



# CHATAIR



VOL. 5 NO. 7

CANADIAN FORCES BASE CHATHAM, NEW BRUNSWICK

MARCH 1969



## MESSAGE FROM BASE COMMANDER

Major Doug Riddell, the genial and hard working Editor of *Chatair*, has been posted to CFHQ. Doug, who was Commanding Officer of the Sabre Transition Unit during the last six months of the existence of that unit, leaves Chatham at the end of March for the Comptroller General staff in Ottawa, to a position in the Directorate of Manpower Requirements and Establishments. Although his desk will be in Ottawa, we understand that his duties entail on-site surveys of manpower. We wish you well in your new task, Doug, and we hope that you will be able to do your bit to rectify the current policy of gaily granting establishment increases with the left hand while further depleting undermanned Base staffs with the right. (Joke?)

When Doug took the helm of the *Chatair* ship last year, he was faced with a large task. A certain degree of inertia was present among some Base personnel who were essential to the operation. A large degree of reticence was held by potential advertisers. Countless obstacles, which would have proven insurmountable to lesser men were presented to Doug by local printers but, in the best tradition of "Per Ardua Ad Astra", Doug and his fine staff produced the first issue of Volume 5 of the *Chatair* in September and have gone steadily onward and upward since.

On behalf of all Base personnel, many thanks for a job very carefully thought out, assiduously pursued, and competently directed. Good luck in your future tasks.

A. J. Bauer  
Colonel  
Base Commander

## CONTRACTS LET FOR GREENIES

OTTAWA, (CFP) — Defence production minister Don C. Jamieson has announced award of four contracts with a total value of \$5,139,000 for manufacture of 200,000 rifle-green uniform jackets and trousers and 75,000 slip-on shoulder straps for Canada's armed forces.

To avoid any possibility of mismatching trousers and jackets, a problem experienced in the previous three services, the total purchase of cloth for the initial outfitting of the whole force is coming from one mill. Quality control of shade is within very tight tolerances set by the defence department.

Deliveries to Canadian forces base Cobourg, Ont., of the new uniform, which has been adopted for all elements of the Canadian Armed Forces, are to take place during 1969, 1970 and 1971. The contract awards are the result of competitive tenders called by the department of defence production. Tenders were received from 17 firms.

The bulk of the material for the manufacture of these uniforms will be supplied to the successful tenderers by the government. The contractors will be responsible for the cut, make and trimming of these uniforms to department of national defence specifications.



Here are just a few of the many gorgeous coats shown when the Officers Wives Club and Mullens Furs Ltd. (Moncton) presented a fur fashion show at the Officers Mess in February.

Those present were treated to an excellent display of fur coats, jackets, capes, stoles and hats.

Two outstanding models were a pale pink mink coat and a chinchilla jacket which has to be one of the most beautiful fur jackets I have ever seen — until you have felt chinchilla yourself, you just cannot comprehend how unbelievably soft it is.

The models in the photo are — left to right: Mrs. Brenda Hemstad, Mrs. Audrey Wright, Mrs. Barbara Bamford, Mrs. Julia Farwell, Mrs. Cathy Evans, Mrs. Joan Schultze, Mrs. Barbara Lepard.

## LEARNING DISABILITIES

*Chatair* is pleased to present the second of a series of articles prepared by MAJ. BERUBE, B. Surg.

Due to the fact that methods of identification of perceptual handicaps are not yet perfected many children so afflicted move through the school grades never quite succeeding at anything they attempt. Failure has become a way of life and attitude toward school and teachers are negative. They have given up trying to please and often seek compensation by becoming behaviour problems.

The Canadian Association for Children with Learning Disabilities was formed to promote understanding of and services for children with learning disabilities. Just some five years ago, three parents met and decided to form a modest provincial Association. This has expanded into a vital effective National Association with over thirty Branches. Our efforts on behalf of the child have achieved results, and diagnostic, treatment and educational services are increasing across the nation. The only direct services our Association provides are those of a resource and referral centre for parents and professionals, and an extensive educational program.

The slow learner is a complex creature, not yet completely understood by those who work with him. He is an educational and psychological challenge to professionals and frequently an enigma to parents. It becomes obvious that this child has problems which make it difficult for him to be included in the regular grade group of his neighborhood school. He is not a child who should always be placed permanently in a residential school, although such school are outstanding and are needed for many children. He is a child who can profit from specialized educational and psychological services which should be established in his own school district. If the services are sufficiently comprehensive, if the educators are qualified, if they have appropriate administrative supports, if they have the full and requisite parent cooperation, much should be accomplished for the child in a reasonable period of time to make it possible for him to return to the neighborhood school and to live a healthier life in his own home.

Slow learners must be accommodated by the curriculum so that when they have emerged from their school experience, they will have matured and learned as much as

their capabilities permit in an atmosphere of self-respect and dignity, and without the stigma of failure. The curriculum must be structured so as to give the pupil headway in those subjects or activities in which he can fulfill himself, even though unable to make progress in all the disciplines. The lock-step structure of past time must give way to a system in which the child will progress from year to year through the school system without the hazards and frustrations of failure. His natural curiosity and initiative must be recognized and developed. New methods of assessment and promotion must be devised. Counselling by competent persons should be an integral part of the educational process. The atmosphere within the classroom must be positive and encouraging. The fixed positions of pupil and teacher, the insistence on silence, and the punitive approach must give way to a more relaxed teacher-pupil relationship which will encourage discussion, inquiry, and experimentation and enhance the dignity of the individual. Very many other and important changes and innovations require consideration.

There are three general areas of knowledge that are crucial to the



diagnosis and treatment of learning disabilities and the educator provides crucial information to all three of these areas. Perhaps the most basic area of knowledge is the knowledge of the multitude of component steps necessary for learning any skill. The basic technology of such knowledge is programming for learning as is done for teaching machines. No concern is here with the teaching machine but only with the process of analyzing learning tasks and developing a sequence of steps necessary for performing the task. No teacher can afford to be unfamiliar with programming concepts and techniques — particularly the teacher, remedial specialist, or clinical specialist, or clinical educator who wishes to help with learning disabilities. Equally important to diagnosis and treatment is a detailed understanding of the

(Continued on Page 3)

DEADLINE FOR NEXT CHATAIR 22 APRIL

## CFB GOLDEN HAWKS

The hockey season is almost over and when you look back over the past season our Golden Hawks hockey team collected a few trophies and have given us all very much to be proud of.

After a twenty game schedule the Golden Hawks proved themselves the Miramichi Valley League winners and won the AA Hockey Award. Floyd Skilliter won the league scoring championships with 51 points, right winger Bill Meehan coming second with 50 points while Art Rowe was fourth with 45 points. Rowe, the hard digging centre with the Hawks also captured the Miramichi Valley League MVP award with a unanimous vote from all teams.

The most crucial game of the year to date was played during the Zone 7 Hockey Finals with CFB Gagetown playing against CFB Chatham Golden Hawks. Gagetown was the favourites to out play, out check, out hit the Golden Hawks, but when the fog lifted high enough to read the score board, the tally was 3-1 in favour of the Golden Hawks. Goals were scored by Mutt Aker, Bill Meehan and Art Rowe. The Gagetown goal was scored by Walt Spencer. For the second year in a row CFB Chatham Golden Hawks won the Zone 7 Hockey Championships. Now the Golden Hawks are off to Petawawa, Ont. on Saturday 22 Mar. to participate in the Canadian Armed Forces Hockey Finals, with hopes of bringing back some more hardware for the trophy cabinet. Go get 'em HAWKS.



Scout plaques were presented to three Curtis Park Group leaders who have been transferred from Chatham. Shown above (left to right) are M. E. Copeland, Chairman of the Group Committee, Scouter Roy Thompson, Scouter "Red" Mallais, Frank Henly, of the Group Committee, Mr. Charles Slane and Mr. Peter Kent.



## CURTIS PARK GIRL GUIDES

The regular monthly meeting of the Local Association of Brownies, Guides and Rangers was held on Tuesday, 25 Feb. '69 in the auditorium of the D. L. MacLaren School.

Further plans were made for the Rummage Sale to be held 12 April '69 at the new Fire Hall in Chatham.

### MOTHERS OF PRE-SCHOOLERS

Anyone planning a birthday party for a pre-school age child (up to the seventh birthday) can help the Girl Guides earn Hostess Badges.

The girls would be willing to host the party in your home, along with their tester.

Interested mothers, please call Mrs. Pat Dyck — 773-3461.

### Chatair Challenge

Some creep slipped in, slipped a puzzle and slipped out without slipping The Answer. However, with a sharp pencil and 15 or 20 minutes of spare time the answer is:

The Norwegian drinks water  
The Japanese has a zebra  
Any Dissenters? —Ed.

There being no further business, the meeting was adjourned and after playing several games, the ladies enjoyed a delicious lunch, provided by Mrs. Pearson, Mrs. Crocker and Mrs. MacLean.

The next and final meeting of the year will be held April 22. All mothers are urged to attend.

### FATHER AND SON BANQUET

A highly successful Father and Son Banquet for Curtis Park Cubs and Scouts was held at the CFB Chatham Combined Mess on 21 February. The guest speaker was Scouter Charles Slane, a Provincial Director for Camping who spoke on "Pioneer Camping for Scouts". He was assisted by Mr. Peter Kent who showed slides taken at last summer's Pioneering Course.

## NOTICE

The Canadian Customs office located in the Federal Building at Chatham, New Brunswick, will be closed permanently as of 5 p.m. Monday, March 31, 1969.

Effective April 1, 1969, all Customs services previously handled by the Customs office at Chatham, New Brunswick will be performed by the Canadian Customs office located in the Post Office Building, Newcastle, New Brunswick.

