretty, the pet dog or cat is fun but so is the bottle of bleach on the kitchen floor, the drain cleaner on the bathroom floor or the table lighter on the coffee table, the uncovered power mower in the back yard, and so is that unattended barbeque that is burning beside the lawn chairs. Do not put temptation in the way of children, and as they grow, explain all of the potential hazards as they become able to comprehend.

These are merely a few examples. Use them as a starting point, start your own campaign, not for a week, but for a lifetime (the lifetime may be your child's), and help the country to cut those drastic figures and to make your and my community a safe and secure place for our children.

Voxair Variety BY JOHN LAUDER

The final performance by the ROYAL WINNIPEG BALLET for this season turned out to be both delightful and dramatic, not to mention demanding and dedicated. Three of the numbers were new to Winnipeg audiences, which added to the enjoyment.

There is a noticeable similarity between the performing arts, particularly ballet, and the martial arts. The first number was called *Festival*, and was much like a drill team at work, except that the uniforms were not just green, but bright hues of orange, red and violet. The second number, a *Pas De Trois*, in the classical tradition, demonstrated the discipline necessary in dance - which is even stronger than in today's military activities.

The third ballet was *Women*, in which five gals let it all hang out as they demonstrated their troubles with the world. It reminded me of the current controversy about female fighter pilots. (I am told that Col. Whathisname, the Golden King of the Sky, is worried that there will be a Queen of the Sky.) The final number was *Sebastian*, the story of a Moorish slave, danced with skill and feeling by Salvatore Aiello in the lead role. Here, again, the sacrifice of self, and dedication to others was parallel to some of the jobs assigned to military people.

Next year is the 40th for the RWB, and unless they lose too many of their present group of stars, it should be another fine season.

The MANITOBA THEATRE CENTRE production of *Royal Hunt of the Sun* opened last Friday and will run until May 13th. As usual, VOXAIR deadlines prevent a review at this time, but MTC has the ability to stage spectacle shows well, and this should be no exception. The cast of twenty-nine actors, singers and dancers will fill the stage, MORE-

and elaborate sets and costumes add to the excitement. Heading the cast are James Blendick, Peter Jobin and Alan Gifford, who have all given distinguished performances in earlier productions here this year.

Another spectacular show will be *McBeth*, the Opera Association presentation to be staged at the Concert Hall on the 27th, 29th and May 1st. All the violence of early day Scotland set to music, with imported sets and costumes. This is a new opera for Winnipeg, and should be well received.

MIDDLE EAST BLOOD DONORS

ISMAILIA, EGYPT...Late in the afternoon of March 7 the telephone rang in the office of LCOL L. N. Howlett, the senior medical officer here in the Canadian camp and the commanding officer of the Hospital Support Unit (HSU).

The caller was LCOL Prezdelacki, chief medical officer at the United Nations Emergency Force (UNEF) headquarters.

PTE Abu Hamid, a member of the Indonesian battalion in the UNEF buffer zone between the Egyptian and Israeli forces in the Sinai Desert, had suffered severe burns to the lower part of his body - more than 50 per cent of his total body surface. He needed blood donations to improve his 50-50 chance to live and to save his legs.

Shortly after the call, COL Howlett went to the Canadian radio station here, CFME, and asked for six volunteer blood donors in the A Positive Blood Group. By 2200 hours, more than 20 volunteers had submitted their names to the HSU and 12 of these had had their blood types checked by the UNEF hospital laboratory. One proved to be incompatible with the patient's type but eleven were ready to go.

With the assistance of all commanding officers concerned, the contingent's administrative unit and 116 Canadian Air Transport Unit, three donors were taken to the Hadessa University Medical Centre in Jerusalem on Wednesday and four more on Thursday.

While at the medical centre, each of the donors had the opportunity to visit with PTE Hamid. Even in his condition his gratitude was profound.

Each donor returned to the Canadian camp with a unique memento - a blood donor's card in Hebrew bearing the identification of the Hadessa University Medical Centre. In addition, a United Nations "Diploma for Voluntary Blood Donor" was awarded to the Canadian donors. On the diploma is the signature of MGEN Rais Abin, UNEF Force Commander, and that of the Force Chief Medical Officer.

