



# the **Warrior**

VOLUME 9

NUMBER 17

SEPTEMBER 1, 1982

(ISSN 0707-8056)

Read Around Town And Around The Globe

Second Class Mail No. 3441

## Air Command's finest hour

WINNIPEG: A hall-mark was etched on the pages of Canadian military aviation history here, July 31, 1982.

In a prestigious and absorbing array of pageantry, tradition and precision flying, Gov.-Gen. Edward R. Schreyer conferred Queen's and formation colors on Air Command, inheritor of 73 years of trials and triumphs of Canadian airmen, in peace and war.

The event, on the hangar line of CFB Winnipeg, was "the most significant for Air Command since its formation in 1975," said LGen. K.E. Lewis, its commander since early 1980.

Under sullen skies that later burst into brilliant prairie sunshine, more than 400 members of the command's headquarters and CFBs Winnipeg and Portage la Prairie executed the intricate ritual.

They performed with sharpness and the kind of parade square aplomb not supposed to be in the inventory of technicians, clerks and flyers.

Commanding the parade was Colonel Peter J. Taggart, newly appointed deputy chief of staff for intelligence, plans and requirements at Air Command.

Making up the parade were two squadrons, a guard of honor and a color party, along with the Air Command Band and 402 Air Reserve Squadron's Pipes and Drums.

The spectacle was a rare fusion of jet-age aerobatics and centuries-old tradition and pageantry meeting head-on. The Snowbirds closed the two-hour ceremony with a 25-minute performance before a wide-eyed crowd estimated at 3,000.

Some of their aerial gymnastics even had a few hard-bitten reporters rubbing their eyes.

On the arrival of the Governor-General, he was accorded a royal salute and a roaring fly past by four CF-101 Voodoo fighters.

Highlight of the moving ceremony was the dedication and consecration of the two colors by the command's two principal chaplains, Colonels E.V. Porrior and C.J. Campbell. The act was performed on an improvised altar of piled drums.

Looking on were Manitoba's Lieutenant-Governor, Hon. Pearl McGinigal, and the chief of the defence staff, Gen. R.M. Withers.

Responsibility for putting the myriad pieces together that make a colors presentation and associated events click was LCol A.H. Stevenson, the command's senior staff officer for security. Backing him were nine committees with diversified tasks spanning the spectrum from protocol to finance.

More than half the cost of the event was funded by personnel of Air Command bases and stations, along with a \$2,000 grant from the Royal Canadian Air Force Association.

The event marked only the second time in the history of Canadian military aviation that the symbolic artifacts of loyalty and tradition have been presented to the Canadian air force.

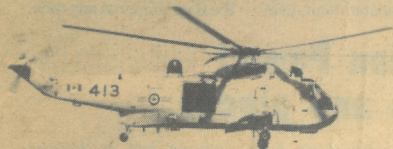
Last occasion was 32 years ago in Ottawa when Viscount Alexander of Tunis, then Canada's Governor-General, conferred colors on the Royal Canadian Air Force, predecessor of Air Command.



Receiving the Air Command Color from the Governor-General is 2Lt K.J. McKinnon. Far left is LGen. K.E. Lewis.

# Play it safe **DRIVE CAREFULLY!** **IT'S BACK TO SCHOOL TIME!**

## Shearwater crew to receive commendations



Six CFB Shearwater air-crew officers from 443 Squadron will receive commendations for their involvement in deeds considered above the normal call to duty.

Major M.E.H. Pinfold, Captain J.F. Cottingham, Captain N.G. Field, Lieutenant B.A. Leveille, Sergeant S.F. MacLean, Master Corporal A.B. Martin, all flyers with the Canadian destroyer HMCS Huron, are being honored for their assistance in transporting three injured or ill seamen to hospital in separate incidents earlier this year.

While on a routine patrol

mission in the Grand Banks area off Newfoundland in late January, the crew of the HMCS Huron was called to assist a crew member of the Soviet fishing vessel Tolbachik suffering from head injuries, an appendicitis victim aboard the Soviet fishing trawler Dvorski, and a Polish crew member with bleeding ulcers from the vessel Cedynia.

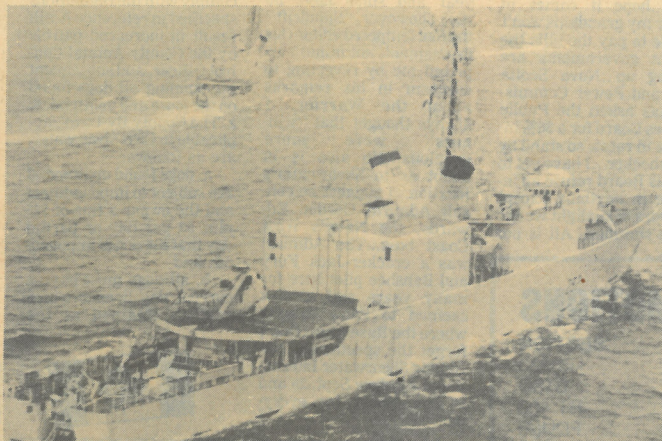
Each of the rescues was undertaken during adverse wind and sea conditions and two were carried out at night, detachment commander Maj. Mike Penfold said during an interview.

Some HMCS Huron crew members sustained minor injuries themselves during the final rescue mission when the vessel had to steam close to 300 nautical

miles in high seas and winds to assist the Polish crewman.

The six officers were recommended for the award by senior officials at CFB Shearwater.

The men will receive their medals from the Chief of Defence Staff during a special ceremony. The date of that ceremony has not yet been finalized.



### INSIDE:

Propwash .....	2
Sam News .....	3
Looking	
Astern .....	4, 5
Quizzles .....	7
The Aerie .....	7
Messing	
Around .....	8
Fun &	
Fitness ...	9, 10, 11
Wings &	
Wheels .....	13
Classified .....	15
Church	
Parade .....	15

# Fun and Fitness- See pages 9 - 10 - 11

# The Warrior

is published every other Thursday by CFB Shearwater under the authority of Colonel M.S. Eichel, CD Base Commander. It is authorized as second class mail by the Post Office Department, Ottawa and for payment of postage in case.

est publié à tous les deux jeudi par le BFC Shearwater sous les auspices du Colonel M.S. Eichel, CD, Commandant de la base. Le ministère des Postes, à Ottawa, a autorisé l'affranchissement en numéraire et l'envoi comme objet de deuxième classe de la présente publication.

Chairman of the Editorial Board-President du Comité de Rédaction- LCol Terry Doyle  
 Editor-Redacteur - Charles H. Nelson. Assistant Editor - Gary Dumas.  
 Business and Advertising Representative-Affaires et Publicité - Ken Grady  
 Photography - Photographie - Base Photo  
 Phone Numéro de Téléphone - 902-463-5111 (Local 657) (Postes 657)  
 Printed by Advocate Printing and Publishing Company Limited, George St., Pictou, N.S., BOK 1H0 - Phone-Numéro de Téléphone - 485-4327.  
 Imprime par Advocate Printing and Publishing Company Limited, George St., Pictou, N.S., BOK 1H0.

Circulation-Circulation: 5000. Registration No. 3441-Enreg stremment No. 3441.

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a Service Newspaper as specified in CFAO 57.5.

Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires qui figurent dans l'OFAC 57.5.

Pen names may be permitted at the discretion of the Editor.

Le redacteur en chef peut, à sa discrétion, permettre l'utilisation de pseudonymes.

Opinions and advertisements appearing in Warrior are those of the individual contributor or advertiser and do not necessarily reflect the opinions of Canadian Forces Base or the Printers.

La Base des Forces canadiennes et les éditeurs laissent l'entière responsabilité des textes et des annonces, publicitaires aux auteurs et aux annonceurs. Les opinions exprimées sont celles des collaborateurs et ne reflètent pas nécessairement le point de vue des Forces armées canadiennes ou du redacteur.

In any case of typographical error, the liability of Warrior is limited to a refund of the space charged for the erroneous item. In case of advertisements accepted by telephone, the Warrior accepts no liability for error whatsoever.

En cas d'erreur typographique, The Warrior ne s'engage à rembourser que l'espace occupé par l'article dans lequel s'est glissé l'erreur. Lorsque les annonces publicitaires sont recues par telephone, The Warrior n'accepte aucune responsabilité pour les erreurs qui pourraient se glisser dans le texte.

The deadline for copy and advertising is 0800 on Wednesday preceding publication date. Material should be typed, double space and MUST be accompanied by the originator's name, address and telephone number.

La date limite de reception des articles et annonces publicitaires est fixée à 0800 le dernier jour ouvrable de la mercredi qui précède la date de publication. Les documents doivent être dactylographiés à double interligne et doivent porter le nom, l'adresse et le numéro de téléphone de l'auteur.

Mail subscriptions are available at the following rates: \$7.00

On peut s'abonner par la poste, aux taux suivants:  
 Canada-USA-Europe/Canada  
 Etats-Unis-Europe  
 Address all correspondence to:  
 Editor, The Warrior  
 P.O. Box 190  
 CFB Shearwater, N.S.

Prière d'adresser toute correspondance au:  
 Redacteur, The Warrior  
 C.P. 190  
 BFC Shearwater, N.E.

## PROP WASH

While gassing up at our economical and efficient CANEX Garage, my mind wandered (happens a lot lately) to the time back in the Fifties when an Avenger piloted by Fairey Aviation's Test Pilot, name of Moore, I think, caught fire over the Base...the pilot parachuted safely, to land in the small field adjacent to the garage and the aircraft proceeded on its way, just missing NAMS (now HT 406) and crashed into the old wooden jetty, setting it on fire...incidentally, tender has been let to demolish that jetty...must be 50 years old...seems like we're in a hurry to get rid of 50 year old things...and people...Summer has brought a steady parade of Officer

Cadets awaiting pilot training, probably the odd potential Benny Oxholm among them; however, they don't seem to have the same swagger or pizzazz that crowd had...something has been lost in the ensuing years me thinks...a bit sad...The local offshore gas/oil scene is heating up again...hope it comes in soon or my grandkids won't be able to pay the bills the present governments are running up...Nova Scotia Light and Power Commission has asked the Public Utilities Board for a 36% increase in rates, so stand by for a shocker...I have yet to see this Board refuse an increase in anything except the hours of sunlight we get in the summer...All is not

## CURRENT PROMOTIONS

RANK, NAME & INITIALS	SECTION
LT SAWATZKY AC	HS 423
CWO O'CONNOR MT	BTSO
MWO PECKFORD W	HT 406
MWO CHAPUT J	FDU(A)
MWO MCMULLEN WC	BAMEO
AL/WO MCLEOD LA	BAMEO
AL/WO JANELLE JT	BAMEO
AL/WO LAHEY FC	BADO
AL/WO CLARKE	BTSO
AL/MCPL CULLETON EL	BAMEO
AL/MCPL PARISE JC	BAMEO

# So you want to be an officer, eh!?

At first glance, one would think they were arriving at a plush, new ski resort in western Canada. Even though it's surrounded by beautiful mountains, and offers accommodations similar to condominiums in Aspen, it quickly becomes evident that the next thirteen weeks in Chilliwack will be no vacation. Yes, I'm referring to the Basic Officer Training Course in Chilliwack, B.C. For three months, Officer Candidates are assessed on their abilities to become officers in the Canadian Armed Forces.

The present structure dictates that all classifications attend the B.O.T.C. in Chilliwack, with the majority of candidates being pilots, navigators, and naval officers.

Cultural shock is possibly an understatement for the individual arriving off civilian street. The

course offers candidates an opportunity to discover their own mental and physical limitations by tapping every available resource one can find.

A typical day on base consists of a 0510 wakeup, depending on how long it takes you to open your eyes. It doesn't really matter when you wakeup, as long as you're in front of the barracks by 0530 hrs. A refreshing (blah!) half hour run until 0600 hrs., and then mass confusion to get ready for an 0700 inspection. Try that for thirteen weeks. Classes begin at 0800 hrs. and continue until 1630 (4:30) hrs. Academics such as leadership, map using, service knowledge, and a few more were taught in the classrooms, while phys. ed. and weapons training were outside. Luckily, it only rained twice during our course. Even though classes

ended at 1630, the day wasn't over until you were prepared for the next. Usually about 2300 hrs. at night.

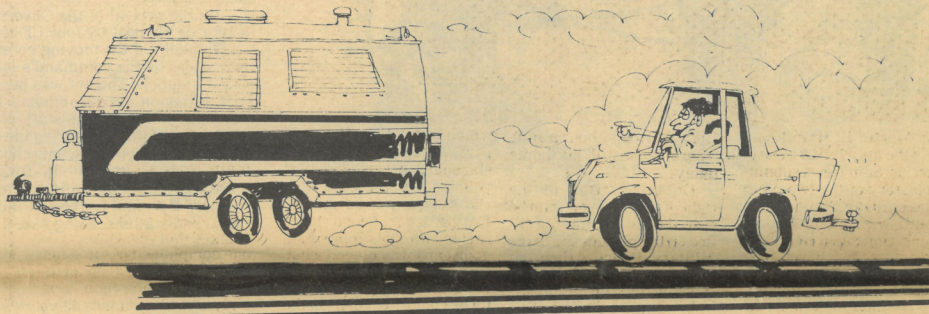
The real fun didn't start until the field exercises got under way. There were three major exercises of about three days each, where candidates were given specific tasks to complete while the directing staff assessed them. There was never much time to sleep, and fatigue set in rather quickly. Just when you're exhausted from a ten km march is the time that they'll pick for you to perform your task. The whole idea of these tasks in the field is to observe how the individual performs under stressful situations while very tired.