## PROTESTANT CHAPEL

REV. G. W. YATES

**Junior Choir Practice**  
Each Tuesday at 4 p.m. in the Chapel.

**Senior Choir Practice**  
Each Tuesday at 7 p.m. in the Chapel.

**Ladies Guild**  
Third Tuesday of each month at 8:15 p.m. in the Chapel Annex.

**Chapel Sunday School**  
In the D.N.D. School at 0930 Hours each Sunday.

## REJOICE AT EASTER

Easter for the Christian is a time of rejoicing, and the basis of this rejoicing is victory. It is a celebration not only of the victory of Christ over the greatest enemy man has to face, death, but it deeply and personally involves every Christian in that victory. The united cry of the apostles, of the early Church and of Christians down through the ages, has been the cry; "Because He lives, we too shall live." Christians know that having given their lives into Christ's keeping, that nothing in life or in death can ever separate them from the love of God. This in essence is the "Eternal Life" into which they have entered — nothing can ever again separate them from this all embracing Love.

The charge is made that we cannot prove that Christ rose from the dead. Countless persons down through the ages have tried to rationally explain away the Resurrection. Such say that it goes against all logic and reason. Some have pointed to the inconsistencies in the Gospel records. Some have called the events of Easter an illusion — Christ, they say, did not really die but only appeared to die. He only fainted away to be revived later.

Against all such arguments which attempt to show that Christ could not have risen from death, the Christian has some pretty persuasive arguments of his own. How could eleven frightened men, hiding behind closed doors for fear of their lives, throw off these fears, and go forth with such assurance their Master was indeed alive, that it was said of them in one city, "These that have turned the World upside down are come hither also". One historian said of the early Christians: "they outlived, outloved and outdied" other people in the Roman Empire.

Looking at the truth of Easter from another direction, there is something that can be proven, and that is the consequences of the loss of hope in life after death.

In the first place, if there is no hope of life beyond death, then life here and now loses its meaning. If death is the end of life, then the end of life is nothingness. A poet put it this way:

"If after all that we have lived and thought, life comes to nought,

If there be nothing after now, and we be nothing anyhow, And we know that, why live?"

If there is no hope of life after death, then life is, as Shakespeare said, "A tale told by an idiot, signifying nothing."

Of course some people are not willing to face this stark conclusion, so they try to exhaust the meaning of life within time. Because they do not believe in life after death, such persons try to realize the purpose of life here and now. Their creed becomes: "Let us eat, drink, and be merry, for tomorrow we die." Their goal in life becomes the quest of the good time.

Another consequence of the loss of hope in life after death, is that man tries desperately to bring in Paradise here and now. Violence and force have been used throughout history to bring in Paradise. Such "paradises" turn out to be Hell instead. "When the Revolution is complete", so runs the Communist doctrine, then the earth will be a paradise, and in order to hasten that paradise, Sta-

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9:00 and 11:00 a.m.  
4:30 p.m.

**Weekly Masses:**  
4:45 p.m.

**Saturday Masses:**  
10:00 a.m.

**Confessions:**  
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Saturday 6:30 - 7:30 p.m.

**Baptisms:**  
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For more information on activities of the Chapel, read the Sunday Bulletin.

REV. R. THIBODEAU

lin felt he was perfectly justified in the systematic starvation of thousands of farmers in the Ukraine. And we must not forget that it was for the purpose of bringing in the 1000 year Reich, that Hitler could justify his concentration camps, and all the horrors of Nazism. This also explains the Iron Curtain, and the concrete wall across Berlin in our day. Any Paradise or Utopia that man seeks to build by force and without any reference to God, turns out to be the very opposite of Paradise — it turns out to be a living Hell.

The third consequence of loss of hope in life after death, is seen in the efforts that are made to prolong life on earth. Any advance in Medical science, such as heart transplants, is hailed with world wide publicity. People are even having their corpses frozen in the hope that someday science will be able to resurrect them. We should indeed be grateful to God for every advance in medical science, but we should not try to fool ourselves. Our essential nature is to die, and whether science can prolong life by 10 or 30 or an hundred years, will not change this fact. Death will come just the same. The tremendous efforts being made to prolong life does point to one interesting fact, and that is, that man does not want to die. Having no hope beyond death leads people to a refusal to face the fact of death honestly and squarely. In many circles, a reference to a coffin or an undertaker is an occasion for laughter or a joke, which is merely a means of covering up an unpleasant subject.

Now if you believe that your life comes to nothing, you have the uneasy feeling that your present life means nothing, having no hope in God, results in doing everything possible not to think of death. Dr. Emil Brunner, the theologian, says that "Americans have built a billion dollar industry to help them forget about death, the entertainment industry."

Death for the Christian, the fear of it, the anxiety of it, is overcome or removed by faith in Christ. In place of despair there is hope, and certainty, and firm expectation of life beyond death. "In the world you will have anxiety", said Christ, "but be confident, I have overcome the world."

Christians rejoice at Easter and every day of their lives, because they say with Saint Paul, "Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy, has awakened in us a living hope, by the Resurrection of Jesus Christ from the dead."

### CHATAIR

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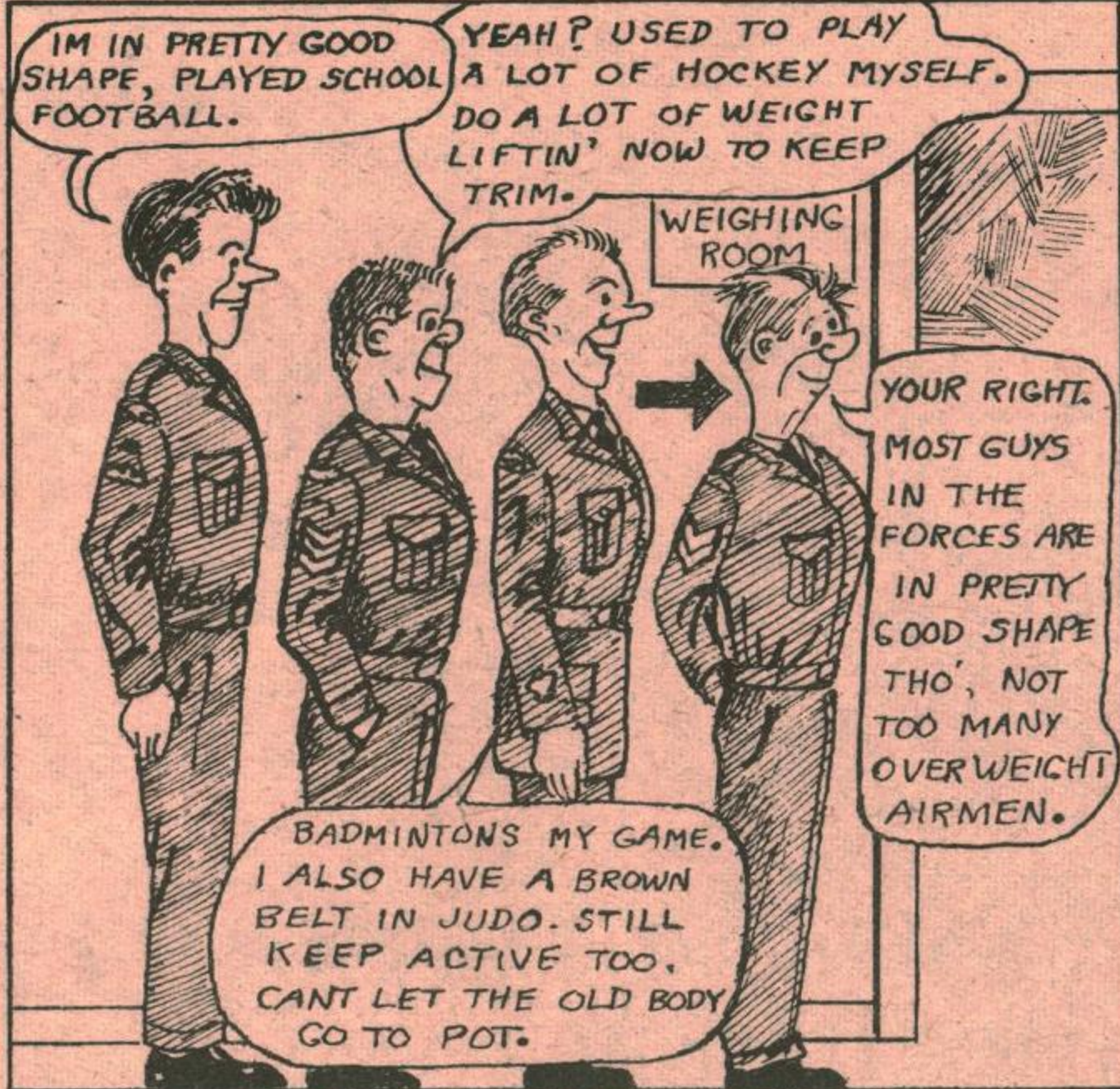
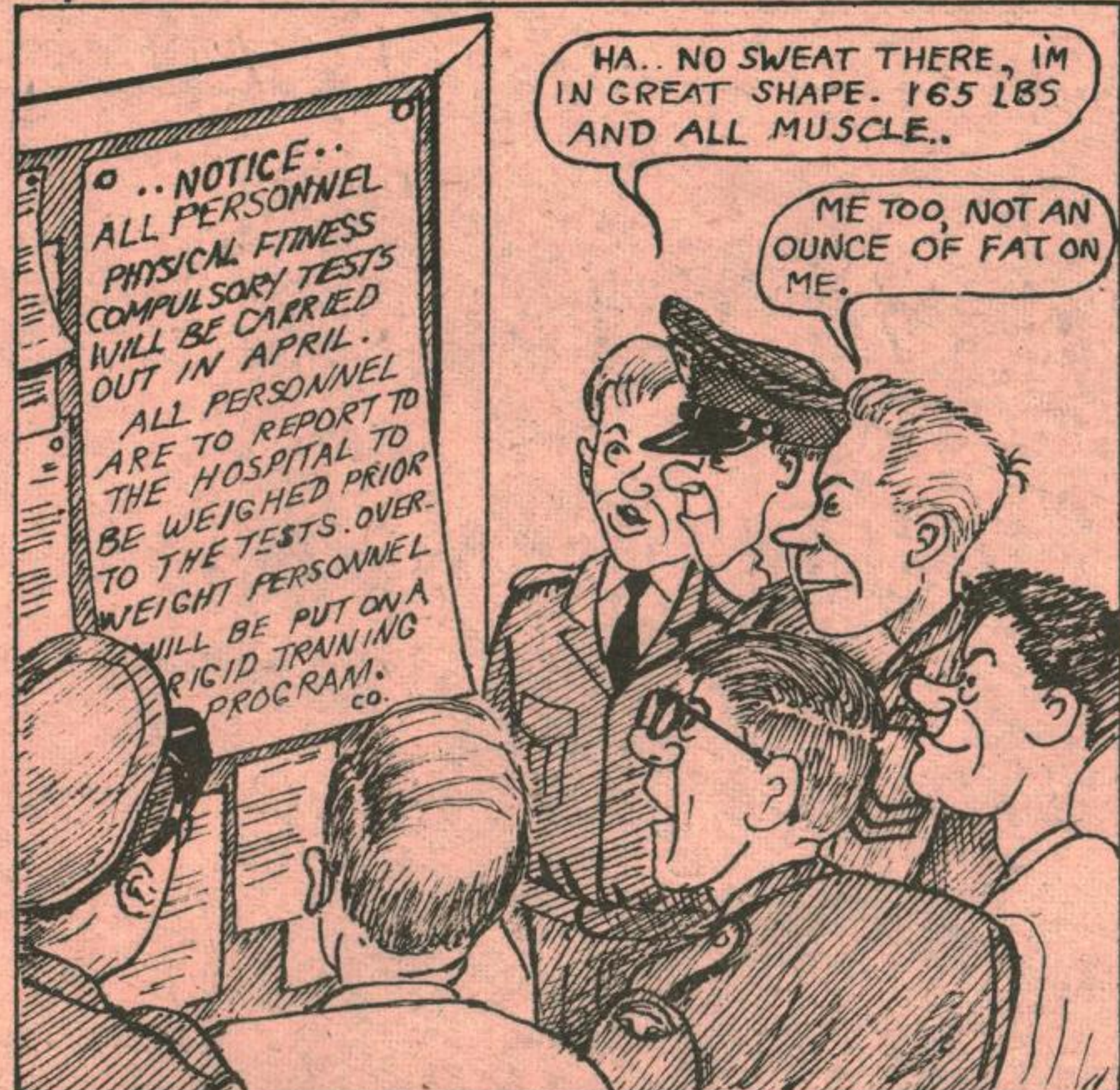
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CFB Chatham, Curtis Park, N. B.