There are more than one thousand members of the Canadian Forces - men and women in the regular and reserve forces - serving with the United Nations Emergency Force in Israel and Egypt, the United Nations Disengagement Observer Force in Syria and Israel and the United Nations Truce Supervisory Organization.

SENTINEL MAGAZINE PHOTO PROJECT

Sentinel/le magazine is preparing a major photo essay on the men and women of the Canadian Forces. Entitled "A Day in the Life of the Canadian Forces," the article will depict through photographs the essence of one day of living, working and playing in the CF.

We are asking you, regional and base photographers, to be the main contributors. The scope of the essay will depend on your efforts.

CFB PORTAGE LA PRAIRIE ANNUAL TIMMY DANCE

For the past 20 years the Non-Commissioned Officers (NCO's) of Canadian Forces Base Portage La Prairie have been sponsoring an evening of fun, games, dancing and refreshments in support of the Society for Crippled Children and Adults of Manitoba.

Conceived and sponsored originally by the Senior NCO's of the Sergeants and Warrant Officers Mess of the Base, the Annual Timmy Dance has grown into such an undertaking that the Junior NCO's have become co-sponsors in recent years.

For all these 20 years Manitobas Easter Seal youngster has been a boy, referred to as "Timmy" and hence the evolution of the "TIMMY DANCE" in support of the Society. This years Easter Seal youngster is 11 year old Crystal Koroscil, the first Centennial baby born in Oakbank, Manitoba (January 1st, 1967) and therefore our guest of honour at this years Timmy Dance will be a "Tammy".

Still to be called a "Timmy Dance", this years event, held once again with the kind permission of the Base

Commander, COL R. G. (Reg) Litt, will take place in Number One Hangar at CFB Portage on Friday, April 28th. Crystal, accompanied by her family, will be guest of honour at the dance and will be drawing the winning ticket for the \$1,500.00 grand prize at midnight. All proceeds from the dance, including door receipts and funds raised through the sale of draw tickets, are donated to the Society. The doors for this gala event open at 8:30 and tickets, at \$1.50 each are the best deal in town since you are not only helping the handicapped but have the opportunity of winning one of 200 door prizes (all donated by local merchants) and can enjoy dancing to the music of The Pyramid in the cabaret area or tap your feet to a musician while playing in the casino area. Refreshments and food are available. Tickets for the dance and tickets on the \$1,500.00 grand prize (or one of 20 other large prizes) at \$1.00 each, are both on sale now so keep your eyes and ears open. Winners need not be in attendance.

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APRIL 27&28

We are looking for good, impromptu shots of servicemen and women at work, at play and with their families, day or night. We are also looking for photos of the civilians who work alongside them. But most of all Sentinel is looking for original results from you.

Your reward - every photo used will be credited to the photographer.

To take part in the project, just follow these guidelines:

- use your imagination to portray the CF through photographs;
- send to Sentinel/le colour or black and white prints (preferably at least 5 x 7) or slides;
- caption each photo carefully, including rank, first and last names;
- please do not ask us to return photos make duplicates if you can't bear to part with your work;
- take your photos anytime, day or night, on the job or off; and
- deadline is July 1.