Chilliwack, from the Armed Forces view is a place to determine whether or not the candidate has the

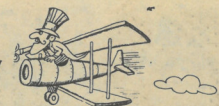
ability to perform well as an officer, and the present program surely does just that. From the individual's viewpoint, it's a place to find out everything you wanted to know about yourself. As I said before, it drags your physical and mental limitations out of places that you didn't even know existed. As the weeks pass, changes are obvious even in yourself, and especially in your peers. Many friendships are developed, and a high level of camaraderie and team performance is brought to the surface. There's no room for loners here, because without your "buddies", the fourth week here will be your last.

Believe it when they say, "There's no life like it."

Limoges D.K.,  
Officer Cadet



"Look! There goes a trailer just like ours."



gloom, however...the Base looks better than it ever has, thanks mostly to the efforts of the Base Gardener's Staff who bring a lot of colour to the landscape.

Purchasing fish and chips the other day, I came upon a copy of "Lookout" - a military paper published at CFB Esquimalt, Lotus Land North - where folks wear tropical whites all year and ships have no rust...however, "Spindrift" the foul tempered editor (his assessment, not mine) surprised me by reverting to sarcasm in his remarks about the Warrior...I always thought that "winners" were more gracious...He also is in doubt as to Shearwater's location...I suggest he consult Admiral Gordon Edwards, the Navy's West Coast boss...The Admiral was a cracker-Jack Fury and Banshee pilot here for many years and always seemed to know exactly where the Base was...Don't forget the spectacular upcoming Shearwater International Airshow Sept. 25 and 26...Something for every-

## Uncontrolled dogs in married quarters and base proper

References: A. PMQ Order 1-23

B. Applicable County By-Laws.

1. The practice of dog owners allowing their dogs to run unattended in the Married Quarters area (including Cannex and Hampton Grey School area) will not be tolerated. Failure to comply with the regulations specified in reference A will result in increased patrols by the County Animal Control Officer, and subsequent impounding all dogs found on the loose and unattended.

2. The County By-Laws, applicable to CFB Shearwater, are as follows:

a. dogs found unattended are subject to impoundment and the owner a fine of \$25 plus \$3 per day or partial day that the dog is impounded; and

b. all dogs must have a current dog licence which can be obtained at the

Halifax County Office, 2750 Dutch Village Road, Halifax. Cost of licence is \$10.

3. Residents bothered by a particular dog or dogs should register their com-

plaints with the SPCA by telephoning 454-5825.

4. Dog owners are to keep their pets under control at all times.

5. Dogs are not permitted on the Base proper at any time.

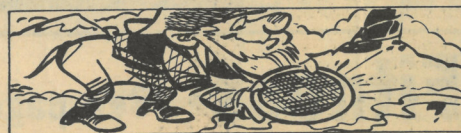
## Baden Powell bits and pieces

Just a few words from the Scout Committee, to remind everyone that another year of Cubbing and Scouting is almost upon us. There will be a mass registration for all boys on the 11th of September, '82. The cost of registration will be the same as last year - \$8.25 per boy, a small amount to pay for your son to enjoy all the various activities the Scouting movement can provide him.

The ages for, and the weekly meeting times of the

groups are as follows: Beavers, Ages 5-7 - Tues., 1700-1800 hrs; Cubs, Ages 8-10 - Thurs., 1830-2030 hrs.; Scouts, Ages 11-14 - Tues., 1930-2100 hrs.

We are still looking for volunteers to serve on the Scout Committee, and to fill in as Leaders for the various groups. No experience is necessary for this worthwhile undertaking. Any interested persons should contact the Scout reps on the 11th Sep 82.



The first gold west of the Mississippi was discovered in New Mexico in 1833.

## RCAF MARINE SQUADRON REUNION

Saturday, Sept. 18, 1982

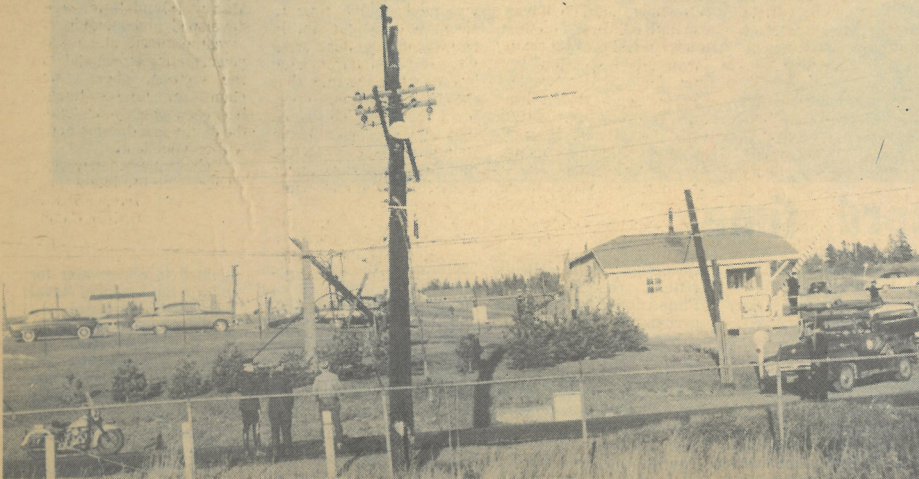
General Meeting 1400 - 1700

Social Gathering 1830

Shearwater WO's and Sgt's Mess

# W SAM News

## -Of Guard Houses -Liberty Boats and Station Cards



by Martin E. Hamilton  
In the July 7, 1982 issue of Warrior, Sam News submitted a story of the two main gates of RCAF Station Dartmouth with guard houses which controlled access to the upper and lower base until 1942. These were located where Labrador Avenue intersects with the Eastern Passage Highway.

Prior to 1938, the upper base did not exist, but the land was then acquired and the upper base rapidly built in 1939-40. Until 1942, the land between the two bases (between the highway and railroad tracks from Hines Road to the underpass) was still owned and occupied by many civilian families. That same year, all were uprooted and many of these homes were occupied by military families, some were razed, still others put to good use by the military. What became Bonaventure Street was constructed that year as the upper base access road and one small cottage was moved to the northern side of it, at the highway intersection, and became the guard house.

This photo was taken as a result of an accident in which a large mobile crane, the boom of which had not been sufficiently lowered, tore down the hydro wires. The photographer was standing on the edge of the lower parade square facing up the hill onto the main base. The intersection is extreme right centre and the guardhouse is on its location. The highway can be seen running centrally across the photo, complete with RCMP motorcycle, Mountie and other military personnel viewing the damage. The white building above the motorcycle is the old Mackenzie House (so named after its former occupants) which had been located just east of the present day RC Chapel. Having served in previous years as Wrens Quarters, this house was bought in 1957 by MCpl Charbonneau and moved to its present location back

Horne's Road about a mile where it is still his home today.

On the horizon to the right of the near pole, can be seen the old Regulating Office on the present site of the Military Police Office. At one time, Willie McNaught (now in charge of Shearwater Commissionaires), as a RCN Master-at-Arms, ruled his band of disciplinarians known as Regulating Petty Officers.

What went on in the guardhouse besides allowing properly authorized vehicles to enter or depart? To describe that, I must digress into some basic naval proceedings at the time in force. Until December, 1948, the base was governed by the RCAF and many clashes between RCN and RCAF erupted over the differences in security methods. After RCN takeover however, in 1948, HMCS Shearwater discipline was enforced as on any other ship - HMCS Stadacona, Naden, Warrior, Mic Mac, etc. - whether "Stone Frigate" or not. One must "go ashore", "come aboard", etc. Up until about 1950, one could only go ashore on a "Liberty Boat" which usually left every half hour during non working hours up to perhaps 2200 hrs (10 p.m.). This meant that libertymen who had collected at, or in the guardhouse, were fallen in, inspected and if neat and dressed in a seaman-like manner, were allowed to proceed ashore. If not, one must rectify the problem and catch a later "boat". Inspection was carried out by the Officer of the Day. From Shearwater, one stepped out and caught a Bell Bus to town.

As 25 percent of a ship's crew were required on board in case we "sailed", all men upon joining a ship, were assigned one of four watches by the Regulator Branch. One must always carry his station card on his person when aboard, for the colour of its cover denoted

which watch he was on; 1st port watch were red, 1st starboard green, 2nd port yellow, 2nd starboard blue (last two may be reversed). In the guardhouse were racks with slots into which your card was placed when you went ashore. Never were there ever more than three colours of cards in the racks as the fourth was duty. The cards were 3 inches by 5 inches with a rectangular opening in the cover where one's name was visible on the front page within. This front page also contained your service number, rank, trade, unit, next of kin and whether you were "G" (grog), drew your tot, or "T" (temperance), did not. In the RCN, there was no tot issue on shore bases, so all were "T" - at sea, one had a choice and if you did not, you received a small allowance in lieu.

Should anyone of senior rank or a regulator "pick you up" for whatever and took your station card, you had to be taken before an officer as a defaulter and be "weighed off" and when you finished your punishment, you got it back. Station cards not picked up by leave expiry times signified "adrift" personnel and a charge was laid. If you had good reason for being adrift, or told a story the "old man" had not previously heard, you might only get a few days number II (each degree of punishment had a number). This meant extra hours of work and "mustering" several times a day - it also meant sleeping in the "bull pen" (a guarded area where "blacklistmen" slept). One might receive cell punishment or worse - be sent to detention. When coming on board, picking up another man's station card was a terrible offense. Despite the risk, occasionally one might have two cards of different colours, so he could sneak ashore when his actual watch was duty. Civilian clothes on board in those days were forbidden - to go ashore in such would

certainly be via a route well clear of the guard house or main roadways. (There were paths in the woods.)

In the 50's, many regulations were withdrawn or relaxed but previously no one complained of the strict discipline or the punishment. We were both men and sailors and could "hack all this and much more". Few requested out - even fewer had their request


granted - until their five year hitch was up.

Even today men on RCN ships request of the officer of the day to go ashore or come aboard and salute their ship upon leaving her or boarding her. They would think it amiss not to; pride or courtesy? Some means is always provided immediately on board to indicate whether one is aboard or ashore - seems a reasonable procedure.

The usefulness of a guardhouse was of much greater significance then than today, but in those days shift work was rare—nowadays the various departments regulate their

men to cater for such. As most go ashore in civvies today, little disgrace is reflected on the service if one is scruffy in dress or misbehaves. In those days, one could be picked up ashore for unseamanlike dress or misconduct by the Shore Patrol. To be apprehended by civilian authority for any reason, meant additional punishment by the service - you had brought disgrace upon it.

From reliable sources, I hear the old guardhouse has been for many years, and is to this day, a store in Eastern Passage.



### Loans and Mortgages Available

**FIXED RATE**  
(rate guaranteed for term of loan)

or

**VARIABLE RATE**  
(rate may fluctuate)

**The Choice Is Yours!**

**Other Features:**

- Attractive interest rates
- No payout penalty
- Can be prepaid at any time

**Federal Savings Credit Union**

**453-4280**

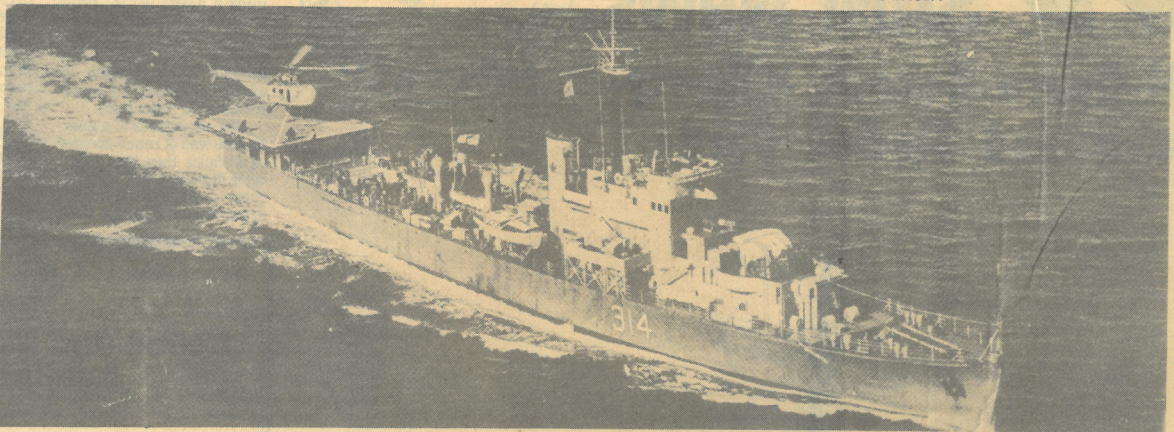
• 6080 Young Street • 135 Wyse Road • HMC Dockyard

# School's In!



It's a new school year, which means more kids will be out on the streets. This is the time where you, the motorist should make a special effort to drive with extreme caution!

# Looking astern



A prefabricated helicopter platform, in 1956, was fitted about the quarterdeck of the frigate HMCS Buckingham to test the feasibility of operating helicopters from anti-submarine escort vessels of this size. (DNS-16734).