Cpl Clod



DISABILITIES

nature of the disability. The third area of knowledge important for the teacher, remedial specialist, or clinical educator is a blending of the first two. Once the learning task is understood and the disability is understood, the third area involves modifying the classroom or remedial program to avoid or overcome the handicaps by progressing step by step toward accomplishment of each learning task. A thorough understanding of learning principles is basic to successful work in this third area of knowledge.

Frequently, the child with a learning disability has not learned to utilize all of the perceptual cues that the normal child learns. But what the teacher or educator can do to understand the child's disability? Whether he/she is on clinic staff, whether he/she is doing remedial work, the teacher must still be a diagnostician. He/she has to get the idea of what it is that this child is not able to do. Again the teacher's knowledge of programming aids him/her in specifically diagnosing the particular skill component that the child has trouble learning. Testing the child's ability level, by using a systematic step by step sequence of tasks of increasing complexity, is as important as the test results from the psychological and medical examinations.

In terms of modifying the instruction for the learning disability child, a series of points, a series of principles can be used as a

guideline. One is that the child must start at the most basic level where he is having problems. now this may well be back in the perception of space, it may be back in the early stages of visual discrimination. This, of course, is merely a restatement of the old platitude of "start the child where he is". Many children that are reading perhaps second or third grade level make errors and mistakes that are first grade errors and mistakes. Many of them are very simple discrimination errors; so that it is not just a matter of establishing a level, but actually thinking in terms of the concepts of what is involved in any particular learning task. There is a need to develop understanding on the part of the child and the parents, and to utilize behavioral modification techniques so that the child will be going these stair steps of increasing learning skill. Most children with learning disabilities can make regular improvement as long as they are taught one element at a time and then integrate them. Review immediately after learning is likely to pay the greatest dividends for the amount of time invested, in fact the disabled child tends to forget faster than the normal one. Completely apart from the factor of effective learning principles, a handicapped child is an expert at failure, and the very act of failing is something that he has done a lot of. In order to bring about an improvement in self concept and attitude, and to improve his motivation, one of the most important things to do is to

(Continued on Page 4)

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CORPORAL'S LAMENT

The most difficult part of getting to the top of the ladder is getting through the crowd at the bottom.

—Arch Ward

We have had requests from persons who are leaving us at CFB Chatham and for some reason unbeknownst to us wish to continue receiving the Chatair. For these persons as well as anyone else who would like to receive the Chatair by mail we offer this subscription coupon

Circulation Manager  
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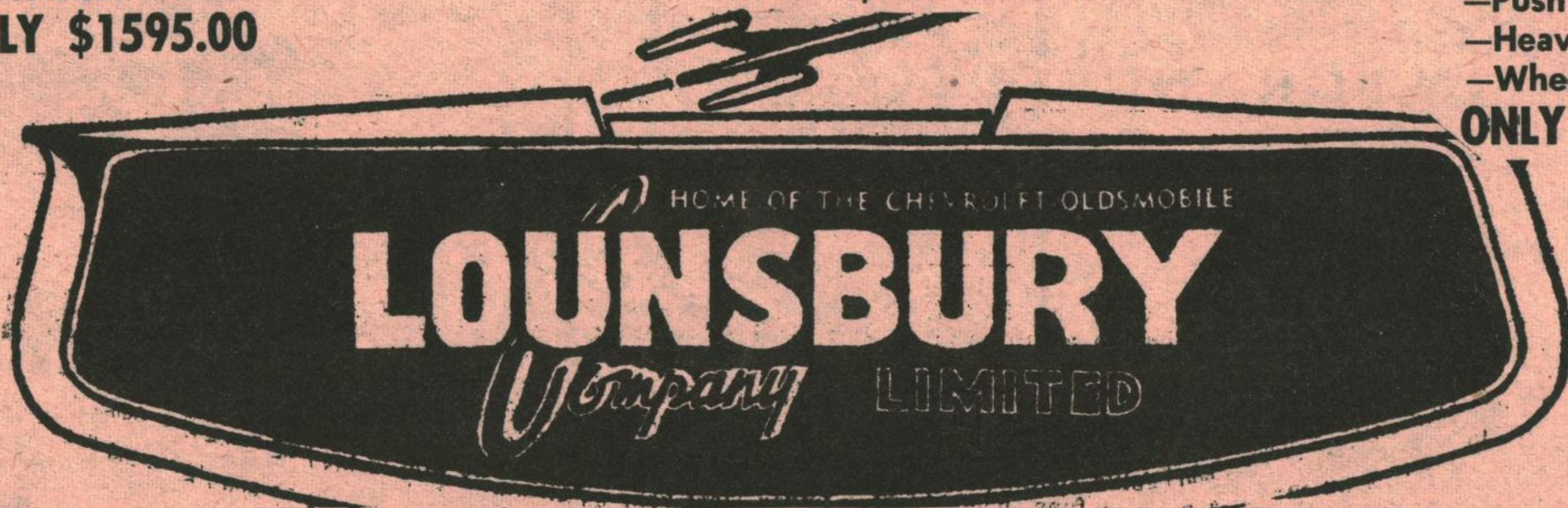
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Disgusted with the poor shotmaking of their skip, Cpls. Frank Tucker, (R), Scotty Walker (Centre), and Tommy Douglas get set to throw in their brooms — head for the club house and some serious drinking.

## Mother And Daughter Banquet

Tables gaily decorated with dancing figures, palm trees and bongo drums set the scene for this year's Mother and Daughter Banquet which was held in the Combined Mess on Wednesday evening, March 12. More than 300 Brownies, Guides, Rangers and Mothers enjoyed a delicious turkey dinner with all the trimmings.

Among the guests seated at the head table were Mrs. B. Gauvin, Guest Speaker, Mrs. Mazzerolle, Northumberland Division Commissioner and Mrs. Freda Skene, District Commissioner.

The toast to the Queen was given by Diane Berthiaume. Kati Denni proposed the toast to the Mothers, to which Mrs. D. Dennis responded; and the toast to the Guiders was given by Sandra King with the response from Mrs. Ann Bradbury.

Mrs. Freda Skene, and Mrs. Barbara Campbell, President of the L.A., presented gifts to departing guiders — Mrs. Leech, Mrs. Brubacher, Mrs. Millar, Mrs. Henley and Mrs. Elward.

Mrs. B. Gauvin showed some interesting color slides of her camping trip to Barbados. The evening ended with the candle lighting ceremony and taps, followed by a closing prayer led by Father Thibodeau.

Thanks are extended to the Fathers who served the meal and to the staff of the Combined Mess who helped to make our evening a success.