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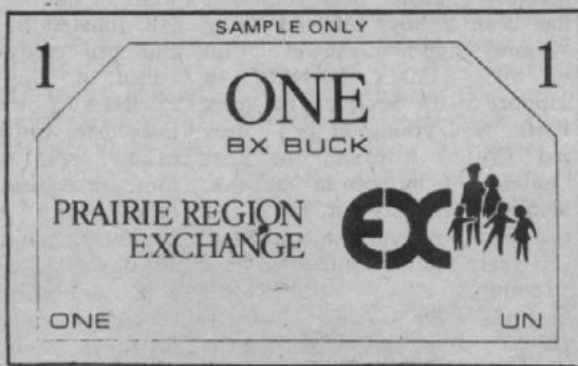
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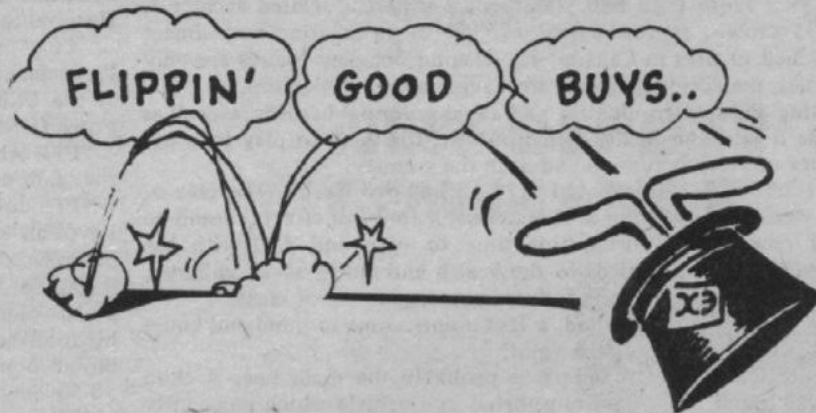
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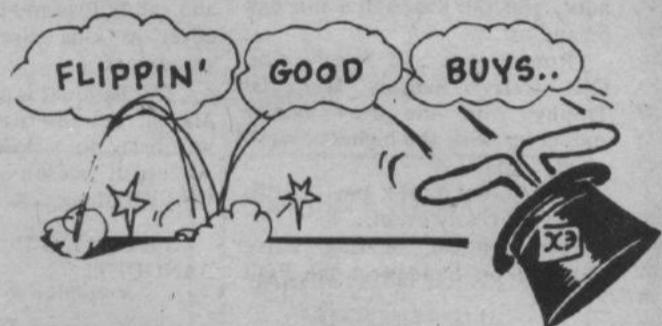
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We will have an outdoor sale on Ladies and Young Men's Fashions Values up to \$50⁰⁰
 Sale Priced from 97¢ - \$4.97 (Believe it) (If weather not permitting the outdoor sale will be held the following Sat 6 May/78)

RAMP SALE

Men's Ties	.97
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Lee Riders	4.97
Lee Jackets	4.97
Levi Strauss (white)	4.97
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Infant & Child's Wear	1.97 - 2.97 - 3.97

Sat. only all new stock in Lds. Fashion 10% off.



THE MUSTACHE SEZ.

Well, another NATIONAL VOLLEYBALL competition over and done with - a special thanks to T. T. T. (Terrific Tom Taylor) who did an outstanding job of organization - and to GLEN MCGHIE, GORD PRIEST, GORD KENNEDY, ROY WILLS and all the rest of Lipsett Hall Staff who handled all the hard work of preparing the facility, and to JOHN SUFFRON for doing such a bang-up job of hosting, and most of all the competitors who came from all over CANADA to give it their best shot.

I always knew SAM and his boys were good sports, so nice this time around, they let someone else win the CHAMPIONSHIP. Actually, the semi final against KINGSTON was by far the hi-light of the tournament - with an inspired CFB KINGSTON team winning out in extra points and then crushing BFC VALCARTIER three games to one in the final and really deserving the title of CAF VOLLEYBALL CHAMPIONS! But I will say - CFB WINNIPEG had some long, sad faces after the semi final loss

- but they took it like sportsmen - A WELL DONE FOR A GOOD JOB.

Hockey's the thing - play-off time again and its prediction time. After a lengthy discussion with the GREEK - I'll have to go with the BOSTON BRUINS in the NHL and the GOLDEN JET and COMPANY in the WHA. Some Pollock groups have had things their own way too long - it's time for a change!

Anyone interested in softball? Get in touch with TOM TAYLOR at the Rec Centre and he'll keep you abreast of what's happening on the Base.

There will be a TENNIS CLUB this year, and all personnel will be able to reserve the courts and make use of the facilities on both the NORTH AND SOUTH SITES. Upon joining the club you will receive a key for the court and a plastic tag for your shoe - and we'll be able to control things a little better.

Did you know that an ENERGY CRISIS, is when you can't fuel all of the people all of the time!