## Ship converted in record time

### SHIP CONVERTED IN RECORD TIME

It took only four and a half days in mid-November to convert the aircraft carrier Magnificent into a troop transport and supply ship. The whirlwind operation, appropriately named "Rapid Step", prepared the carrier for service with the United Nations police force in the Middle East.

The Magnificent was at Greenock to load RCAF Sabre jets aboard for return to Canada, when she was recalled on Thursday, November 8. Despite heavy seas which did minor damage to her bow, the ship arrived at Halifax Tuesday night, November 13, to be greeted by relatives and friends, and gangs of naval and civilian workers.

Within a half-hour of her arrival, the ship was alive with workmen and sailors removing ammunition and guns, (the Magnificent had been designated a non-combatant ship) and other equipment and stores not needed. This was the beginning of a four-day, round-the-clock program to reduce her complement to less than 600 officers and men, to secure the necessary army equipment on the flight deck, to convert one of the hangars into a dormitory with triple deck bunks, and to load food, spare parts and stores for the trip.

Among the supplies put on board were 3,600 dozen eggs, 27 tons of meat, 9,000 pounds of butter and innumerable lesser items as spare wrenches, nuts and bolts of all sizes and length, mops and buckets.

The work was done by sailors from Stadacona, Shearwater and other ships who had volunteered for the job so that the Magnificent's ship's company could have as much time at home as possible. The carrier kept only a duty watch in each department to supervise the activities. Dockyard

workers also pitched in to ready the carrier.

The "Rapid Step" planners had hoped to get the job done by Sunday night - five days after it started, but by the end of the third day, it was evident the job was ahead of schedule and the ship, although sailing orders were delayed, was ready to sail Sunday afternoon at 3 o'clock.

### THREE LAUNCHINGS DURING NOVEMBER

Three war vessels were launched for the Royal Canadian Navy during the month of November. They were two destroyer escorts, the Columbia and the St. Croix, and one Bay class coastal minesweeper, the Chignecto.

First launching of the month was that of the Columbia at Burrard Dry Dock Co. Ltd., North Vancouver, on November 1. Mrs K.L. Dyer, wife of Commodore Dyer, was sponsor of the ship, 11th of the 14 anti-submarine vessels on order to go down the ways.

Next came the St. Croix, launched at Marine Industries Ltd., Sorel, Quebec, on November 17. She was the 12th of the new ships launched. There was no ceremony for the launching, owing to the launching process used at Marine Industries. Instead, the christening will take place just before the commissioning. The Sorel shipbuilders, in launching a ship, move it from the ways to a marine railway on which she is gradually transported to the water.

The Chignecto was launched on the same day, November 17, at Geo. T. Davie and Sons Ltd., Lauzon. Sponsor of the minesweeper was Mrs John Deane, wife of Captain (L) John Deane, Assistant Chief of Naval Technical Services (Ships). The Chignecto was the third launched of six ordered to replace the six turned over to France in 1954 under the NATO Mutual Aid Agreement.

### CO APPOINTED TO SAGUENAY

Cdr. Godfrey Harry Hayes has been appointed to take command of the new destroyer escort, HMCS Saguenay on commissioning at Halifax Shipyards Ltd., on December 15. He had served for two years preceding his new appointment as Deputy Director of Personnel (Officers) at Headquarters.

### SHIPS RETURN FROM EUROPE

Four ships of the First Canadian Escort Squadron and one of the Third Canadian Escort Squadron returned to Halifax November 21, following an extended training cruise to the United Kingdom and Europe.

They were HMC Ships Algonquin, Micmac, Huron and Iroquois, and HMCS Assiniboine which joined the other four in the United Kingdom for the European portion of the cruise.

Three, the Huron, Iroquois and Micmac, sailed from Halifax in mid-September and were joined later by the Algonquin which was delayed at Halifax for repairs to hurricane damage suffered during THE NATO Exercise.

The Assiniboine sailed from Bermuda to join the First Escort Squadron at Portsmouth at the end of October. Previous to sailing, she had been carrying out work-ups in the Bermuda area following her commissioning at Sorel on August 16.

The Halifax stay was only a brief one for the majority of the ships. On November 28, the Algonquin, Huron, and Micmac, in company with the Assiniboine and St. Laurent, sailed for the Bermuda area. Following exercises there, they were scheduled to sail for the United States eastern seaboard with HMC Ships St. Laurent and Assiniboine visiting New York City from

December 7 to 12, while the other three visited Philadelphia for the same period.

### SQUADRON'S WORK RADAR LINE PRAISED

Royal Canadian Air Force praise for the work of the Navy's experimental anti-submarine helicopter unit HS-50, on the Mid-Canada Line this fall has been voiced by Air Marshal C. Roy Slemmon, Chief of the Air Staff.

HS-50 in November completed nearly two months of work assisting the RCAF in the airlift of personnel and supplies on the Mid-Canada Line. The squadron turned over its northland duties on the 12th to HU-21, RCN utility helicopter squadron from Shearwater.

"The participation of HS-50 in the Mid-Canada airlift over the past two months is most sincerely appreciated," Air Marshal Slemmon said in a message to the Flag Officer Atlantic Coast, in whose command the squadron is based.

"The readiness of the RCN to assist in this vital project, coupled with the keen spirit and resourcefulness displayed by all RCN Personnel connected with the operation, is an outstanding example in interservice cooperation," the air marshal's message continued.

"Although much work still remains to be done, HS-50 in lifting more than 850 tons of urgently required material, made a most significant contribution to the task."

From September 24, until withdrawal from the Mid-Canada Line on November 12, HS-50 put in a total of 1,066.4 hours' flying time. The squadron's helicopters reached a total in ton miles of 17,675.93. A total of 1,018 passengers was carried, while freight weight totalled 1,875,212 pounds and baggage weight, 75,965.

Lt.-Cdr. George Marlow

commands the unit, which received a week's special leave on return to Dartmouth to recover from the arduous assignment during which its Sikorsky HO4S-3s were flown 49 straight days for a daily average of eight hours in the air.

The naval commitment, on a slightly reduced scale, continues into the New Year, under the command of Lt.-Cdr. John Laurie.

### PROMOTION FOR AIR BRANCH CPO

Former Chief Petty Officer Harry Carter has been promoted to the rank of Acting Commissioned Airman (Air Ordnance).

A/Cmd. Amm. Carter completed an officer's divisional course late in November and was ap-

pointed to Shearwater for duty in the School of Naval Aircraft Maintenance.

### CASH AWARD FOR GUNNERY IDEA

A suggestion by PO George J. Obee has won him a cash award of \$45 and a letter from the office of the Deputy Minister of National Defence.

PO Obee, a gunnery armorer, submitted to the Deputy Officer's Office a suggestion for promoting greater efficiency and safety in the servicing of certain 4-inch guns used by the RCN.

The suggestion was turned over to the Suggestion Award Board of the Public Service of Canada for study

(continued on page 4)

Telephone: Area Code 502  
469-1532

## MacInnes, Wilson and Hallett

J. DAVID THOMPSON  
25 WENTWORTH STREET  
DARTMOUTH, NOVA SCOTIA  
CANADA

## Colby Village Your Place

A place with carefully constructed houses. A place where you can swim, play tennis, party, or quietly stroll down a wooded path. A place that is meticulously maintained and professionally managed. A special place that will enhance your lifestyle.

Your Place, with 3 bedrooms, 3 floor duplex units starting from \$640. per month.

During our Grand Opening Celebration we invite you to see for yourself why Your Place is "a place to call home". Furnished model open daily from 10:00 a.m. to 9:00 p.m.

Take Portland St. to Cole Harbour Rd. turn into Colby Village to Your Place. 434-7149



**RMG** Rockwood Management Group

## BERNIE BAXTER HERITAGE DATSUN

### NEW & USED

Bus. 469-8484  
Res. 865-4315

370 Windmill Rd. Dartmouth, N.S.

## Smith, Gay, Evans & Associates

Barristers, Solicitors, Notaries

W. Brian Smith  
Jeremy Gay  
Bruce W. Evans  
Queen Square  
45 Alderney Drive  
Telephone 463-8100  
Area Code - 902

P.O. Box 852, Dartmouth, N.S. B2Y 3Z5

# W LOOKING ASTERN

(continued from page 4)

and trial by technical experts and has since been adopted for use by the Navy.

A cheque of \$35 and a letter from the office of the Deputy Minister of National Defence have been awarded to Clyde P. Strum, 36, an ammunition worker at the Royal Canadian Navy Magazine at Bedford, N.S., for a suggestion judged to be of benefit to the service.

Mr Strum, whose job includes proving fuses for various types of shells and explosives, developed an idea which results in saving of time and in increased safety when proving certain types of fuses.

## LANARK HAS NEW COMMANDING OFFICER

Lt.-Cdr. P.H. Cayley has been appointed in command of HMCS Lanark (frigate).

He succeeds Cdr. William M. Kidd, who has been appointed to Venture, junior officers' training establishment at Esquimalt, as executive officer.

## EIGHT WEST COAST SHIPS EXERCISE

Eight ships of the Second Canadian Escort Squadron sailed from Esquimalt on November 5, for training exercises in British Columbia waters.

The aim of the training program, which lasted 12 days, was to provide pilotage experience in B.C. coastal waters and, for this purpose, the participating ships sailed in pairs to various ports and anchorages. They were open to visitors at ports where alongside berths are provided.

The ships included the Crescent, Sioux, Athabasca,

kan, Settler, Jonquiere, Ste. Therese, New Glasgow and Sussexvale.

## CDR. BENSON TO COMMAND CAYUGA

Cdr. Patrick Campbell Benson has been appointed in command of the Cayuga based at Esquimalt.

He succeeds Cdr. Geoffrey Huntley Davidson, who was to take up the appointment of Staff Officer Shipping Control on the staff of the Flag Officer Atlantic Coast in December.

## SUPPLY OFFICERS IN NEW POSTS

Three senior officers of the Supply Branch have received new appointments.

Cdr. (S) Martin E. Doyle, who has been Secretary to the Chief of Naval Staff and Deputy Naval Secretary at Naval Headquarters, has been appointed Manager Supply, Pacific Coast, and officer-in-charge of the Naval Supply Depot, Esquimalt, B.C.

He succeeds Cdr. (S)

Denzil Thomas R. Dawson, who will become Deputy Director of Naval Organization (Management and Methods) on the staff of the Naval Comptroller at Headquarters in early January.

Cdr. (S) Sterling R. Hanright, who was formerly Staff Officer (Supply Liaison and Logistics) to the Naval Member Canadian Joint Staff (Washington), succeeded Cdr. Doyle in mid-November at Headquarters.

## SWEEPERS ON TRAINING CRUISE

Four minesweepers of the First Minesweeping Squadron, left November 5 on a five-week training cruise to the southern Atlantic to exercise with minesweepers of the United States Navy.

The minesweepers Gaspe, Ungava, Trinity and Resolute, operated with units of the United States Navy's Atlantic minesweeping fleet out of Yorktown, Va. The combined USN and RCN squadrons visited Charlestown, S.C., during the exercises and the Canadian ships also called in at Jacksonville, Fla., and Boston, Mass., before returning to Halifax on December 11.

The first Canadian Minesweeping squadron is commanded by Cdr. William S.T. McCully, commanding officer of the Gaspe.

## TWO SHIPS JOIN FLEET IN NOVEMBER

Two commissionings of warships for the Royal Canadian Navy took place during the month of November.

The first was that of HMCS Ottawa, the third anti-submarine destroyer escort to enter RCN service. She was commissioned on November 10, Canadian Vickers Ltd., Montreal.

After joining the Third Canadian Escort Squadron at Halifax, she sailed November 28 for work-ups in the Bermuda area. There are now three sister-ships in the squadron, the St. Laurent, Assiniboine and Ottawa.

The second ship to commission was HMCS Fundy, a Bay class minesweeper, commissioned on November 27 at Davie Shipbuilding and Repair Company Ltd., Lauzon. She was the first to be commissioned of six minesweepers being built to

replace six turned over to France in 1956 under the NATO Mutual Aid agreement.

## CPO BECOMES ENGINEER OFFICER

A former chief petty officer, Thomas William Kenny, has been promoted to the rank of acting commissioned engineer officer.

A/Cmd. Eng. Kenny completed an officers' divisional course at Cornwallis, in November and has been appointed to the staff of Flag Officer Atlantic Coast for duty with the Command Technical Officer.

## BACK TO SCHOOL SANDWICHES AND AFTER DINNER TREATS

The summer's over, and it's back-to-school for the younger members of the family. It's time to pack those brown paper bags, but not only for the kids, but for dad, moms and the rest of the family.

### POLYNESIAN-STYLE POCKET SANDWICH Serves 4

- |  |   |
|--|---|
| 500 ml (2 cups) cooked, diced chicken              | 2 ml (1/2 teaspoon) curry powder        |
| 1 ripe avocado, diced                              | 1 ml (1/4 teaspoon) salt                |
| 1 small papaya, diced                              | dash pepper                             |
| 75 ml (1/4 cup) dairy sour cream or yogurt         | 125 ml (1/2 cup) finely chopped cashews |
| 45 ml (3 tablespoons) mayonnaise or salad dressing | lettuce                                 |
|  | 4 pita breads, sliced in half           |

- Combine chicken, avocado, papaya, sour cream, mayonnaise, curry, salt, pepper and cashews in bowl.
- Spoon chicken and fruit mixture into lettuce lined pita pockets.