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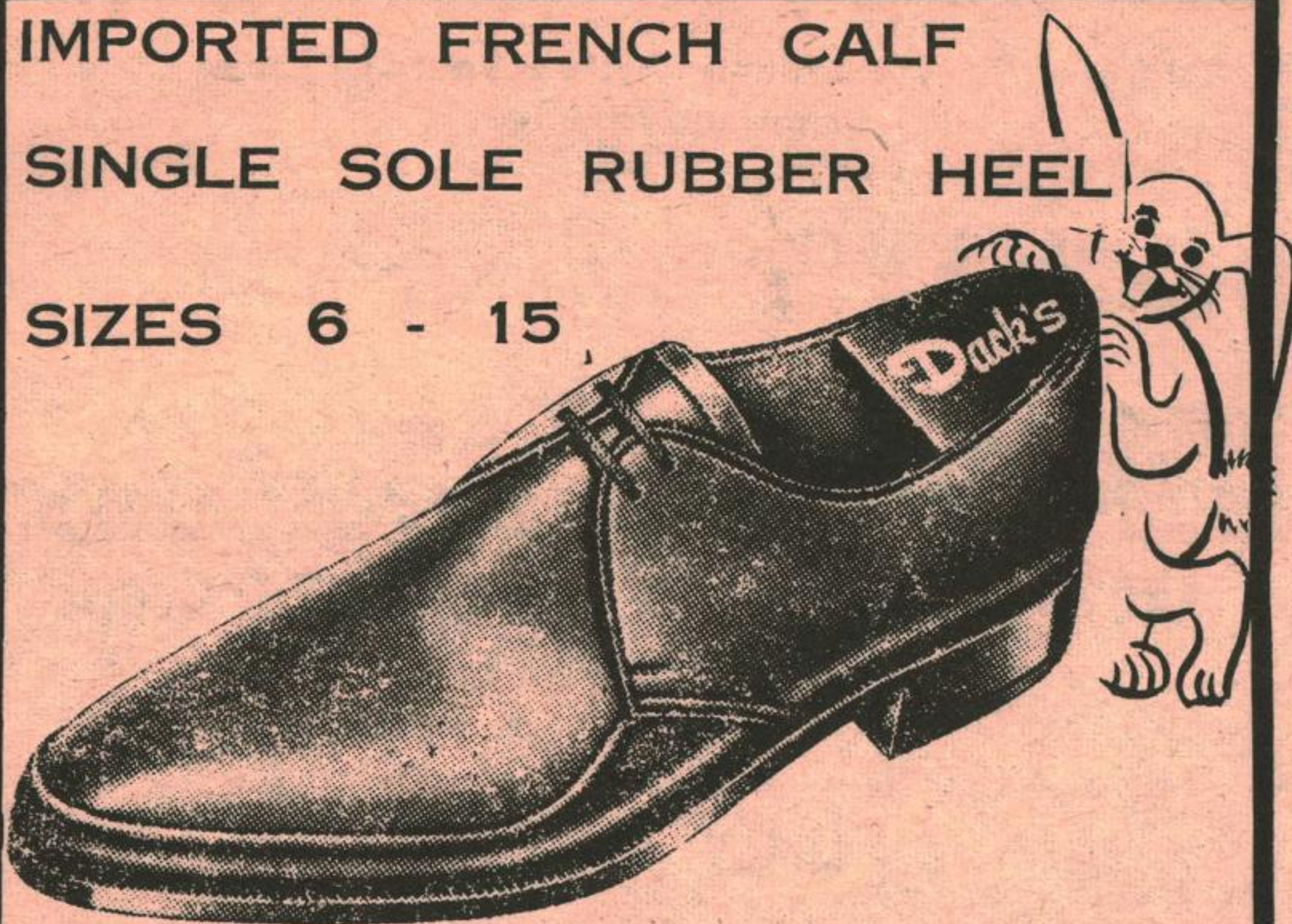
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## DISABILITIES Page 31

give him success experience, in other words to give him an immediate feed back.

What is the symptomatology of a child with learning disabilities? The classroom teacher, dealing with a large group of children, can suspect perceptual problems in a child if he displays some or all of the following characteristics most or all of the time: difficulty, in performing a task that is verbal, unusual posture when reading or writing, poor comprehension in reading, poor memory, numerous spelling and arithmetic errors, poor test performance, daydreaming, excessive and irrelevant conversation, confusion of letters that look alike, reversals, loss of place on page, left-right confusions, trouble shifting from one idea to another, variation in abilities, short attention span, poor handwriting, low tolerance for stress and frustration, poor cutting and pasting and drawing activities, excessive response, overstimulation, figure-background confusion, distractibility, inability to sit still, temper tantrums, excessive touch and feel tendencies, disturbed time-space relationships, misbehaviors. In addition, these children may demonstrate deficiencies in visual perception, in motor activities, in auditory perception, in tactual perception, and in kinesthetic perception.

The teacher is a very important person in early diagnostic process of children with learning disabilities. Once he/she has detected them, adequate testings by psychologist and specialist doctors should be done through a knowledgeable family doctor with the parent's consent. The results of these testings will assist parents and teachers in coping with everyday problems in the management of children with learning disabilities.

Gilbert Berube, M.D.  
President of New Brunswick Chapter of C.A.C.L.D.

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# Intersection Hockey

The Intersection Hockey League wrapped up the regular schedule on the 24 Feb. 69 with the teams finishing in the following order: St. Margarets, Hangar Line, 416 Sqn, Headquarters.

The semi-finals began on the 26 Feb 69 with St. Margaret's vs 416 Sqn in series A and Hangar Line vs Headquarters in series B. The semi-finals were a two-out-of-three series.

In series A, 416 Sqn carried the majority of the play in the first two periods and held on for a close 3-1 win in the opening game. In the second game St. Margarets came on strongly, but 416 Sqn took full advantage of their breaks to make the game deadlocked at 4-4. In the third

and final game, fans saw a see-saw battle between the two teams with the final score ending up at 4-3 in favour of St. Margarets. This gave each team one win and one tie, but due to lack of ice time for another game, the outcome of series A had to be decided on goals for and against. This gave 416 Sqn the series by one goal 10-9.

In series B, the fourth place club Headquarters, gave Hangar Line a thrashing 10-5 in the first game as the Hangar Line team allowed the opposition to skate unmolested around the ice. After a first period in the second game which was reminiscent of the first game, Hangar Line bounced back from a 3-0 deficit to win 7-4. Again the third game was a see-saw contest like in series A with Hangar Line coming out on top 5-2. The score failed to indicate how close the game really was.

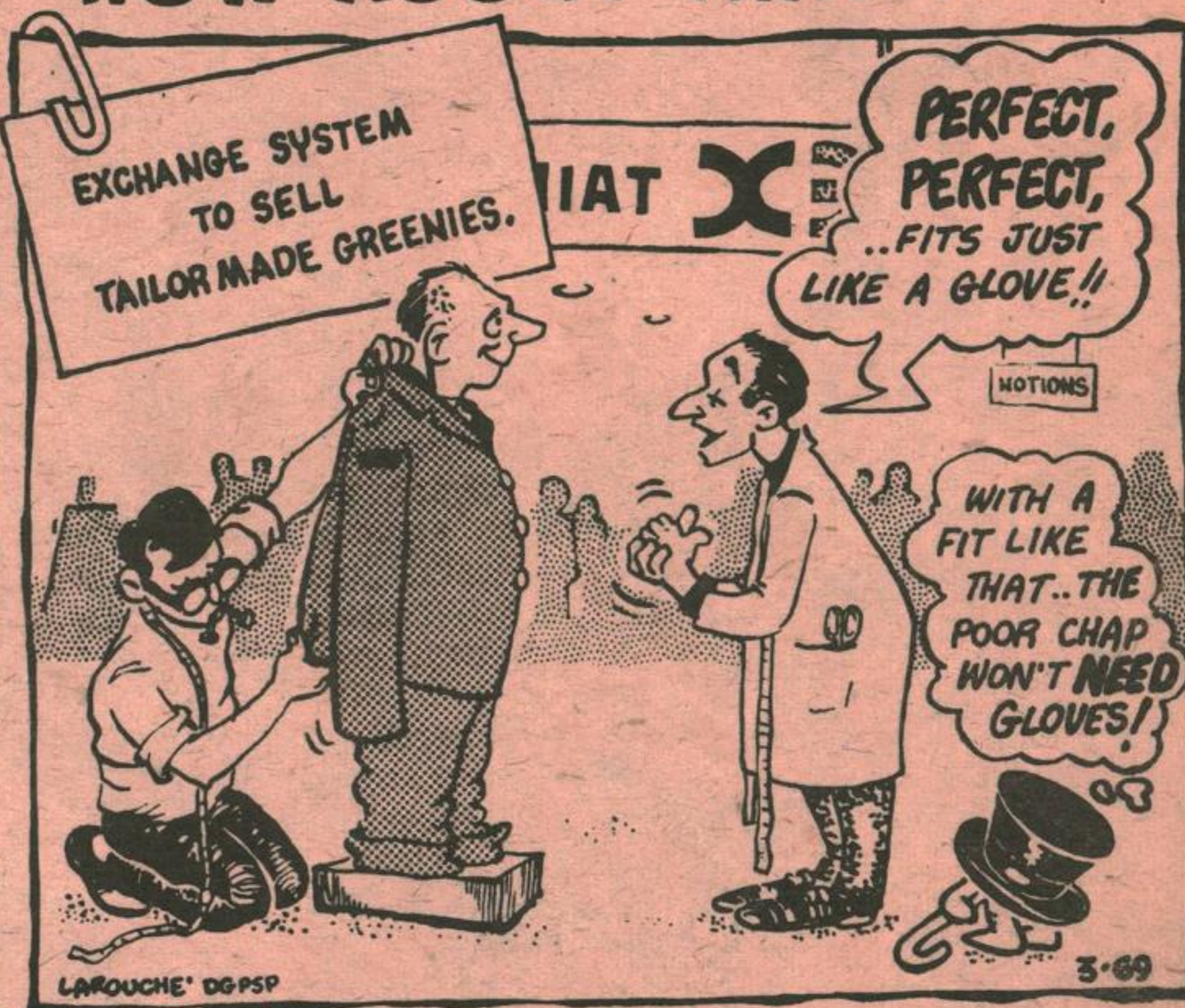
After two excellent semi-final series, 416 Sqn and Hangar Line advanced to the finals. In the first game of the finals, 416 Sqn played excellent positional hockey combined with a let-down by Hangar Line after a hard-fought semi-final series. The score in the first contest was 10-6 for 416 Sqn.

The second game was another close contest with 416 Sqn again coming out on top 6-5. The 416 team had the game well in hand after the first two periods but the Hangar Line team made a valiant effort in the dying minutes scoring two quick goals. This left 416 Sqn leading the three-out-of-five series two games to nothing.

In the third contest Hangar Line staved off defeat with a crowd-stirring comeback victory over 416 by the score 8-3. This made the series two games to one with an interesting final two games to be played.

## CONTRACTS LET FOR GREENIES

### HOW ABOUT THAT ...!



## THE HIGH COST OF EATING

(From Metro Military News)

Did you ever wonder what it costs to feed that always-hungry crew at home? The Visiting Homemakers Association of Toronto has provided the following charts of monthly costs, based on age, sex, activity, etc. There are morals to be drawn from these charts (see Woman) — but we're not going to draw them . . .