CFB WINNIPEG HOCKEY LEAGUE FINAL STANDINGS

TEAM	GAMES PLAYED	WON	LOST	TIE	POINTS
CANUCKS	28	19	7	2	40
ARROWS	28	15	12	1	31
BRAVES	28	12	14	2	26
DOLPHINS	28	6	19	3	15

LEADINGS SCORERS				
NAME	TEAM	GOALS	ASSISTS	POINTS
HENWOOD	CANUCKS	35	29	64
THIBAUT	CANUCKS	14	27	41
BURKE	BRAVES	22	17	39
GRANGER	BRAVES	17	21	38
CARON	CANUCKS	16	20	36
GUDERYAN	ARROWS	18	14	32
JANES	CANUCKS	16	16	32
DART	ARROWS	16	14	30
ARMSTRONG	ARROWS	13	10	23
JALONEN	ARROWS	9	14	23

GOALTENDERS AVERAGES				
NAME	TEAM	GAMES PLAYED	GOALS AGAINST	AVERAGE
TRAINOR	CANUCKS	28	72	2.57
BRETTON	ARROWS	28	95	3.39
GRAPKO	BRAVES	28	101	3.60
GADD	DOLPHINS	28	125	4.46

VOLUNTEERS STEP FORWARD PLEASE

A very successful minor ball registration was carried out Saturday 15 Apr and Monday 17 Apr with slightly more than one hundred boys and girls turning out.

The girls will take part in the St. James Assiniboia Girls Softball Association in their respective age groups. Games will be played two nights a week (as yet undecided) at the different community clubs throughout St. James and Assiniboia.

The boys will compete in the Assiniboia Minor Ball League which involves as many as eight community clubs in the North West area of the city. As with the girls games will take place two nights a week, these nights have not been decided as yet.

We have the interested children now we need a few interested parents, aunts, uncles, grandparents or anyone with a little time to spare for the children of the Westwin Community Club. A number of the parents have agreed to act as umpires and to provide transportation to the games which take place in the other club areas. BUT we have very few volunteers to assist as coaches. We have a number of fathers whose job entails a certain amount of traveling, some of these parents have agreed to assist the coaches on nights when they are home. Without volunteers to act as coaches as many as three teams will be shelved without ever playing a game.

Nobody's holidays are in jeopardy as the season lasts from the first of May until the end of June.

So STEP FORWARD PLEASE, all it takes is a phone call to SGT (Tom) Alexander at 888-3577 or at local 501, and help us entertain the children for a couple of months.

AIR COMMAND 15 MILE CHALLENGE RUN

All Canadian Forces members serving with CFB Winnipeg Air Command and Lodger Units are encouraged to participate in the 1.5 Mile Air Command Challenge Run.

There will be a Pre-Race Briefing held in the Base Theatre on the 15 May at 0830 hours.

For further information, registration, please contact CPL Suffron at the Rec Centre at local 511 or 514.

CURLING CORNER

The Family Bonspiel was held on Saturday, 15 April and turned out to be another huge success - thanks to CAPT P. J. Graves and wife Lucille and their committees. The lady curlers brought home-cooked goodies for the supper hour, and the kids had a full day on and off the ice.

Ron Brown and family won the Larry Ranson Memorial Trophy with the Roy family ending up with the highest overall point total.

Thirty rinks took part in this enjoyable yearly event.

The Annual Skating Party followed on Sunday at the FOB

rink. Approximately 50 kids attended this year, and those who did not have their fill of hot dogs and pop at the Bonspiel continued to see how much they could eat and drink. The FOB staff sponsored their traditional money and candy toss and had to dart for cover as kids came out of the woodwork.

The Banquet is scheduled for 4 May at the International Inn and will bring to a close another very successful season of curling at CFB Winnipeg.

SEE YOU AT THE BANQUET!

JUNIOR LEAGUE WINDUP

The combined Westwin and FOB Junior Curling League windup was held at Lipsett Hall on Fri. 7 Apr. The club president, Welland Williams and guest of honour, Earl Morris presented trophies to the following winners for the years activities.

WESTWIN		
A GROUP	B GROUP	GRAND AGGREGATE
Stewart Shaeffer	Frank Webber	Dave Thompson
Louis Dejaeger	Trevor Hebbe	Brad Brown
Michelle Hebbe	Diana Simmons	Karren Oberk
Susan Gillich	Micheal Tanner	Jim Walton
SOUTH SIDE		
A GROUP	B GROUP	GRAND AGGREGATE
Pam Zwartz	Brent Tyson	Doug Rainboth
Sylvia Roy	Pat Davie	Joanne Graham
James Brown	Jim Tweed	Donna Chamberlain
Gord Zwartz	Kim MacDonald	Vicky Roy
INTERCLUB PLAYOFF		
SOUTH SIDE		
Pam Zwartz		
Sylvia Roy		
James Brown		
Gord Zwartz		

Next year's co-ordinator, Ed Zwartz is planning to start next year's activities in October.