### YUMMY CHEESE-IN-PITA SANDWICHES Makes 16 pita halves

- Salad**
- |  |   |
|--|---|
| 1/2 medium head of lettuce or a bunch of spinach                   | 125 ml (1/2 cup) diced green pepper             |
| 250 ml (1 cup) of Colby cheese cubes flavoured with carraway seeds | 75 ml (1/2 cup) sliced raw mushrooms            |
| 250 ml (1 cup) bean sprouts  | 15 ml (1 tablespoon) chopped fresh parsley      |
| 125 ml (1/2 cup) cucumber slices                                   | freshly ground pepper                           |
| 1 large tomato, seeded and diced                                   | 8 (15 cm (6 inch) pita whole wheat bread rounds |

- Dressing**
- |                             |                                      |
|-----------------------------|--------------------------------------|
| 250 ml (1 cup) plain yogurt | 1 green onion including top, chopped |
|-----------------------------|--------------------------------------|

- Shred lettuce and add remaining ingredients except pita bread.
- Cut pita bread in "half" crosswise.
- Gently separate sides until pocket forms. Fill pocket opening with 125 ml (1/2 cup) salad and top with a little yogurt onion dressing.
- Serve immediately.

### MINI-SUB SANDWICHES Serves 6

- |   |   |
|---|---|
| 6 hard rolls, about 10 cm (4 inches) long | 45 ml (3 tablespoons) Italian dressing            |
| 250 ml (1 cup) shredded lettuce           | 1 250 g (8 ounce) package bologna slices          |
| 50 ml (1/4 cup) minced onion              | 1 180 g (6 ounce) package provolone cheese slices |
| 1 large tomato, chopped                   |   |

- Slice rolls almost in half horizontally, leaving one side attached.
- In small bowl, toss lettuce, onion, tomato with Italian dressing.
- In each roll, arrange 1 or 2 slices each of bologna and cheese and top with some lettuce mixture.

### WIENER-EGG SALAD BUNS Serves 8

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 4 wieners, finely chopped            | 5 ml (1 teaspoon) prepared mustard    |
| 3 hard-cooked eggs, coarsely chopped | 2 ml (1/2 teaspoon) minced onion salt |
| 45 ml (3 tablespoons) chili sauce    | 4 hot dog buns, split and toasted     |

- In medium bowl, stir first 5 ingredients; add salt to taste.
- Spoon mixture onto bun halves.

### DOUGHNUT DELIGHT

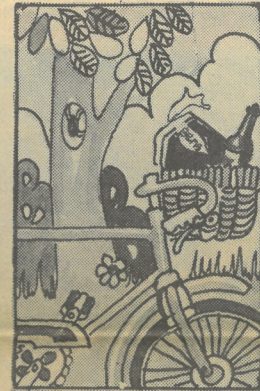
Split cake doughnuts; arrange cut side up on baking sheet and heat under the broiler.

Spread the bottom half with black currant or strawberry jam.

Cover with a scoop of any flavour of ice cream, cover with the second half; fill the hole with more jam, whipped cream or marshmallow sauce.

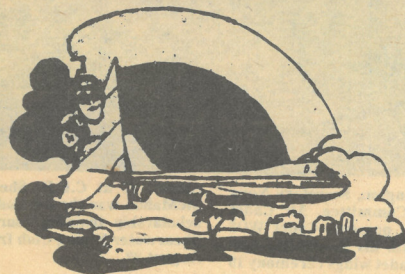
## The Cry of a Dreamer

I am tired of planning and toiling  
In the crowded hives of men;  
Heart-weary of building and spoiling,  
And spoiling and building again.  
And I long for the dear old river,  
Where I dreamed my youth away;  
For a dreamer lives forever,  
And a toiler dies in a day.



CANADIAN IMPERIAL  
BANK OF COMMERCE

COMMERCE BANKPLAN LOANS  
FOR ANY WORTHWHILE PURPOSE



Available from any of the  
following conveniently located branches:

56 Portland St.  
469-4350

71 Tacoma Dr.  
434-6120

Wyse & Dawson  
469-4375

Windmill Road  
469-9331

Penhorn Mall  
469-7050



**AIR CADETS FLYING SCHOLARSHIP GRADUATES 82** - Left to right, WO2 Mark Lawrence, Middleton, N.S., WO2 Steve McMahon, Waterville, N.S.; Sgt. Bill Watkins, Greenwood, N.S.; F/Sgt. Mike

Smith, Yarmouth, N.S.; F/Sgt. Thomas Wood, Kentville, N.S.; Capt. Bruce Butt, Supervisory Officer; WO2 David Young, Halifax, N.S.; F/Sgt. Wade Fleet, Halifax, N.S.; F/Sgt. Paul Ackerman, Port Mouton, N.S.; F/Sgt. Lewis Malloy, Halifax, N.S.



Mrs. Joan Whittington, Secretary Nova Scotia Provincial Committee, Air Cadet League of Canada, presents Cadet WO2 Steve McMahon with his graduation certificate at the Air Cadet wings ceremony 19

August 82 at C.F.B. Shearwater. Cadet McMahon was the top cadet on the flying scholarship training course, held at the Shearwater Flying Club from 05 July to 19 August 82.

## Air Cadets wing it

The weather man gave in during the final week of the Air Cadet program, and permitted the last few cadets to finish the course on schedule.

On 19 August, after forty-six days of ground school and flight training, nine cadets graduated with private pilot licenses.

**Stan's Hairstyling**  
"Unisex"  
PENHORN MALL

OPEN 6 DAYS/WK  
Mon-Fri 10 a.m. to 9 p.m.  
Sat 10 a.m.-5 p.m.

NO APPOINTMENT NECESSARY  
463-1602

We specialize in all cuts for Men, Women & Children

**Bonanza Pizzeria Ltd.**

Have a Delicious Pizza Today  
9", 12", 16" & 18" Sizes

CHEESE SALAMI PEPPERONI BACON HAMBURG GREEN PEPPER

FREE DELIVERY ON PIZZA OVER \$4.00 IN OUR DELIVERY AREA  
10% OFF YOUR PIZZA ORDER PICKED UP IN THE STORE

ONIONS MUSHROOMS

525 Pleasant St.  
469-7308

THE COMBINATION OF YOUR CHOICE  
DONAIRS AND SHORT ORDERS

**Dartmouth Inn**  
THE SAILLOFT LOUNGE

LIVE ENTERTAINMENT NIGHTLY  
OPEN  
Mon-Wed 'Til 1 A.M.  
Thurs-Sat 'Til 2 A.M.  
9 Braemar Dr., at MicMac Rotary

**SUPPORT THE MERCHANTS WHO ADVERTISE IN YOUR PAPER**

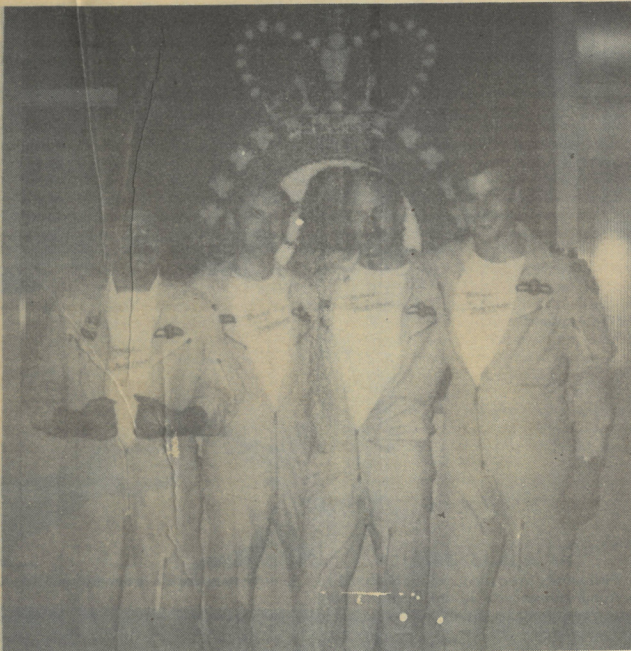
OUR SUCCESS DEPENDS ON THEIR BUSINESS

## Canadian Patrol Frigates

OTTAWA, 25 February, 1982 — Computing Devices Company, a Division of Control Data Canada, Ltd., has recently received an initial contract for more than half a million dollars for the design of the command and control system, including data base processors, which could be used in the new Canadian Patrol Frigate program.

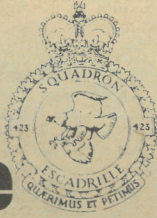
The contract for this design was awarded to Computing Devices by Signaal Company of the Netherlands, itself a sub-contractor for the frigates' entire combat system including sensors, to SCAN Marine of Longueuil, Quebec.

The so-called "Contract Definition" phase covering this order will be concluded by summer, 1982, when Computing Devices delivers the design for the command and control system to Signal.



THRILL OF A LIFETIME - Crew modelling the new Aircrew T-shirts.

# W The Aerie



The hallowed halls of 423 are rather quiet these days. The majority of the Screaming Eagles are off to sea-screaming. Of course, the rest of the headquarters aircrew are back here - screaming - as operational types took the heads and left us with nothing! I don't know about the other guys but it would sure be a thrill to get airborne again.

Speaking of thrills, have you seen our four fine feathered flyers running around in PINK t-shirts! Needless to say, the XO was quite worried and keeping a watchful eye on these new dress habits. As it turned out, the Athabaskan crew of Lts. Gagnon, Leask, Picken and MCpl Miller received their bizarre attire from the "Thrill of a Lifetime" film crew. It seems a young boy from Alberta had his thrill of a lifetime as a sailor on HMCS Athabaskan. Oh well, what can I say? Denis Leask plans to make it big in TV, but he did promise to talk to us eaglets even after he gets his major role in a new Soap, "As the Rotors turn".

We have another crew commander on the squadron. Congratulations go out to Lt(RN) Ian McKellar. Ian has also assumed duties as Det Commander on HMCS Assiniboine, relieving Capt. Herb Parsons who is now filling a slot in the squadron training organization.

423 is flying low these

days to make up for lost air time. Two of our wild and crazy members have gone out and started their own high performance car club. Sheets can be seen scouting around in his newly acquired Jaguar XKE and Blankets is covering his tracks with a Porsche 911 S. I tried to purchase a '62 Valiant slant 6 just to keep pace, but my plans were trashed along with car.

And finally, we have a new addition to the squadron. Mrs XO sprogged the other day and presented our exuberant XO with a

fresh new baby girl. She goes by the name of Kristy, but I've been told to keep this quiet. Nobody wants a certain Capt. Hunt to get a hold of this one!

By the way, did you hear about Brand X's latest cross country? Seems during one of their pitstops, as they were walking in to the airport terminal, there was a sign "Clean Washrooms Ahead". Three hours and 35 washrooms later, they were off on their way again!

Ready? Aye, Ern

## Terry Fox run on Sable Island

The Graveyard of the Atlantic, Sable Island, will host a special Terry Fox Run on September 19, 1982.

Todd and Karri, the children of Mr and Mrs Barry Allison, will run a 10 km course around the Island in support of the Marathon of Hope. Mr Allison is the Officer in Charge of the Weather Station on Sable Island.

The idea to organize the run on the Island was the children's. They decided to dedicate their efforts on the 19th to their 18 year old cousin, Richard Murphy, who is fighting cancer. Richard has not given up his struggle and 10 year old Todd feels that by running the 10 km course, he can of-

fer support to his cousin. Six year old Karri has seen pictures of Terry Fox and understands he died because of a serious disease and she feels that she will help save other people by running and collecting pledge money.

The Sable Island run will be more difficult than most of the runs throughout the Province as the children will be running on sand. Their determination will maintain their energy on the course.

The Allison family have lived on Sable Island for nearly four years. Food supplies and mail are flown in every two weeks. Mrs Allison says life on the Island is enjoyable. "We eat when we're hungry and sleep when we're tired."

The excitement about the run has generated much interest from the workers on the oil rigs off the coast. One rig plans to pledge \$100 per kilometer for the children. Two other rigs are in competition with each other in pledging their support.

Todd and Karri may be the only people running on the 19th without running shoes. Because of the sand, they will run the course barefeet.

# W Quizzles



Hello again. The time has come to put together our paper and pencils and minds, and see if the answers are where we think they are.

Last issue's question dealt with blocks of different sizes. Here's how it went.

48. "See these eleven blocks?" says a so-called friend. "Four of them of 8-inch thickness, two of them of 4-inch, three of 3-inch and two of 1-inch thickness."

"Pile them in a column 51 inches high with a 3-inch block at the bottom so that, remaining in position, individual blocks or combinations of adjacent blocks can be used to measure every thickness in exact inches from 1 inch to 48 inches. In what order do they stand?" (RP)

ANSWER: The blocks are arranged 3, 1, 1, 4, 8, 8, 8, 3, 4, 3.

The method of arriving at this answer, and at the answers to other problems of this kind, combines common sense, intuition, and a sort of inspired trial-and-error. To explain it briefly would be impossible; to describe it in detail would be tedious. I hope you enjoyed working on that one.