<b>Child</b>	
6 months - 1 year	21.62
1 - 3 years	18.02
4 - 6 years	19.86
7 - 9 years	24.40
10 - 12 years	28.50
<b>Boy</b>	
13 - 15 years	33.21
16 - 19 years	37.85
<b>Girl</b>	
13 - 15 years	29.62
16 - 19 years	28.93
<b>Man</b>	
Light Activity	28.90
Moderate Activity	32.52
Heavy Activity	37.89
<b>Woman</b>	
Light Activity	25.62
Moderate Activity	27.50
Heavy Activity	31.12
Pregnancy (3rd trimester)	33.43
Lactation	37.47

**Adjustment for Family Size**

One person—increase costs by 20 per cent.  
Two persons—increase costs by 10 per cent.  
Six or more persons—decrease costs by 10 per cent.

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- NO CREDIT -

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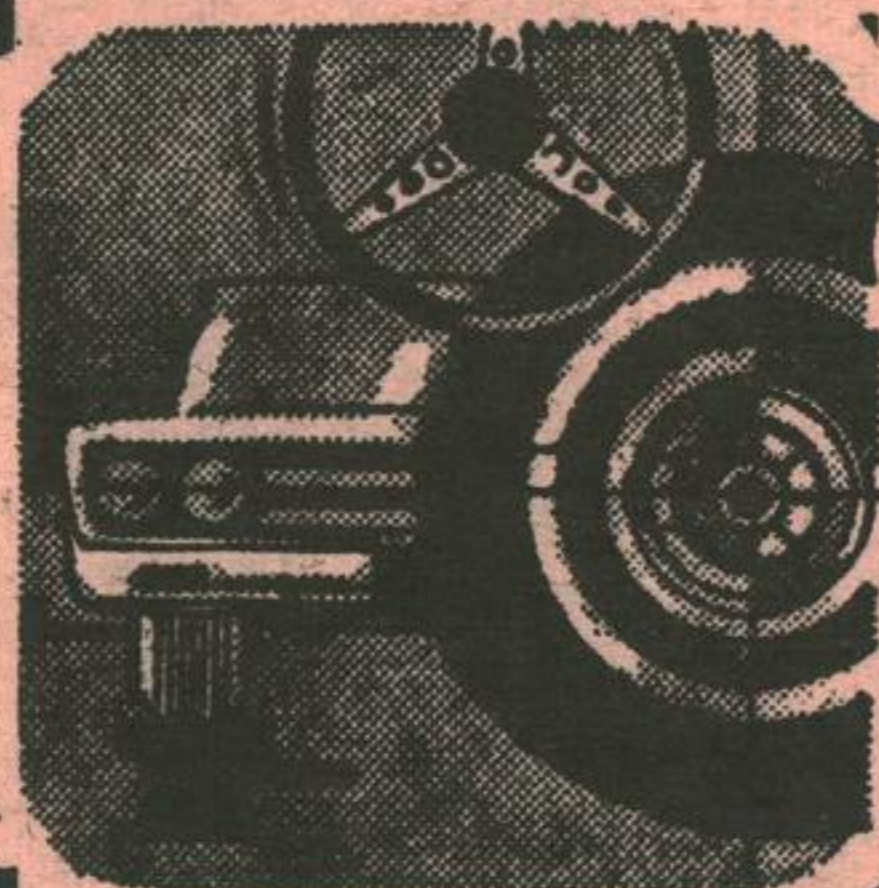
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L. to R., Mr. Ivan Pilkington (Olands Rep.), Carl Delaney, John Morgan, Frank Prince and Pete Taylor.

### DELANEY RINK WINS OLANDS NITE OWL BONSPIEL

Shown above are the happy winners of the highly successful Nite Owl Bonspiel. The SPIEL sponsored by Olands Breweries attracted 20 rinks from CFB Chatham to this first annual event. Delaney defeated Stan Bielski's quartet in the Spiels' final match in a hotly contested battle. The highly favoured rink skipped by Al Lu-

tomsky were early victims of Frank Henley's razzle dazzle drink pouring techniques and as a result did not curl their usual 30%. Sentimental favourite Uncle Frank Dooks and friends 'stoned' them in the opening round.

Rinks were formed by drawing names out of a hat. This led to a congenial atmosphere which found most members taking the night out

literally and staying at the rink 24 hours a day. That curling Kraut "Autovon" Hemstead was given a standing ovation by the many sober competitors since he surpassed his previous record of 3 hours and 15 minutes without sleep by actually staying awake for 24 hours. Rumour has it he will be presented with a 600 pound stuffed owl for his herculean efforts.

### "Urchin Glop"

from the Reef Rovers

For those of you who are not aware of the activities of the C.F.B. Chatham SCUBA Club, or who's who in it, I would like to take this opportunity to introduce you to a few of each.

Of course we have an illustrious 'El Presidente', Dave Halford, who is at the present touring Western Canada under the pretense of being on course in preparation for a tour in "Deutschland".

"Jim Stewart", of the Queen's Printer, is our very busy and competent secretary-treasurer.

The "Head Snorkel" or Chief Instructor, is the one and only master of the deep, but Oh! so modest Don Buchner.

Don has a group of student divers who are now a little better than half way through the N.A.U.I. SCUBA course. They all seem to be standing up to the

vigorous training schedule and unanimously hope to one day be just like Daddy Don.

A recent open water dive, the purpose of which was to initiate one of the students to the elements, proved to be quite a shock for him. It seems that his suit did not fit quite snug enough in one particular spot and his dive time amounted to the grand total of thirty seconds. That twenty-eight degree water is cold, isn't it Rod?

During the winter months the activities of the club consists mostly of training new divers, and participating in arm chair dives where the fires of the student divers expectations are kept burning feverishly by the fuel fed them from the war stories of the old divers. The old ones, in turn, get an egotistical boost from the look of adoring hero-worship in the eyes of the students.

Auf Wiedersehen,  
Jenks

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### SHOW TIME 69 MIRAMICHI EXHIBITION HALL APRIL 26, 1969

Featuring three well known Nova Scotia groups  
**THE JUNGLE SINGERS** a group of 31 voices  
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and as an extra added attraction  
**THE COMMONFOLK**

Some of the music you will hear:  
"Theme from Summer Place" — "By the Time I Get to Phoenix" — "Mary in the Morning" — "Our Day Will Come" — "Yesterday" — and many others  
Doors Open at 7:00 p.m.

**Admission \$1.50 Adults**  
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**Children 50c**

Advance Tickets will be on sale at **SCOTT'S DRUG STORE, DIGDONS SHOE STORE, NUWAY CLEANERS, MYRT'S BAKERY, MITCHELL'S SAVE EASY, Chatham and Newcastle**

**TEENS LISTEN TO THIS**  
Following SHOW TIME '69 there will be a dance. Music by the "Los Penta Lento Gents"  
Tickets for the dance will be on sale at the door and after the main show.

**ADMISSION \$1.00**  
Show Time 69 is being sponsored by the Chatham Lions Club with proceeds to go towards the Chatham Citizens Swimming Pool.  
This space provided by

### THE BIG "A"

# Bowling News

The Zone 7 Bowling Tournament is going to be held in Summerside this year, on the 27-28 March. Chatham will be represented by the following two teams, chosen by high averages from both the Mixed league and the Mens League.

- Team #1  
 George Martin (Capt.)  
 Joe Daigle  
 Joe Bechard  
 Bill Purcell  
 Lee Chase  
 Wayne Morgan

- Team #2  
 Bob Gratto (Capt.)  
 Larry Prill  
 Ron MacDonald  
 Clare Belliveau  
 Marcel Belliveau  
 Milt Housden

This tournament was won by Chatham last year so good luck fellows, we hope you do as well again this year.

An ADC Ladies Wire Tournament was held 5 March. Unfortunately Chatham placed only fourth out of fourteen teams.

We also held an ADC Dependent Youth tournament 22 Feb., the results are not known as yet.

We have information on a Ladies Bowling Tournament to be held at Base Gagetown on 30 Apr., 1, 2, 3, May. This is an open tournament if anyone is interested check in the alleys for the info.

# Volleyball Championships

On the 13th and 14th of March the Zone 7 Volleyball Championships were played at CFB Gagetown. The caliber of Volleyball was a marked improvement over last years finals. With only two teams in the competition the planned Round Robin Tournament was dropped and it was decided to play a total of 10 games with the team winning the most games being declared the winner.

Five games were played on Thursday and the second set of five games was played on Friday. CFB Chatham's team consisting of nine stalwarts and WO Dick Carmichael of the Rec Centre made every effort to win but were put down by CFB Gagetown's more experienced and superior team.

It was unfortunate that Chatham's Volleyball team was mostly made up in the three weeks preceding the playoffs, and it is hoped that next year the team will compete in more than one invitational tournament prior to the playoffs. It is also hoped that the known experienced players that didn't participate this year will find the time and drive to support the team next year.

However, the effort put forth by the Chatham Team deserves every credit, for they tried and lost in a Sportsmanlike manner. Congratulations to all.

### CREDIT CARDS

Service personnel using personal credit cards to pay hotel bills while on temporary duty are advised that credit card vouchers will not be accepted as receipts to support claims for expenses, except in cases of emergency. Personnel proceeding on temporary duty are reminded that travel advances are available through unit finance officers.