CURLERS NOTICE

Tickets for the Annual Banquet are still available at both rinks. Prices are \$4.50 for Members and \$6.50 for Guests. Tickets are limited and sales will close on Tuesday, 2 May. For further details contact CAPT Mike Klapatiuk at 832-1311, Local 581. BANQUET DATE IS "4 MAY" AT THE INTERNATIONAL INN.

BICYCLE RODEO

Canadian Forces Base Winnipeg Recreation staff and Military Police in conjunction with the Winnipeg Police Department are sponsoring a Bicycle Rodeo to promote safe bicycling for the summer. This rodeo will be held May 6, a Saturday at Lipsett Hall, building A2 at the corner of Kenaston Ave. and Grant Ave.

The Rodeo will be conducted in two sessions, the first will be from 9 a.m. to 12 p.m. for

children from 6 to 9 years of age. The second session will be from 1 p.m. to 4 p.m. and will be for children 10 to 13 years of age. There will be films and a course for skill testing.

If interested have your child report to Lipsett Hall at the appropriate time for their age group. They must also have their own bicycle. Also there is no fee and it is open to both the North and South side communities.



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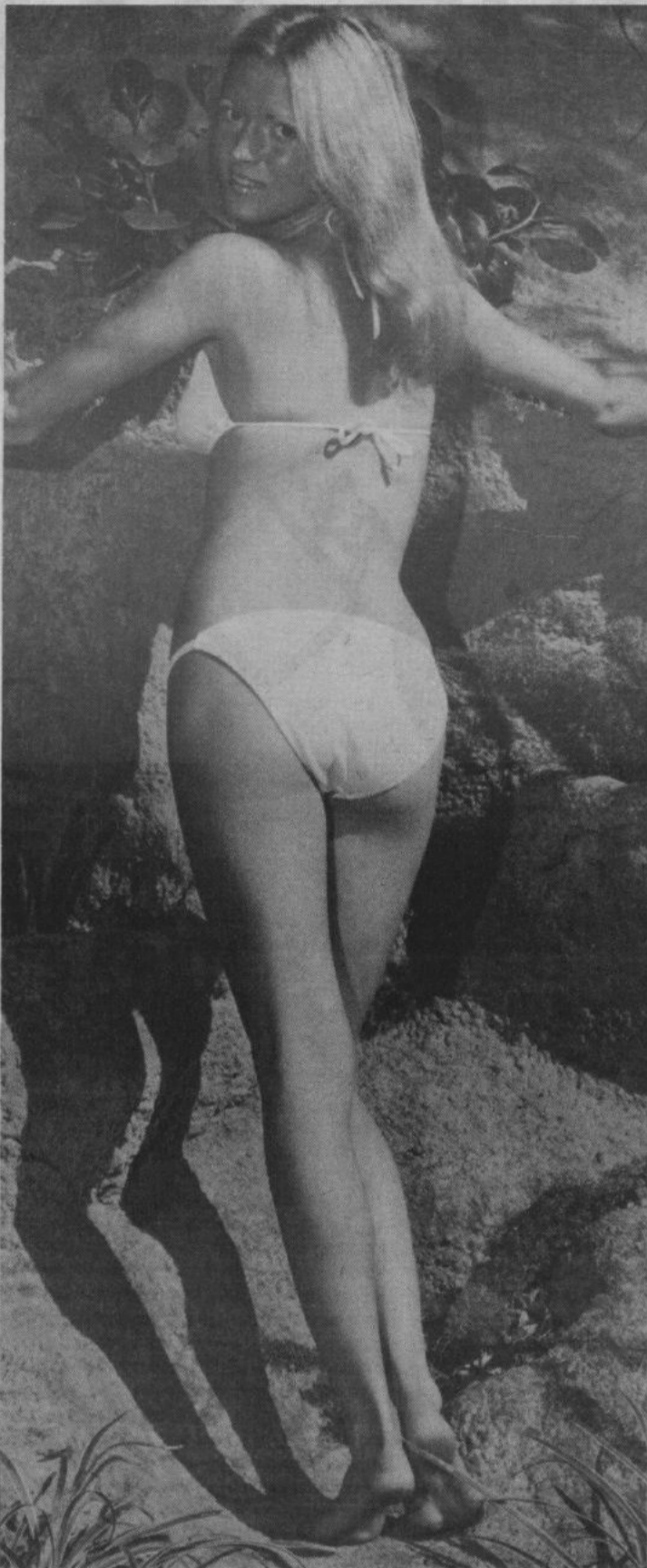
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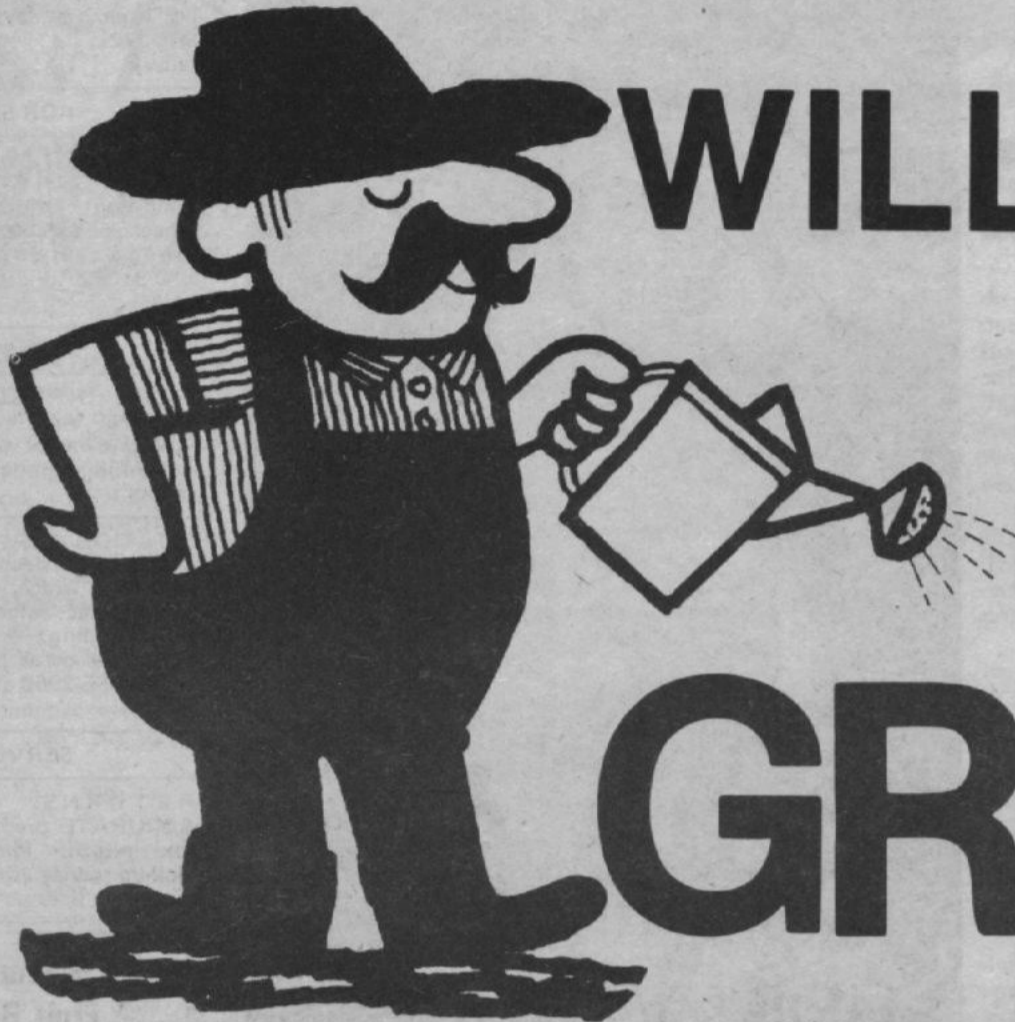
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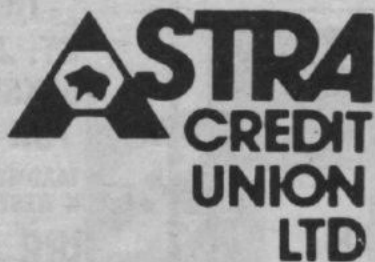
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