Small numbers are great, easy to remember in almost all combinations, but what about the zero? See if you can tell how many millions the following combinations make.

49. 1 followed by 6 zeros, by 9 zeros, by 12, 15, 27, 33 and finally 1 followed by 36 zeros.

50. Next, I have a problem of numbers, although not as inspiring as the previous millions, just as hard nevertheless.

A vote to be taken at a crowded club meeting and the president suggested that all who were in favor of the motion should stand while those in opposition should sit down. After a count had been taken, the president stated that the proposal had been accepted with a majority count greater by exactly one quarter of the opposition vote. Thereupon,

there were protests by club members insisting that the vote was void because there had not been enough seats for all the opponents of the motion. Twelve members stated that they had to stand against their wills. Thereupon, the president made known his decision that under the circumstances, the motion had been rejected by a majority of one vote.

How many people were present at the club meeting?

51. This next problem involves age. How old is he?

His age is thrice his age three years hence minus thrice his age three years ago.

52. A limerick is a five-line poem with definite characteristics. The first two lines rhyme with each other and also with the last line. The third and fourth lines rhyme with each other and are shorter than the other lines. Three limericks follow below with only the first four lines supplied. Try your hand at writing the fifth line and see what you come up with (MC).

a) A frugal old man from Kent

Tried in New York a hotel room to rent,

But the price was so high,

It compelled him to cry-----

b) Art Iculate madly in love fell

Just listening to him you could tell,

He had loved before

And knew well the score-----

c) A favorite occupation,

Of people in every nation,

Is lying, cheating,

Slander repeating-----

53. The following is a list of words in groups of five.

One of the five does not belong. Can you tell which?

a) oak, elm, maple, mahogany, pine;

b) trumpet, cornet, lute, trombone, bugle;

c) gram, centimeter, liter, yard, stere;

d) hawk, pheasant, owl, eagle, osprey;

e) attack, stroke, assault, sally, raid;

f) learning, erudition, degree, scholarship,

knowledge; g) land, earth, ground, soil, property;

h) highway, avenue, street, boulevard, parkway; i) mohair, rayon, nylon, dacron, acrilan; j) cube, triangle, square, circle, pentagon; k) pious, religious, faithful, devout, reverent; l) president, governor, king, emperor, rajah; m) iris, tulip; jonquil; pansy, hyacinth; n) apple, peach, tomato, plum, apricot; o) scarlet, vermillion, crimson, orange, rose.

54. And lastly, for this issue, a question involving the last logicians conference I attended. (RP)

At the International Conference of Logicians, the delegates were given odd numbers running from 1 to 999; to increase their enjoyment, they did not wear these but spent their time deducing each other's numbers.

I knew nobody's number, not even my own; but the secretary of the conference, who knew everyone's number, told me that the four Irish delegates had consecutive odd numbers; he introduced them to me by name, beginning with the man who had the lowest number and working his way up to the man with the highest.

As I met each, I said (by way of suitable conversation), "Do you have a number which is either a perfect square or a perfect cube or both?" Each of the four replied yes or no; I then turned to the secretary and said, "I know that I have not been given four truthful replies."

"That's true," he replied, "but if I now tell you whether one, two, three of four Irishmen lied to you, you will know for certain what numbers these delegates hold." The secretary is a truthful man.

What then was the conference number of the Irishman whom I met first?

Have fun and see you in the next issue.

**Service personnel are invited to make up private parties and enjoy our hospitality**




## The Village Gate Beverage Room

### Swing at the Gate

Sept. 6-11  
**"EXIT"**

Sept. 20-25  
**"RISER"**

Sept. 27-Oct. 2  
**"ROX"**

**DANCING HOURS:**  
MONDAY & THURSDAY 8:30 p.m. - 11:00 p.m.  
FRIDAY & SATURDAY 9:00 p.m. - 12:30 a.m.

**COVER CHARGE**  
Thurs., Fri., and Sat.

**DINNER HOURS:**  
MONDAY TO SATURDAY  
11:30 a.m. - 6:00 p.m.

534 WINDMILL RD., DARTMOUTH, B2Y 3Y8, 469-7926

## LCol (R) Leo I. MacDonald BARRISTER AND SOLICITOR

Aronson, MacDonald  
Dartmouth Professional Centre  
Suite 111, 277 Pleasant St.  
Dartmouth, N.S., B2Y 4B7

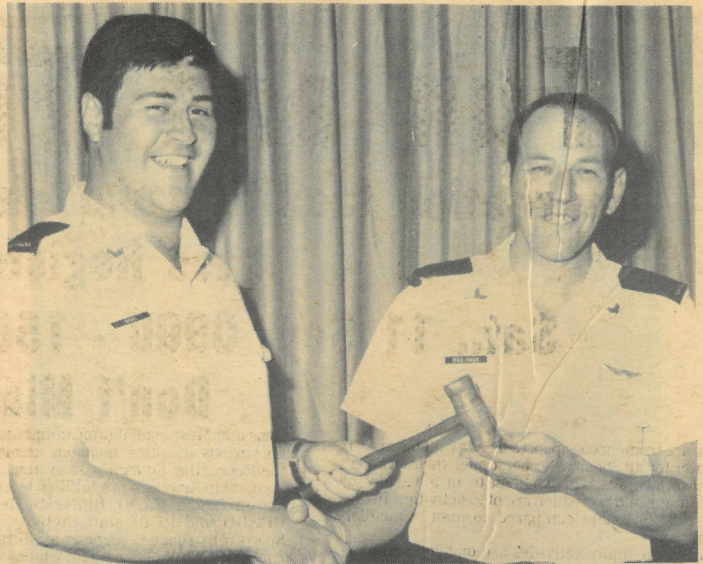
Bus.: (902)463-9131  
Res.: (902)423-3371

"Initial Consultation - \$10.00"

**FEE INQUIRIES WELCOME**



MCpl Jan Ouletto, Club Manager(ess), presents Phil Robidoux with gifts from the Mess.



Phil hands over the gavel to Richard as a symbol of authority. I think Richard is big enough to maintain order without it though.

## Hello Richard - Good-bye Phil

The Sea King Club held a reception on Wed., Aug. 19th to say farewell to the incumbent MCpl Phil Robidoux and welcome the new boss, Cpl. Richard Dugas.

Assembled guests and members of the Club executive thanked Phil for his efforts and promised full support to Richard during his term. The Warrior joins

with all members of the Sea King Club in wishing Phil and family good luck and continued success in his new posting to Val Cartier.

## Defensive drivers

a. A Defensive Driving Instructors Course will be held on the 13-14 October 82 from 0900-1500 hrs.

b. To continue with the defensive Driving Course (DDC) it is imperative that the MSE Safety Section obtain instructors from the

various sections on Base. The personnel who successfully complete the course will be instructing on the Defensive Driving Course and will be required for one hour every two or three weeks.

c. With the continuous

movement of personnel, CFB Shearwater loses instructors all times and without a good nucleus of competent instructors, the Defensive Driving Program on this Base will suffer.

d. For registration, call Mr J. Hatcher, MSE Safety, local 396.

# W Messing Around

## OFFICER'S MESS MIXED BOWLING LEAGUE

**What:** A fun 5-pin bowling league

**Where:** Shearwater 5-pin Lanes in P&RT Centre

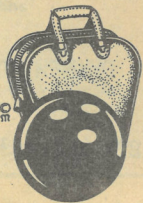
**When:** Begins Mon. 13 Sept. 82 at 2000 hrs., continues every Monday til May 83

**Who:** All officers and/or spouses (i.e. when hubby's away the wife can play)

**Cost:** \$2.50/person/night Shoe rental 25¢

**COME OUT AND HAVE FUN!**

**BRING YOUR FRIENDS THEN BEAT THEM**



**FOR MORE INFO CALL  
Capt. Mike Muzzerall  
LOC 245  
Home 463-3816**

## Scotia Branch ROYAL CANADIAN LEGION

AIR CONDITIONED FOR YOUR COMFORT  
5837 Cunard Street  
Halifax, Nova Scotia, PHONE 423-6167

Mon. - Fri.	Home Cooked Meals Served 11:45 - 14:00 hrs. Phone for Group Reservations
Mon. - Sat.	Games Room open daily from 10:00 hrs.
Mon.	Bingo 19:45 - 22:00 hrs.
Wed.	Auditorium Dance 20:00 - 24:00 hrs.
Thurs.	Lounge Dance 20:00 - 24:00 hrs.
Fri.	Auditorium Dance 20:00 - 0100 hrs. Lounge 20:00 - 0100 hrs. Live Music
Sat.	Auditorium Dance 20:00 - 0100 hrs. Lounge Dance 20:00 - 01:00 hrs.

420 seat auditorium for rent — We cater to Ship's Dances. Canadian Forces personnel 19 years of age and over are eligible for Legion membership.

"Known world wide as "The Friendliest Branch"

## SEA KING CLUB

Fri., 3 Sept.	TGIF, 4:30 - 6:30
Tues., 7 Sept.	Movie, 8 p.m., Free "The Cat People"
Wed., 8 Sept.	Steak Day, 11:30 - 1:30 p.m., \$2.00
Thurs., 9 Sept.	T-shirts for sale 3 sizes, 3 colors. \$6.00 each
Fri., 10 Sept.	TGIF, 4:30 - 6:30
Sat., 11 Sept.	Free D.J., 9:00 - 1:00
Sun., 12 Sept.	Cash Bingo, 8 p.m.
Tues., 14 Sept.	Movie, 8 p.m., Free "Eye of the Needle"
Wed., 15 Sept.	Last Steak Day 11:30 - 1:30 p.m. \$2.00
Fri., 17 Sept.	TGIF, 4:30 - 6:30 Band: "Riser". 9 - 1 Riser, 9 - 1
Sat., 18 Sept.	Riser, 2 - 5
Sun., 19 Sept.	Movie, 8 p.m., Free "Raging Bull"
Tues., 21 Sept.	TGIF
Thurs., 23 Sept.	Mess closed due to Air Day
Fri., 24 Sept.	Air Day
Sat., 25 Sept.	Cash Bingo postponed to Oct. 3.
Sun., 26 Sept.	Special Night On The Town Bingo
Tues., 28 Sept.	Movie, "Bustin' Loose"

# Fun and Fitness

## Recreation facilities and club/group activities Mass Registration

Sat., 11 Sep, 0900 - 1500 PE&R Centre

Don't Miss It!

There are tremendous opportunities available at CFB Shearwater for all Shearwater personnel, their families, and sponsored guests to participate in a variety of physical fitness and recreation oriented activities. In fact we are very fortunate compared to many Canadian communities.

Although the many activities are ongoing and have members coming and going year round, we have found that by kicking off the fall/winter season with a mass registration day, a convenience is provided to those wishing to register; people can learn more about the scope of the total programme; and much of the necessary administration can be gotten over with in one day.

By reading on you may, to some degree, be enlightened about the overall operation of physical education and recreation at Shearwater and will be able to select activities that you may wish to find out more about and register for.

Don't forget - MASS REGISTRATION SAT 11 SEP 0900-1500 PE&R CENTRE.

### ORGANIZATION

The overall management of Base physical education and recreation activities and facilities is handled for the Base Commander by a myriad of organizations and individuals with the overall aim being to provide the best amenities for our personnel within our limitations. The necessary funding comes from a combination of public funds; NFF funds generated largely by our Canex opera-

tions and Mess contributions; and funds raised both by the various activities (including membership dues), and the Recreation Council pass system. The managerial/ leadership functions are fulfilled by such organizations and groups as BADO, BPSvcsO, Recreation Council, BPERO and PERI staff, Activity Executives, Unit Sports reps, coaches, managers, officials, NFF staff, and countless volunteers without which very few programmes could operate.

There are two distinct sides to the programming -- military physical fitness and sports activities for military personnel; and recreation programmes for all Base personnel, their families, and sponsored guests. For example, while the Base representative or intramural hockey or soccer teams are for military personnel (a vehicle to physical fitness and esprit de corps), minor hockey and minor soccer are for dependants, and the Wood Hobby Club or Swim Lessons are for our total community.

This article covers only recreation programmes and recreational use of facilities. There will be a later article on the military physical education and sports programme covering Cock of the Walk, fitness evaluation, male and female programmes at rep team level and intersection and unit sports, and casual activities.

There are differences in the way these types of programmes are managed and operated. Two organizations that are key in all this are the Recreation Council and PERI staff.

### RECREATION COUNCIL SPONSORED ACTIVITIES

Club/Activity	Contact
Archery	Capt Swiggum 269
Amateur Radio	Sgt Reynolds 253
Bowling	Sgt Rapitta 426-5567
Figure Skating	LCol Browne 406
Minor Hockey	Maj Bey 403
Minor Soccer	WO Cockerill 354
Photo Club	LT(W) Mintz 703
Judo Club	MWO Wires 330
Scuba Club	PO Walsh 308/500
Squash Club	WO McMullen 274
Wood Hobby Club	Capt Bratton 392
Bluefins Swim Club	Capt Moritz 224
Minor Ball	Cpl Patrick 744

### OTHER RECREATION ACTIVITIES

Flying Club, Office, 463-3177  
Hartlen Point Golf Club, Office, 466-2308  
CF Sailing Association, Executive Secretary, 469-8590  
Auto Hobby Facility, EX Garage Manager, 466-7790  
Curling (off-Base), Capt MacQuarrie, 287  
Scouts, Guides, Brownies, Mayor MQ Council, Capt DuJohn 784

### NEW ACTIVITIES

Want to get something else started? Drop in to see Cpl Alain McGee at the PE&R Centre, local 250 for assistance.