## UNISKINS by mac



# JOHN E. TOZER

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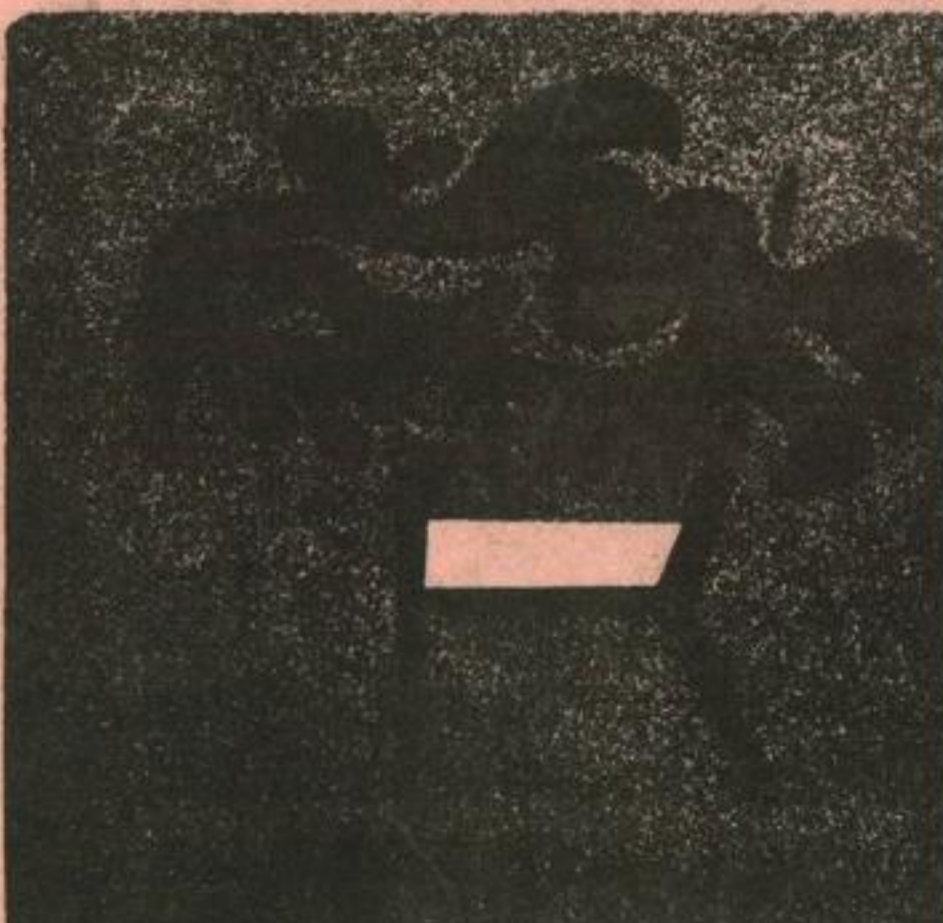
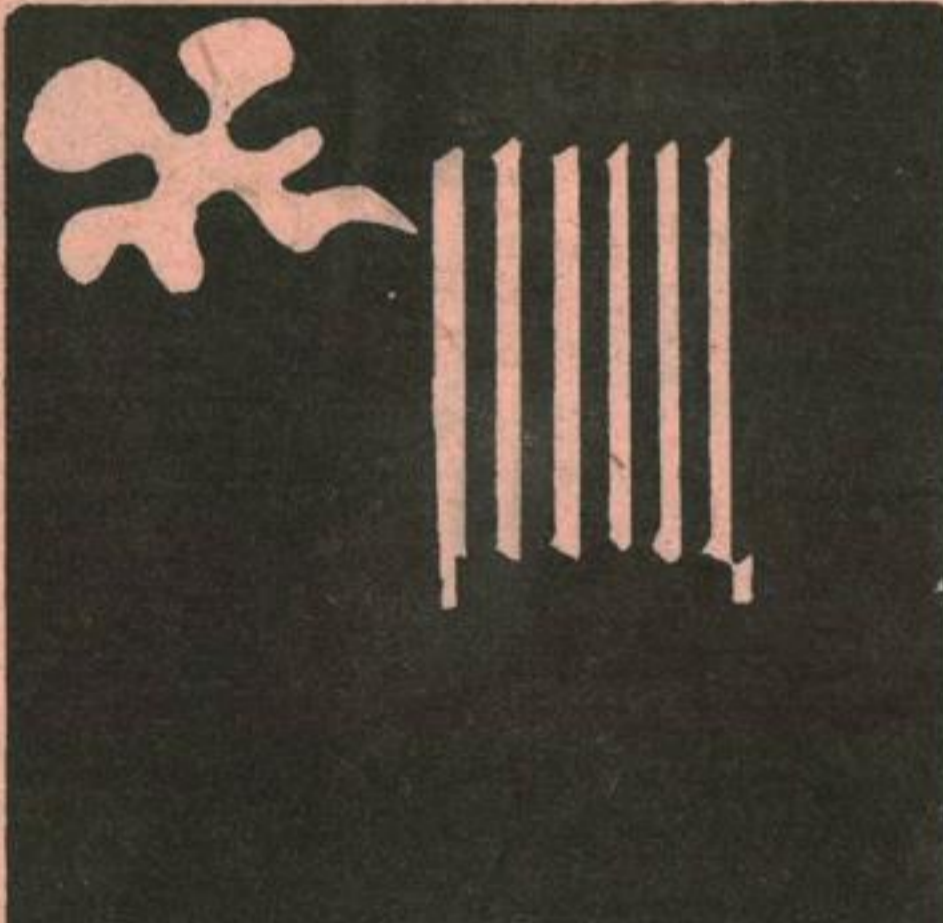
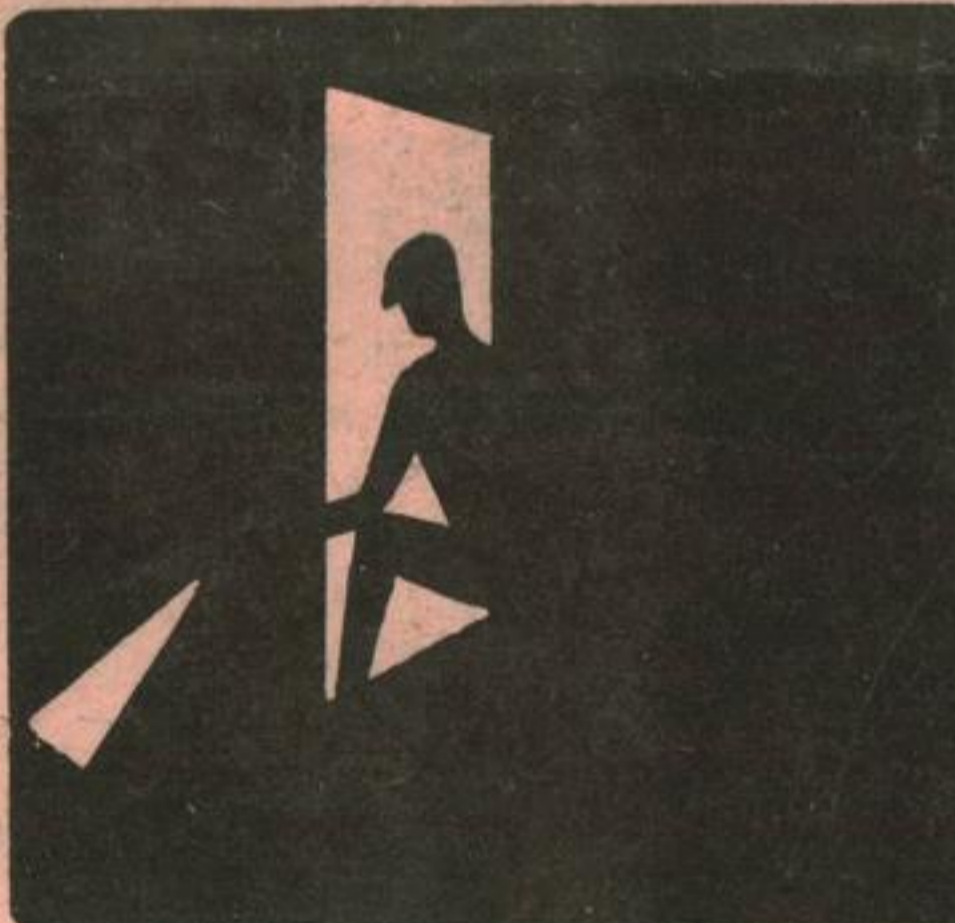
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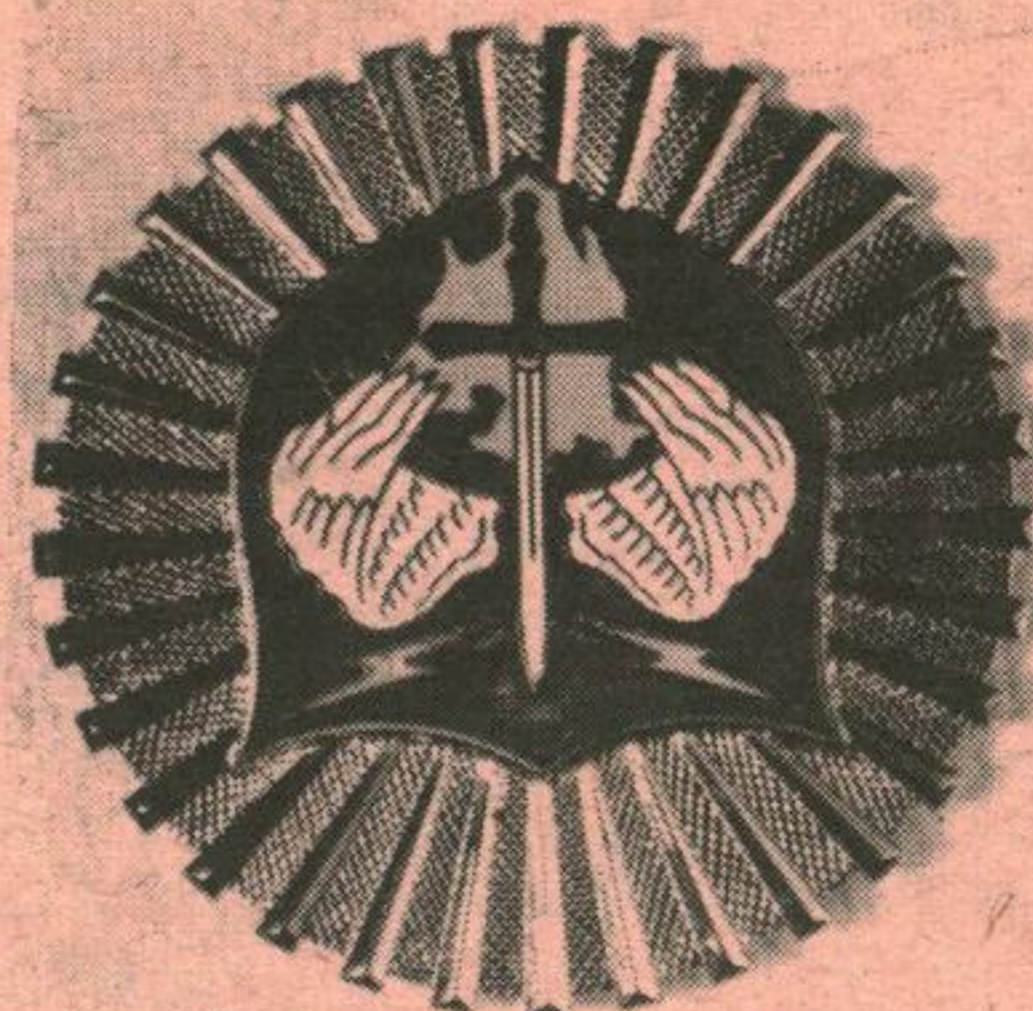
309.<sup>95</sup>

# SPRING SALE



**NORTHERN PARTNERS** — These officers leaving northern NORAD region headquarters at North Bay, Ont., represent the major component commands of the North American air defence command (NORAD). They come from two countries, and three military services, but all wear the NORAD medallion, symbolizing the common goal of defending the continent against air attack. They are, left to right, USAF Lt.-Col. William L. Nelson, U.S. Army Maj. Cecil D. McDaniel Jr., and Canadian forces Capt. Gerry Chase. The Northern NORAD Region is the largest in the Canadian-U.S. defence force. Other photo shows a close up of the NORAD medallion they wear on left tunic pocket. CFP)

### Junior Ranks Corner



#### NORAD MEDALLION

Silver wings enfold the globe, symbolizing protection and defence by an integrated command. The wings also indicate the Divine protection which has been the heritage of both nations.

An upright sword, symbolizing armed defence, points toward the northern skies, the shortest direct approach of a potential aggressor.

Outward from the sword are two lightning bolts which speak for the instantaneous defensive power NORAD forces would hurl against an aerial invader.

Greetings once again from the coolest club on CFB Chatham and just to back up that statement, I'll give you a rundown of April's activities.

To begin with, there will be TGIF every Friday, a day which we have all come to know and love. On the 5th we are having a brand new band, the BJ's. Let's all come out and welcome them to our lounge.

12th—Dance with the **BLUE TONES** — Dress is casual. **NO SLACKS** for women.

7th — Hootenany (with **We THREE**) plus dance (with the **BLUE TONES**). The Hootenany will begin at 1400 and we welcome all members from other messes who wish to attend. In fact, we issue a challenge to the effect that we are, a far more talented group than any other on this base (Let's see you pass that up). With enough participation, we may have a fine talent (?) show.

19th—An interesting evening I think—a Roaring 20's dance with the **IN CROWD**—prizes for best costumes.

26th—Bingo at 8 PM and dance after in the Lounge to the music of the **IN CROWD**. An evening out for the older folks.

On the 2nd and 3rd of May we will be having the **IN CROWD** plus Frank Corbin. Mr. Corbin is a professional entertainer from Saint John and I know you'll think he's great.

On the 3rd of May we are having a steak dinner and dance. Cocktails will be served from 7 to 7:30 PM and dinner will be at 7:30. Tickets will be \$2.50 per person and must be purchased in advance at the upstairs bar, the Lounge bar or at the Secretary's Office. Any person not holding a ticket will not be admitted to the Lounge that evening as we expect a capacity crowd.

I think as the year progresses we'll find many pleasant surprises in store for us so be sure not to miss anything. It's your Club—come out and enjoy it.

#### NO MEDALS, BUT NORAD MEDALLION PROUD SYMBOL

**NORTH BAY, Ont. (CFP)** — Seldom in history have people of two great countries been as united in purpose and effort as the Canadian and United States military here at the Northern NORAD region headquarters.

Although they come from a variety of backgrounds and wear several different uniforms, they function as a single force, directing the air defence of the two million square miles of region.

It's the largest in the North American air defence command (NORAD) forced in 1957.

It holds a key defensive position, because it blocks the polar routes to the vital industrial and population centers of the eastern United States and Canada.

From the region headquarters to its lonely outposts, air defence is a 24-hour-a-day job. But

NORAD personnel seldom receive medals or public recognition.

Whether they fly supersonic fighters to intercept unknown aircraft approaching the continent, or work in the region headquarters, or stand a lonely vigil at a remote radar site, there's one distinctive badge they may all wear, the NORAD medallion, symbolic of their common role.

Worn on the left breast pocket of the uniform, the round badge, two and a quarter inches in diameter, has six colors, and is centered on a silver disc, which represents a sun-burst.

The blue background on the shield signifies air, the fighting element of the air arm of the Canadian forces, and the U.S. Air Force. Turquoise portions of the globe depict the oceans, the naval fighting environment. The North American continent, in yellow, represents the land entrusted to defence by the army, and also protected from air attack by the U.S. and Canadian air elements of NORAD.

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#### Consumers' news and views by Consumers' Association of Canada

Consumers' Association of Canada is beginning a program to broaden its base so that as many Canadians as possible can receive the advantages of its consumer information.

One example of this, is the fact that this column is now distributed twice a month. It is available to any reputable news media which requests it, and is a popular feature in more than 250 weekly newspapers across the country. Many radio and TV commentators use it as a basis for consumer oriented programs.

Another way the Association is expanding is by the formation of consumer action committees in communities where a full-scale local branch seems not feasible.

These committees are composed of two or three or more individuals who have the consumer's interest very much in mind and who want to do something to improve the consumer's lot in today's hectic and sometimes vicious marketplace.

To help in this, the Association has set up a special organization committee on a national basis. For information about forming a practical, useful and "common-sense" consumer action committee in any community, regardless of size, write to Mrs. G. Brown, 203 Dollier St., St. Jean, Que.

Several buying guides are still available free in single copies by writing to: "Buying Guides", Con-

sumers' Association of Canada, 100 Gloucester St., Ottawa 4, Ont.

One of the most popular of all guides published has proven to be one on freezers and freezer food plans. A close second in popularity is a leaflet called "Don't make a move!" — same sage guide lines for those who must move their household effects from one community to another.

Other guides available are those on automatic dishwashers and stereo consoles.

Of considerable use is a publication called "Credit costs money."

Contact: **In the East** Eric Luxton Consumers' Association of Canada 100 Gloucester St., Ottawa 4

Office: 236-2383—Home: 224-6015 (Area Code 613)

**In the West** Mrs. D. Anderson 126 Cobourg Avenue

Winnipeg 5, Man. Telephone: 533-3204 (Area Code 204)

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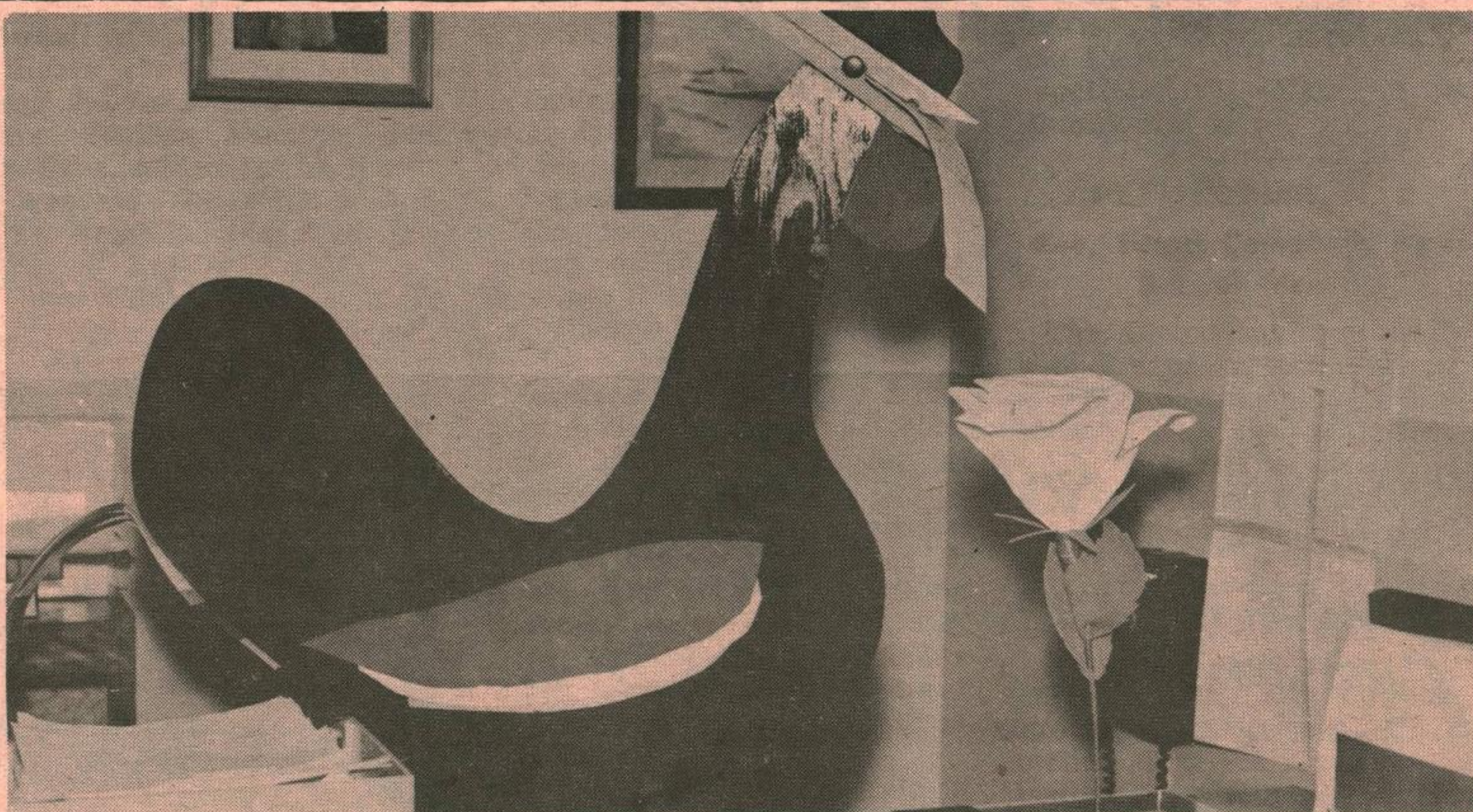
Small Amounts

Add Up



The last thing Lt. Beaulieu said before he went on holidays was "look after my flower and rooster".