### MILITARY SPORTS

Sports for male and female service personnel at rep team, house league and unit level are available in season. Inquiries can be directed to the PE&R Military Sports Co-ordinator, Cpl Kevin DeLong at local 360. Publicity will follow as programmes are organized.

### SHEARWATER PHYSICAL EDUCATION AND RECREATION FACILITIES

PE&R Centre - Gymnasium complete with:  
- 25 metre pool  
- 8, 5-pin bowling lanes  
- universal machine/weight training room  
- locker rooms with steam room facilities  
- lecture/meeting room  
- gymnasium floor equipped for badminton, volleyball, basketball, jogging  
- 2 squash courts and 1 racquetball/squash court  
- judo room  
MacDonald's Beach and Park  
Arena  
4 tennis courts  
Soccer/Football field  
¼ mile track  
4 softball diamonds  
Sailing Facilities (CFSA)  
Golf Facilities (Hartlen Point)  
Various Club areas (eg: Flying, Photo, etc.)

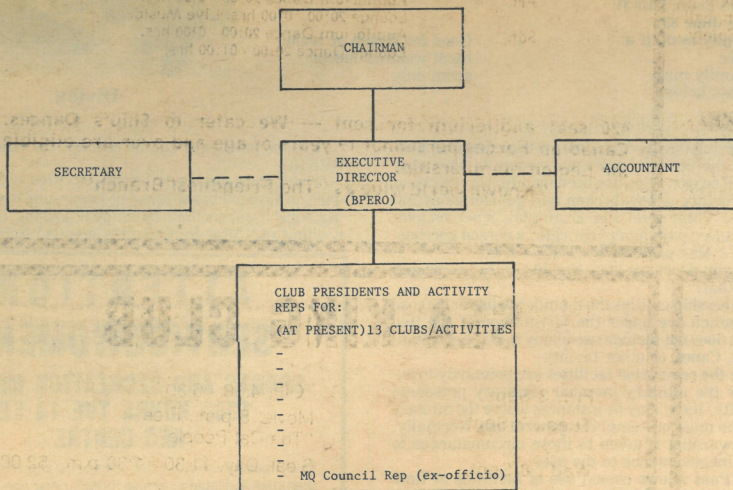
### FACILITY SCHEDULES

Facility schedules for the main facilities (eg: pool, arena, gym) are available at the PE&R Centre.

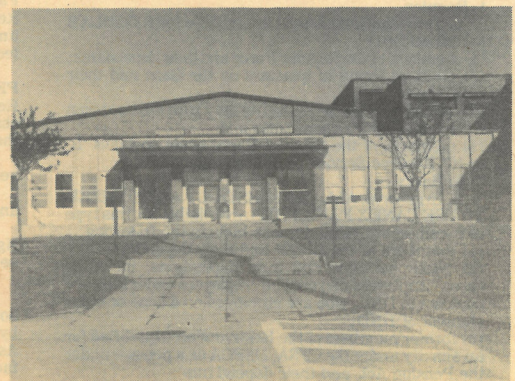
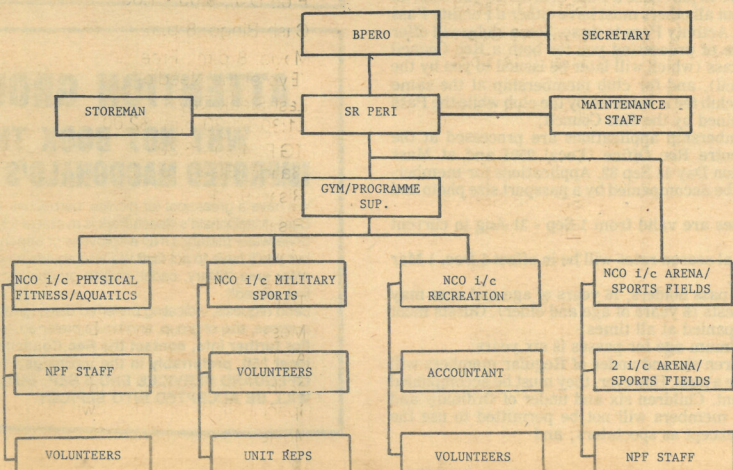
### PUBLICITY

Publicity on sports and recreation is normally put out through The Warrior, Base Routine Orders, Rec News Bulletin and flyers. Groups wishing assistance with publicity can submit articles to the BPERO.

CFB SHEARWATER RECREATION COUNCIL



PERI STAFF



Shearwater Rec Centre

# Fun and Fitness

## SWIM LESSONS

Activity: Dependants Learn To Swim Classes; Location: Base Pool; Contact: Cpl Jim Spurvey local 360; Sat 0900-1400/Wed 1800-2200.

Activity: Adult Swim Classes; Location: Base Pool; Contact: Cpl Jim Spurvey local 360; Mon 2100-2200.

Activity: Advanced Courses as need arises; Location: Base Pool.

Swimming registration will commence 11 Sep (Mass Registration Day) at the PE&R Centre. All levels of Red Cross Classes will be taught at a cost of \$12 per child.

Due to expected pool closure for maintenance, classes are tentatively scheduled to begin Wed, 29 Sep 82.

## SHEARWATER BLUEFINS SWIM CLUB

### SWIM COACH - SHEARWATER BLUEFINS:

The Bluefins are seeking coaching assistance, both head coach and assistant coaches, for the 82/83 swim season. Anyone interested and able to help please contact Capt G. Moritz at BMTF Local 224 after 1 Sep.

The club is also continuously looking for new members. If your children like swimming and can now swim at least once "across" the pool, have them come out Registration Day 11 Sep, or call Capt Moritz anytime as above.

## CFB SHEARWATER RECREATION COUNCIL MEMBERSHIP PASS SYSTEM 82-83

The Rec Council Membership Pass system has been in effect at Shearwater for over ten years. It evolved to enable the recreation facilities at Shearwater to be available to the maximum number of users from both the Base community and surrounding communities and at times beyond the core working hours. The Rec Pass system is an important revenue source the Recreation Council cannot do without if services are to be maintained at present levels and future improvements made.

A recent change in the concept of our Rec Council has been that of taking on the responsibility of long range planning and development. Surplus funds generated from any of its revenue sources (eg: Rec Passes, 400 Club Lottery) are now being accumulated from year to year in a "core" trust account set up specifically for providing needed assistance to new clubs and activities and meeting such NPF costs as bowling alley refinishing, improvements to MacDonald's Beach, or other projects as recommended by the Rec Council. The first evidence of use of this special fund came quickly in 1982 with phases one and two of the MacDonald's Beach improvement plan.

The various clubs meanwhile have also recently been allowed to accumulate their excess funds from year to year so that on a smaller scale they can save for their own rainy days. Our clubs, once started, operate on a self-supporting basis.

Despite inflation and the need to accumulate funds for the future, your Rec Council has been able to hold the line on Rec Pass costs for 82-83 by cutting costs where possible and increasing revenues in other areas. In fact, the fee structure has been eased somewhat for the prime users - the military family - and the Special Activity Pass, which is popular among other categories of members, has also been reduced for 82-83 although its use will be more broadly applied. Your Rec Council is trying to give everyone the best possible return for their money while at the same time coping with economic realities.

There are three categories of personnel eligible to purchase Rec Council Passes and the accompanying fee scale recognizes the principal that the facilities and programmes of Shearwater are primarily here for the military member and his family and, where practical, use can be extended firstly to those with a definite relationship to DND, and finally to other persons welcome in our community.

## CATEGORIES OF MEMBERSHIP

### 1. Regular

a. The following persons are eligible for REGULAR MEMBERSHIP:

- (1) members of the Regular Force and their dependants;
- (2) civilians living in quarters on the Base and their dependants;
- (3) foreign military personnel on duty with the Canadian Forces and their dependants; and
- (4) members of the Reserve Force while on Class 'B' or 'C' Reserve Service and their dependants.

### 2. Ordinary

a. In general, ALL PERSONS DULY AUTHORIZED TO USE CANEX FACILITIES are eligible for this type of membership. Such persons include the following:

- (1) members of the RCMP and their dependants;
- (2) public servants and their dependants, including casual employees and civilian employees under full time contract to DND, who are employed on a base or other element of DND;
- (3) former members of the Regular Force qualified for an annuity under the CFSA, DSPCA or a pension under the Pension Act, and their dependants;

(4) widows and their dependants of Regular Force personnel receiving a benefit under the CFSA, DSPCA, or the Pension Act who have not remarried;

(5) former civilian employees of DND in receipt of a Pension on behalf of their DND service, and their dependants;

(6) members of the Canadian Corps of Commissionaires, or other security force when residing or employed on a base and their dependants;

(7) DND school teachers and their dependants;

(8) NPF employees and their dependants; and

(9) former NPF employees in receipt of a Pension on behalf of their NPF service, and their dependants.

The definition of a dependant as contained in QR&O, Art 209.80(3)(b), shall be used in applying the above.

### 3. Associate

a. The following persons are eligible for ASSOCIATE MEMBERSHIP:

- (1) All members not classified as Regular or Ordinary. Must be sponsored by a military member serving at Shearwater. If over 16 years of age a security check will be run prior to acceptance.

In summarized form the basic fee structure (one year) is as follows:

	Casual use	Notes
<b>a. Regular Members - Military ID free \$18 per dependant \$50 family max.</b>		Not required to join an organized activity. However, a Special Pass (free) must be obtained by those joining an organized activity housed in the PE&R Centre (eg: judo, swim club, scuba club, swim lessons) in order that admission not be denied.
<b>Ordinary Members - Facility Pass \$29 individual \$92 family max.</b>	Casual Use	Required to join any organized Rec Council activity (eg: Figure Skating).
<b>b. Associate Members - Facility Pass \$58 individual \$173 family max.</b>	Casual Use	Required to join any organized Rec Council activity (eg: Judo Club)
<b>d. Special Activity Pass \$10 individual</b>	No Casual Use	Applicable to Ordinary and Associate members wishing to join only one organized activity (eg: Minor Hockey).
<b>MacDonald's Beach Pass 83 (Available June 83) \$5, \$15 family max. if a pass holder \$10, \$30 family max. if not a pass holder</b>		Good for Beach or inclement weather indoor swim only

Recognizing the need to allow for those persons joining late in the year, the previous system to have only full and half season rates has been modified for 82-83 and the fee structure is now broken into quarters starting 1 Sep, 1 Dec, 1 Mar and 1 Jun. Examples: a person joining before 1 Dec pays a full year rate; a person purchasing before 1 Mar pays for the last half, etc.

Before you purchase your Facility Pass you should be aware that:

a. membership entitles the member to use only those facilities which are under the jurisdiction of the Rec Council - it does not include use of any mess, Community Council, Canex or other facility;

b. since the recreation facilities are primarily in existence for the military member (military personnel have priority) there may be instances where the military programme must pre-empt the general use. Normally, sufficient warning is given to these circumstances to minimize inconvenience to the user;

c. The Pass allows casual use of facilities at time determined by the BPERO in conjunction with the Rec Council and gives Ordinary and Associate Members the privilege of joining organized Rec Council activities (additional fees involved). Dependants (Regular status) no longer have to purchase a Pass in order to join such an activity, but all others must have either a Facility Pass or Special Activity Pass to do so. Some clubs will offer the service of processing you for both a Rec Council Facility Pass (which will later be issued to you by the Rec Council), and for club membership at the same time. The club fee is retained by the club while the Pass fee is retained by the Rec Council;

d. membership applications are processed at the PE&R Centre Rec Office (Local 250) and at Mass Registration Day 11 Sep 82. Applications for membership must be accompanied by a passport size photo and the fee;

e. passes are valid from 1 Sep - 31 Aug in current year;

f. partial season rates will be in effect 1 Dec, 1 Mar and 1 Jun;

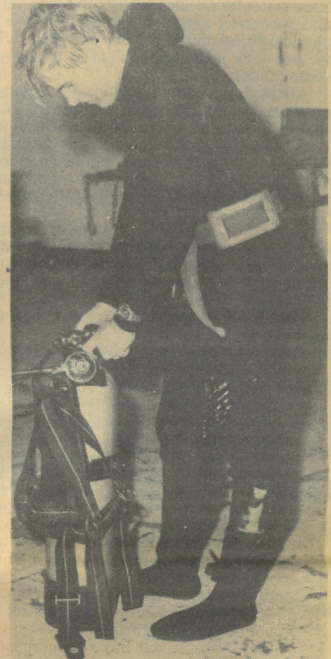
g. only pass holders, 16 years of age and over may sign in guests (6 years of age and older). Guests must be accompanied at all times;

h. minimum age for passes is six years;

j. children six and under of Regular members will not require a pass. However, they must be accompanied by a parent. Children six and under of Ordinary and Associate members will not be permitted to use the facilities except as spectators; and



Fitness Classes



Diving

k. pass privileges can be revoked for cause by the BPERO.