The boys at Transient Maintenance watered his paper flower and fed his wooden rooster. Here are the results.



TIPS FOR STUFFING A BIRD

1. A 24-ounce loaf of bread yields 8 cups of crumbs or enough for an 8- to 10-pound bird. A handy guide: use 1 cup of dressing for each pound of bird, drawn weight, or ¾ cup of dressing for undrawn weight.
2. Don't pack in the dressing, either in crop or body cavity, as it swells during cooking. Spoon it in lightly to allow for expansion.
3. Never dress a bird the day before cooking, although dressing may be prepared ahead — even frozen if desired and thawed for use.
4. For a compact dressing, add beaten egg and milk or consommé to moisten.
5. Seasonings and flavorings are, as always, adjustable. Taste before stuffing for family preference.

BREAD STUFFING

- ½ cup butter
  - ½ cup chopped onion or 2 tbs instant dehydrated onion
  - 8 cups day-old bread crumbs
  - 2 cups fine dry bread crumbs
  - 6 tbs chopped parsley
  - 1 cup finely chopped celery plus a few leaves
  - 1½ tsp salt
  - 1½ tsp monosodium glutamate
  - ½ tsp pepper
  - 2½ tsp poultry seasoning
- Melt butter, add onions. Fry for 2 or 3 minutes. Combine the crumbs, parsley, celery and seasonings, then add the butter and onion. Blend lightly. Enough for a 10- to 12-pound turkey.

IRISH LEMON STUFFING

- ⅓ cup chopped parsley
  - 2 tsp grated lemon rind
  - 8 cups day-old white bread crumbs
  - ½ cup melted butter
  - ½ cup lemon juice
- Toss the parsley and the grated lemon rind with the crumbs. Add the melted butter and lemon juice. Blend well. Enough for a 7- to 8-pound bird.

SAVE-EASY

MITCHELL'S

BE HAPPY-  
GO-THRIFTY!

SWEET POTATO STUFFING

- 6 slices bacon
  - ¼ cup chopped onion or 1½ tbs instant dehydrated onion
  - 3 cups mashed cooked sweet potatoes or 2 cans drained mashed yams
  - 4 cups soft bread crumbs
  - 1 cup finely chopped celery
  - 2 tbs parsley flakes
  - 1 tsp salt
  - 1 tsp monosodium glutamate
  - 1 slightly beaten egg
  - ¼ cup cream or rich milk
- Fry bacon until crisp, remove from pan and chop fine. Add onion to bacon fat and stir-fry for 3 or 4 minutes. Combine sweet potatoes, bread crumbs, celery, parsley and seasonings. Add bacon, onion and bacon fat. Lightly blend in egg and cream to bacon mixture. Enough for a 10- to 12-pound turkey.

SAUSAGE MEAT STUFFING

- ½ cup butter
  - ½ cup onion, finely chopped
  - 3 cups fine dry bread crumbs
  - 3 cups crumbled corn bread or cornmeal muffins
  - 2 cups celery, finely chopped
  - 1½ tsp salt
  - ¾ tsp pepper
  - 1 tsp monosodium glutamate
  - 2 tsp poultry seasoning
  - 1 lb sausage meat
- Melt butter and sauté onion for 2 or 3 minutes. Combine fine bread crumbs, corn bread crumbs, celery and seasonings. Break up and blend in the sausage meat, then add the butter and onion. Mix well. Enough for a 10-pound turkey.

WILD RICE AND MUSHROOM STUFFING

- 1 pkg long-grain and wild rice
  - 2 cups fine dry bread crumbs
  - 1 can drained sliced mushrooms
  - ¼ cup finely chopped onion or 1 tbs dehydrated instant onion
  - ¼ cup butter
  - 1 tsp savory
  - ½ tsp crushed basil
  - 1 tsp salt
- Prepare rice as directed on package. Add fine dry bread crumbs and toss lightly. Fry mushrooms and onion for 2 or 3 minutes in the butter, and add both to the rice and crumbs, along with the seasonings. Enough for an 8-pound turkey.

OLIVE STUFFING

- 2 tbs dehydrated instant onion or ½ cup chopped onion
  - ½ cup butter or other fat
  - 10 cups stale bread crumbs
  - ¼ cup parsley flakes
  - 1 tsp salt
  - ½ tsp pepper
  - 1 tsp monosodium glutamate
  - 1 cup chopped olives, not stuffed
  - 2 eggs, slightly beaten
- Stir-fry onions in the fat, then add to crumbs, parsley, seasonings and olives. Mix in beaten eggs. Enough for an 8- to 10-pound bird.

OYSTER STUFFING

- 1½ cups day-old bread crumbs
  - 1½ cups cracker crumbs
  - 2 cans oysters, drained and coarsely chopped
  - 1½ tsp salt
  - ½ tsp white pepper
  - 1 tsp monosodium glutamate
  - ½ tsp mace
  - ½ cup oyster liquor
  - ½ cup melted butter
- In a large bowl, combine bread crumbs and cracker crumbs. Add the coarsely chopped, drained oysters and the seasonings. Lightly toss and mix in the oyster liquor and melted butter. Enough for a 10- to 12-pound turkey. For an 18- to 20-pound bird, make one and a half times the recipe.



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NEWCASTLE



# AFTER BURNING

## 416 Plum Coulee Day

**416 PLUM COULLEE DAY**  
 My headache and blurred vision have cleared up enough for me to try to relate some of the happenings of this spiel. First let me, on behalf of 416 personnel, thank the people who through their time and effort made this day a success. Thank you fellows, you really did your thing.

An unbelievable 32 rinks took part and over 60 curlers tried trying it for the first time; making for some fine competition and a lot of fun. The shot making was terrific both on and off the ice. Frank Tucker made a shot that would have made Northcott turn green with envy. John Isabelle isn't going to curl until they make all signs bilingual. Mattie Debert made a fine comeback with the aid of a carnival cane. The pressure and excitement of the game must have got to the Sqdn Chief who forgot where he parked the car and missed out on the presentations and he didn't get mixed up with the Plum Coulee flippers.

The curling wound up at 2000 with refreshments, presentation of prizes, a few lucky draws, food and speech making held in the Social Centre. Col. Millar thanked

the committee for their efforts and assured us all he would fit a bit of sweeping and sliding into ground school for future spiels. The much sought after first prize, an all expense 2 week trip to Newfoundland went to the Capt. Koshul rink of Major Carney, Col. Millar and CWO Vasseur. They certainly worked hard for this and all agree that's the team that should have it. Other priceless prizes went to the Capt. Hemstad rink consisting of Capt. Daniels, Trask and Major Houghton, a circuit in a Voodoo plus an A/B run at the butts. Opl. Ellsion and his M&W rink won the exempt from Tac-Eval which looked pretty legal (Major Christie please note). Our good VMO also threw in an extra prize of a 3 days off pass starting on the next 29 Feb. and they were won by Jack Neville, Frank Tucker, Gerry Duffy and Vern Swales. There were as mentioned before a number of door prizes won, these were of a more thirst quenching nature.

It was also an opportune time for all of 416 to say good-bye to Sgt. Frank Dooks who left later that same evening for Ottawa. We all wish Frank and his family all the best in their new posting to Uplands.



Rolly Roulston and Jack Neville bend their backs in trying to clean some Schooner off the ice so that play could resume in the highly competitive 416 Sqn. Bonspiel.



### NELSON MIRAMICHI, N. B. GROCERY SPECIALS

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- Co-Op All Vegetable Shortening, 1 Lb. **4/\$1.00**
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- Kontiki Pineapple, Sliced & Crushed, 19 Oz. **2/49c**
- Moirs Lombard Chocolates, 1 Lb. **89c**
- Co-Op Kernal Corn, 12 Oz. **2/39c**
- Co-Op Fancy Peas, 19 Oz. **2/49c**
- Co-Op Pop, No Deposit, No Return, 28 Oz. Btl. **5/\$1.00**
- Co-op Tomato Juice 48 oz. **3/\$1.00**

### MEAT SPECIALS

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- MAPLE LEAF BACON **49c**
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- FRESH GROUND BEEF **59c**

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- Florida Grapefruit 48's **10/\$1.00**

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- Mon. 9:00 - 9:00 P.M.
- Tues. 9:00 - 5:30 P.M.

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There is an engaging legend that advancing years mellow one, bring out the kindlier impulses of his nature, and that the countryside swarms with repentant scrooges. This is all hogwash of course. When a bastard grows old he simply becomes an old bastard.

The International Order of Old Bastards originated in 1945 in Brisbane, Australia. It was started by a group of veteran servicemen and Mr. Fred Kibbe of Fort Lauderdale, Florida, was elected Arch-bastard for life. Since then charters for more than 950 chapters have been granted throughout the English speaking world and there are more than a quarter of a million members who proudly call themselves Old Bastards.

The I.O.O.B. is non-profit, has no dues, no fees, and no assessments. It is supported entirely by contributions from the members. It is non-political, non-partisan and bars no faiths. It is dedicated solely to good fellowship among convivial men who enjoy lusty, fraternal association without regimentation, crusades, fund raising, committee work and other such fetishes.

Membership can be obtained only on the recommendation of a

card carrying member who personally vouches for the qualifications of the prospective member. A small contribution is made to the I.O.O.B. at the time the nomination is submitted. A new member is not even allowed to pay for his own membership.

Adastral Chapter of the International Order of Old Bastards was granted its Charter in January of this year. It has forty-five members, all of whom have had service in World War II. There have been two meetings already and judging by the number of hung-over Old Bastards after each one, everyone had a hilarious time.

In future, around the Base, if you hear someone say, "Hi, you old Bastard", to someone else, don't worry. No one has gone crazy and no one is sore at anyone. That is the way Old Bastards are supposed to say "Hello" to each other. What else would you expect when the motto of the Order is "Illegitimus Non Cargorundum Est", which, in Bastard Latin, means — "Don't let the Bastards grind you down."

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