There are a great number of activities which can be done on a casual basis: opening swimming, weight training, squash, racquetball, badminton, jogging, basketball, bowling, etc. Most equipment is supplied. Schedules for

## ATTENTION SERVICEWOMEN!!

**SPORTS AND RECREATION MEETING  
1900 HOURS TUE 14 SEP  
REC CENTRE**

This meeting will be to discuss sports and recreation programmes available to female military personnel. New ideas are welcome. We hope you'll come whether or not you are currently involved in activities. Let's make it bigger - get involved! Call WO Jim LeSieur at 435 if you can't attend.

## ATTENTION GROUPS

**WHY NOT BOOK THE IMPROVED MACDONALD'S BEACH**

We have a great spot for picnics, barbecues, etc., right on Base. MacDonald's Beach/Park is available for bookings by Shearwater military, DND employees or dependant groups, but you'll have to act fast! We also entertain bookings from other area military, cadet, civilian groups, etc. First come, first served!!

Send requests, indicating preferred dates (give an alternate), purpose, size of group, and hours preferred, to the BPERO. For further info, contact the Rec Council Accountant local 250, preferably in the mornings. LIFEGUARD SERVICES END 6 SEP, BUT BOOKINGS WILL BE ACCEPTED INTO SEP/OCT.

# Fun and Fitness

each facility are available at the front desk of the gymnasium. We ask that you abide by the times established or announced.

Part time help is hired to supervise the areas to control access, monitor behaviour and generally assist the user in enjoying the facilities. Problems that arise should be relayed to these on duty supervisors who will take the necessary corrective action.

We trust the above explanation will help you to understand the Shearwater system and will clarify some of the pertinent conditions for you. May you enjoy a most satisfying and rewarding year of "recreation".

## HELPFUL QUESTIONS AND ANSWERS

Q1. I am military. Does my dependant son need a pass to take swim lessons?

A1. Not any more. You simply pay the swim class fee. However, if he does not have a Facility Pass, he will be issued a free Special pass stamped "swim lessons" to get him into the Rec Centre. This Special pass will only get him into the building for swim lessons. If he has a Facility Pass he can come in at other published times.

Q2. I am a Shearwater DND employee. How do I join the Photo Club?

A2. You must either purchase a Facility Pass or a Special Pass before you will be permitted to join the club. You can get the appropriate pass in advance or see the club direct.

Q3. I am military. My wife wants to take the kids to open swimming and to open skating. What are my options?

A3. If you get a family pass they can all go to these activities all year for free. These are not classified as "organized activities" so we cannot issue you with a free pass like we could to join swim lessons or minot hockey. Your other option is for them to pay admission each time.

Q4. If my child has a Facility Pass, can he/she go to casual swimming and skating for free.

A4. Yes.

Q5. I am an ordinary (or associate) status person. If I buy a Special Pass can I go swimming and skating for free?

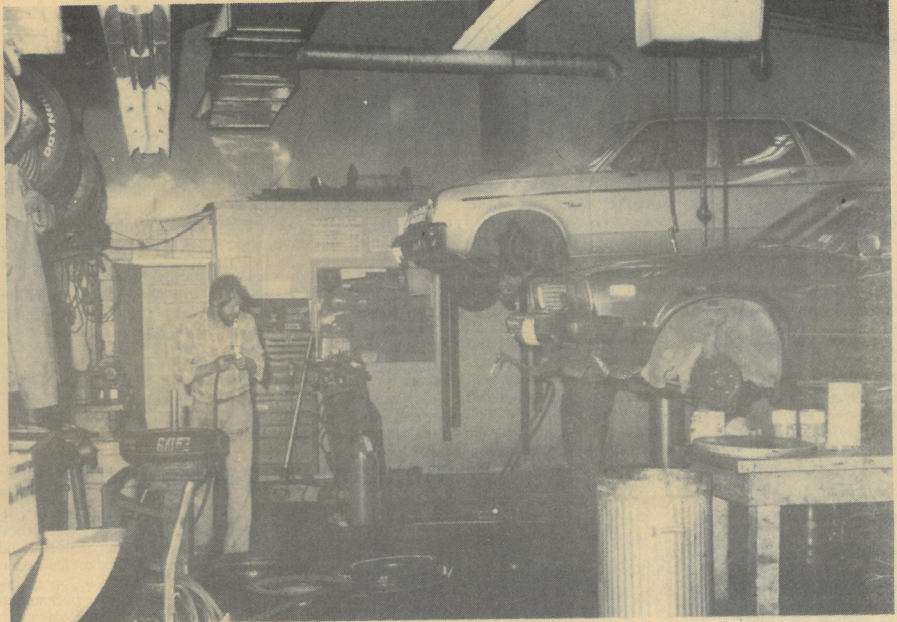
A5. No. A Special Pass will entitle you to join one organized activity only. These two casual activities are not classified as organized. The only way you can get into these for free is to purchase a Facility Pass.

Q6. (Same Person) Could I put my child into the Figure Skating Club with a Special Pass.

A6. Yes. The Special Pass allows a person to join one organized activity. Of course, you will also have to pay the Figure Skating Club membership fee.

Q7. (Same Person) What if I want to put that child in both Figure Skating and the Photo Club?

A7. Then you will have to purchase a Facility pass first or directly through one of the clubs concerned.



Auto Hobby Club

Q8. I am military. Do I need a pass?

A8. No, your ID card gives you access. However, you will still have to pay any club fees involved in you join an organized activity.

Q9. Why are there three categories of members?

A9. This is Forces policy. The programmes are really established for our military community and when we extend the programme to others it is reasonable that they be defined as having a different status. This does not mean of course that there is a class system within the activity, but it is a safeguard to ensure the activities are always available first and foremost to the persons they were established for.

Q10. Why is there a pass system at all?

A10. The main reason is economic. A second reason is to ensure that the rights of the Regular member are protected.

Q11. When do my dependants need passes? (military person)

A11. Depending on what they are doing they may or may not need a pass. For example see Q1. However, if they choose to do a variety of activities you cannot forget that there are costs involved for such things as equipment and supervision. The public can't possibly keep the gym open 7 days a week 15 hours a day and provide free lifeguards, etc. The public has a responsibility for you

and for example provides you with a sports programme. But you have a responsibility for your own dependants.

Q12. Are the costs high?

A12. To the contrary. Costs are extremely low and in fact are subsidized. Take the 400 Club revenues and Base Fund grants to the Rec Council for example - these are used to keep the pass costs down.

Q13. Do I need a pass to bowl?

A13. No. Everyone pays string charges to bowl. Gym staff allow free admittance (to the bowling alley only).

Q14. What about the Sailing Association, Flying Club and Golf Club? Do I need a pass?

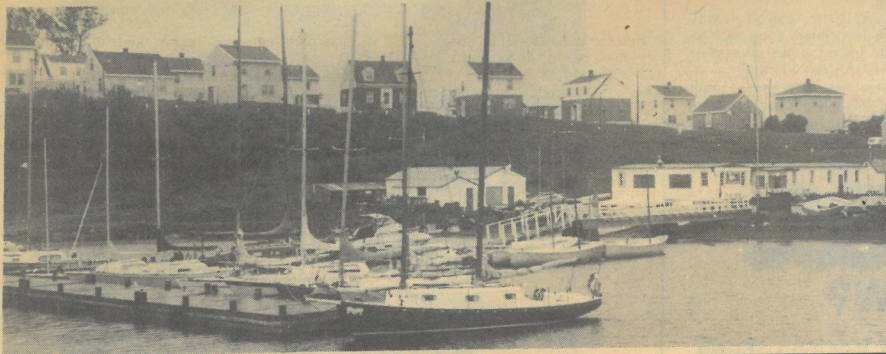
A14. No. These three activities have been given permission to operate outside of the Rec Council for some complex reasons. Passes are only required for those activities which fall under the Rec Council.

Q15. Who would buy a Special Activity Pass?

A15. Since Regular members no longer need a pass to join an organized activity (effective 1 Sep 82), the Special Activity Pass would be applicable only to Ordinary and Associate status persons as described in this article.

Q16. Who do I see if I have other questions?

A16. Inquire at the PE&R Centre or ask when registering on Sat, 11 Sep 82.



Yacht Club



Wood Hobby Shop

## 400 CLUB LOTTERY

The Recreation Council operates a 400 Club Lottery to help fund the recreation operation and thus keep membership costs to a minimum. \$10,800 in prizes is paid out yearly with weekly prizes that range from \$100 to \$1,000 and all it costs to join is \$4.33 per month or \$52.00 per year. Although we don't offer a \$1,000,000 prize, we do offer you a better than one in a million chance of winning a healthy cash sum. At current membership levels, your chances of winning are probably better than one in ten. If interested, our Rec Council Accountant (Rec Office, local 250) will be pleased to sign you up. You can also join up on 11 Sep. The pay deduction method is a good payment option. The 400 Club is open to anyone, not just to military.

## SIAS 82 SOCIAL ACTIVITIES ARE COMING!



**Fri 24 Sep** 1600 hours - Super All Ranks TGIF 'D' Hangar With Music  
Free Growlies  
Country and Western Dance/Show 2100 - 0100  
W/Ralph Carlson and Tracks Band (Ottawa)  
Guest Vocalists - Terry Carisse (Ottawa)  
and Glory-Anne Carriere (Sask)

**Sat 25 Sep** Super Dance 'D' Hangar  
With "TITAN"  
1900 - 0100

Admission Free To All Events For CFB Shearwater Personnel, Military and Civilian, and Their Guests.

# W Lynx Lore



Well, it's time once again for a report from the flight line here at the fighting four-hundred and six. First of all, it's necessary for me to back-up and correct myself on several points made in my last column: to wit, we did not say goodbye to Lts Pete McKinnon or Neil MacMillan. That's okay, Halifax didn't say goodbye to their ship either. We at 406, like the rest of the squadrons, have adjusted our flying programs to meet the current aircraft situation. The course in house is still plugging ahead, but I won't be fooled twice and will say goodbye to our students once they actually leave.

While on the subject of courses, there are two new H.S. courses in house, 8204 and 8205. There will be pictures and intro's in my next column.

Elsewhere on the news front, there are two reports fresh in from our sports correspondent that are worthy of noting. Firstly, the 406 flight line first Invitational Golf Tournament was held Thursday, 12 August. Some of the more notable attendees were Sgt. Geoff

"Ironman" Dunn, Capt. Bob "Hooker" Cote, and Major Ross "Beeline" Beck. Two groups of four teed off for the event, and five hours and too many balls to count, later, the scores were tallied. Some of the participants had a very bad day, shooting puny 98's and 104's, but the second four-some had a couple of real power players, who, because of modesty, will go unnamed, registered 126 and 144. Honestly, no one told me the object of the game was to capture a low score.

The following Thursday, the ATO, Maj. Beck, decided he would issue a challenge on behalf of the flight line staff and students, to all-comers. The game chosen was softball, and the story is a sad one. Despite the superb defensive play of the flight line team, highlighted by Dunc McIssac's impressive performance in left field, the all-comers team, made up of a mix of Tacco's, FE's, and Techs, subjected us to a sound trouncing, 20 to 14. Sounds more like a football game. Lest the victors rest

on their laurels, stand by for a challenge to a re-match, only this time you can't bring that ace reliever with you.

Enough of the sports news. On the social side of life, those of you readers who were lucky enough to attend the Officer's Mess meeting two weeks ago, were no doubt as impressed as I was when the general mess membership unanimously supported the

CO's statement that "406 owns this mess". There being no connection and no vote on the matter, the assumption must be that the statement was un-contested.

Well, that's it from the flight line for this week, but before we go, (shades of the frog), I would be remiss if I did not mention that today is not an anniversary of either the first or second wedding of Mike and Cheryl Haigh-Bell.

## Amazon, alligators and fish

Deep in the thick green of the Amazon rain forest, from a few inches below the forest floor to high up in the mat of the broadleaf Amazon hardwoods a virtually impenetrable layer of Life covers millions of square kilometers of flat, hot river basin. The sound of that Life, especially at night, is so intense that normal conversation is all but impossible.

Today, the sound of one of the river's creatures is all but stilled. A century ago, British naturalist, H.W. Bates wrote, "(The Amazon is) as well stocked with large alligators... as a ditch in England is... with tadpoles." He was writing about Caimans. Today, they are virtually extinct!

The Caiman story is not unique: a market developed for their skins and their numbers collapsed. What happened next was not unique either, but totally unexpected: fish populations collapsed also!

Why did fish disappear after the Caimans were gone? Caimans exist almost exclusively on fish. Doesn't common sense suggest that if Caimans were reduced fish would increase?

Be very careful of "common sense."

Parts of the Amazon are very poor in primary food such as algae and one-celled animals so the food web is virtually non-existent below the level of small fish. What small fish live on is organisms that develop on waste that Caimans leave after

eating larger fish. Once the Caimans were eliminated no food was left for the small fish and they quickly died off leaving no food for larger fish.

But more was happening. The Caimans could only catch larger fish and by keeping them in balance; small fish could survive and become adults. To put it simply: the more Caimans there were; the more fish there could be. No Caimans! No fish!

For more information on Caimans and other wildlife issues write the International Fund for Animal Welfare, 647 St. Clair Ave. W., Toronto, Ontario, M6C 1A7

## The Soviet Credo

...The capitalists of the entire world, and their governments, in the rush of conquering Soviet markets, will close their eyes to the realities, and will thus become blind deaf mutes. They will open credits which will serve as a support for the Communist Party in their countries and will provide us with essential materials and technology thus restoring our military industries, essential for our future victorious attacks on their suppliers.

Speaking otherwise, they will be working to prepare their own suicides.

— Lenin (1921)

Pat Graydon, C.D.

A. E. LePAGE

Residential Real Estate Service  
327 Prince Albert Road  
Dartmouth, N.S. B2Y 1N7  
Office: (902) 463-0711  
Res.: (902) 434-3235

A division of A.E. LePage (Atlantic) Ltd.  
COAST TO COAST WE HAVE AN OFFICE HANDY

## ANDERSON HEUSTIS

Barristers, Solicitors and Notaries

Royal Bank Building  
44 Portland Street  
P.O. Box 913  
Dartmouth, N.S.  
B2Y 3Z6

Branch Office:  
942 Cole Harbour Road  
Cole Harbour, N.S.

Telex: 019-22688 HuanD Drt.  
Telephone: (902) 469-3080

R.S. Heustis, Q.C.  
Stephen A. Russell, B.B.A., LL.B.  
E.K. Dickie, Q.C.  
W.H. Kydd, B.Sc., LL.B.  
R.B. Gibson, B.Com., LL.B.  
G.R. Baker, B.Com., LL.B.  
M.H. Moreash, LL.B., LL.M.  
S.M. Hood, B.A., LL.B.  
L. Labelle, D.E.C., LL.L., LL.B.  
M.L. Cohen, B.Ed., LL.B.

## The Ships Bells

Use of bells to sound the time aboard the ship goes back, at least, to the fifteenth century. Originally, time was kept by a sandglass which measured a half-hour. The quartermaster or ship's boy turned the glass when the sand ran through, and it became customary for him to strike the bell as he did this — one bell to signal the first turning, two bells the second, and so forth to eight bells when the watch on deck was changed. The strokes are sounded in pairs, with an interval between. Just when the ship's clock came into use isn't known exactly, but it was sometime around 1880, and the practice of striking bells instead of hours was adopted. It is believed this was done as a means of letting all hands know the time. Even when they couldn't see the clock, they could hear it.

# ADVERTISERS

## DID YOU KNOW?

"THE WARRIOR" is the most widely read military newspaper in Canada. Our distribution goes across Canada but is concentrated in the Atlantic Region.

As an advertiser you won't get lost in the rush because advertising content is restricted to 40% of the publication.

TO PLACE YOUR AD  
OR GET MORE INFORMATION:

PHONE  
**(902) 463-5111**  
**Loc. 657**

## We're Going Back To School!



Hi!  
Remember me? I'm Jennifer.  
Me and my friends had a great summer. We want to thank all you drivers for being so careful. But now that we're back to school, please don't forget to watch out for us. We'll try and remember to watch out for you! But, sometimes we forget...



Nova Scotia  
Department of Transportation  
Hon. Ronald C. Giffin  
Minister

# FOOD FACTS

Kay Spicer



Summertime has a menu all its own. Gardens burst with fresh fruits and vegetables, the midday sun brings a craving for anything tall and cold — it's no wonder that mealtime triggers thoughts of something light and cool.

That's why I always say that summer's the perfect time for pasta. Now I'm not necessarily talking about spaghetti and meatballs or Fettuccini Alfredo. A food for all seasons, pasta sheds its heavier winter sauces for light, crunchy vegetables and tangy seasonings in the summer. As easy on the calories as they are on the palate, delicious pasta salads fit right into your summer lifestyle.

## Shape Up With Pasta's Shapes

There are 325 shapes to help keep you in shape — and at only 78 calories per one-half cup of cooked pasta. Surprised? Many people are. Made from Canadian-grown Durum or other hard wheat, pasta is part of the Bread and Cereals group. Canada's Food Guide recommends 3-5 daily servings from this food group, and with pasta's versatility, you almost never have to eat the same dish twice.

Many athletes, from hockey players to ballet dancers, are tuning in to pasta's superiority as a source of food energy. A complex carbohydrate, it provides the stamina they need to go that extra mile.

## Add a Dash of Creativity

But, you don't have to be in training to appreciate pasta's versatility and flavor. If you just use your noodle, you'll begin to create your own family classics.

To get you on the road to gourmet history, here's a soon-to-be-household favorite, a Garden Pasta Salad.

## GARDEN PASTA SALAD

250g (1/2 lb.) rotini or rigatoni  
15mL (1 tbsp.) salt (optional)  
3L (3 quarts) boiling water  
30mL (2 tbsp.) vegetable oil  
250g (1/2 lb.) asparagus, cut in pieces

250g (1/2 lb.) green beans, cut in pieces or shelled peas  
2 medium carrots, sliced diagonally  
250g (1/2 lb.) cooked ham or chicken, cubed  
2 tomatoes, cut into eighths

## Dressing

1 garlic clove, crushed  
15mL (1 tsp.) Dijon mustard  
30mL (2 tbsp.) fresh lemon juice  
30mL (2 tbsp.) vegetable oil  
125 mL (1/2 cup) tomato juice  
30mL (2 tbsp.) fresh parsley, chopped  
30mL (2 tbsp.) chives, chopped  
15mL (1 tbsp.) fresh basil or dill chopped (or 2mL - 1/2 tsp. dried)  
2mL (1/2 tsp.) salt (optional)  
Freshly ground pepper

Gradually add rotini or rigatoni and salt, if used, to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally until tender. Drain pasta, rinse in cold water, drain again well and toss with oil.

In a saucepan of boiling water, blanch asparagus for 2 minutes. Drain well and refresh under cold water. Repeat this procedure for the green beans or peas and carrots.

In a large bowl, combine pasta, vegetables, meat and tomatoes.

Prepare dressing. Combine ingredients in a blender or food processor and blend — or whisk together by hand.

Pour over salad ingredients and toss lightly. If desired, arrange on lettuce leaves.

Serves 6  
Total Calories — 2,017  
Calories per serving — 336

This recipe allows you to take advantage of your garden's bountiful harvest or the specials in your local market. Asparagus, plentiful in June, can be substituted with broccoli or wax beans. Do you have a bushful of zucchini? Toss that in, too. Another advantage of this recipe is that you can prepare it ahead of time and chill it in the refrigerator. It makes a light main course, a

great salad — and a welcome side dish for a neighborhood barbecue.

To guarantee the success of your favorite pasta recipes, just follow these cooking tips from the Pasta Information Bureau:

— Cook pasta in plenty of boiling water. Use four quarts (5 litres) of water and one tablespoon of salt (optional) to one lb. (500g) of pasta.

— Bring the water to a rolling boil, add the salt (if used) and gradually add the pasta, keeping the water at a steady boil.

— Cook uncovered, stirring frequently.

— Cooking time will depend on the size, shape and thickness of your chosen pasta. Test small pasta shapes after 4 minutes, larger shapes after 6 minutes. To check if it's "al dente" or tender to the tooth, bite the noodle. It should be pleasantly firm right through.

— Drain at once. Pasta should only be rinsed if it is to be used in a salad, or if package directions indicate.

To get you started on your own library of pasta classics, the Pasta Information Bureau is offering its new recipe brochure free-of-charge. To order a copy, write: P.O. Box 593, Station Q, Toronto, Ontario M4T 2N4.

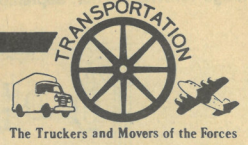
(Kay Spicer is a food consultant and home economist working with industry in Canada.)

If you have any questions for Kay Spicer, write to her c/o "Food Facts" 80 Bloor Street West, Suite 1505, Toronto, Ontario M5S 2V1.

## Water wise

A tots swim program for C.F.B. Shearwater personnel is in the planning. Any parents interested in enrolling their youngsters should contact Cpl. (W) Bain at loc. 757 between 0730-1500 or 463-9123 after 1800 hrs.

# Wings and Wheels



Anyone flying in the Shearwater area on Saturday, 21 Aug., would have noticed some very strange happenings out on West Delta. People and vehicles where there is usually nothing.

Base Transport Sections from Shearwater and Halifax were having their runoffs to determine competitors for the Atlantic Regional Rodeo. The competition tests the skills of drivers on the 3t stake truck, 40 pax bus and the tractor trailer unit. Each driver must manoeuvre his vehicle through a series of obstacles such as the serpentine, off-set alley, right turn, loading dock, and diminishing clearance. He loses points for all errors, has a time limit to perform all stands and can gain a maximum of 300 points.

The Shearwater personnel provided tough competition for each other. The following drivers will represent Shearwater in Sep at the Atlantic Regional Rodeo - 3t stake - Pte(w) Laura Ball, Mr Jim Patton, 40 pax bus and tractor trailer - Cpl Denis Blanchard and Mr Leo Bowser.

The day of the competition was sunny and hot, spirits were high, the blueberries were plentiful and the competition exciting. The organizing committee would like to thank all competitors, as well as everyone else who assisted them in making the day a success, and wish the participants in the Atlantic Rodeo all the best in Chatham.

As a closing note, the refreshments at the end of the day were much appreciated and enjoyed by everyone, some more so than others. A special "A plus" goes to MCpl Banks for his effort in providing us with the very stimulating musical entertainment.

# Lines from the Library

Summer finally made it, and all the little green toes have been tanned to a golden brown, that is, unless you were amongst the unfortunate who lucked into rain for the entire vacation. Hope you had some good books to help wile away the time, books like:

Christopher Hyde serves up an original it-could-happen-to-you thriller focusing on an international conspiracy involving planes and computers in this summer's best thriller, THE ICARUS SEAL.

When Charles Martel, a maverick researcher, protests on a cancer cure he knows to be dangerous, he encounters deadly opposition from the chemical and medical establishment in FEVER by Robin Cook.

Toward the end of WWII, a lovely and devoted young

nurse must choose between her duty to the men she tends and her passionate love for one of them in AN INDECENT OBSESSION by Colleen McCullough.

THE BEST OF FOOD, edited by Mrs Walt Kelly and Bill Crouch Jr., brings back many fond memories of a thoroughly enjoyed cartoon strip series.

Other books to pick and choose from include: THE CUT-OUT by Colin Smith (suspense novel); THE SHIPS OF CANADA'S NAVAL FORCES 1910-1981 by Ken MacPherson and John Burgess (Canadian Navy); SECOND LIFE by Stephani Cook (biography); NO COMEBACKS by Frederick Forsyth (short stories); THE LAW OF YOUR LAND by J. Stuart Langford (Canadiana).

# W Quizzes

ANSWERS TO QUIZZLES

49. 1 and 6 zeros equals 1 million  
1 and 9 is 1 billion  
1 and 12 is 1 trillion  
1 and 15 is 1 quadrillion  
1 and 27 is 1 octillion  
1 and 33 is 1 decillion  
1 and 36 zeros equals 1 undecillion

Knowing the previous combinations, what would 57 zeros make?  
50. Altogether 207 votes were cast, first apparently 115 in favor and 92 against, then 103 in favor and 104 against.  
51. 18 years old.  
52. a) I'm a boy scout and can pitch my own tent.  
b) Every story he told rang a bell.

c) At their own rate of inflation.  
These are just some of the possible answers.  
53. a) pine; b) lute; c) yard; d) pheasant; e) stroke; f) degree; g) property; h) highway; i) mohair; j) cube; k) faithful; l) governor; m) pansy; n) tomato; o) orange.

**WATERFIELD & WATERFIELD**  
BARRISTERS, SOLICITORS and NOTARIES  
Bruce C. Waterfield, Q.C.  
Associates  
Vincent L. Pettipas, BA, LL.B.  
Gerald B. Stanford, LL.B.  
WATERFIELD BUILDING  
34 QUEEN ST., DARTMOUTH, N.S.

**scotia scuba** Ltd.  
•Sales and Service Basic And Advanced  
•Rentals •Air Open Water Diving Instruction  
145 Main St.  
Dartmouth, N.S.  
Ph. 434-8998 Ph. 434-6631

**PAT KING**  
HOME OF INSURANCE  
**PAT KING INSURANCE LTD.**  
Dartmouth — Main Street 434-9070  
Halifax — Beech Street 429-9320  
Sackville — Main Road 865-2697  
**LOW RATES FOR YOUNG DRIVERS**  
PAYMENT PLANS AVAILABLE  
LOW HOME & TENANTS RATES  
AUTO - HOME - LIFE - MARINE  
OFFICES THROUGHOUT NOVA SCOTIA

**Del's Trophy Engraving**  
**We do TROPHIES/PLAQUES/MEDALS**  
Engrave on plastic and plates; any colours.  
Also do jewellery.  
Free engraving with Trophies.  
T-shirts, Caps & Transfers.  
For Further Information Contact Del.  
435-6140  
Woodlawn Mall Dartmouth, N.S.

NOVA SCOTIA  
**THE OLD HOME SUMMER '82**

**AROUND NOVA SCOTIA**

North Sydney just recently ended its 66th annual Cape Breton Farmer's exhibition and what a celebration it was.

The Wednesday fair allowed children in free while the grown-ups competed their animals and produce in hard fought contests. The first day ended with 4-H displays and a toe tapping down-home dance.

The next three days were filled with exhibits, contests, displays and judgments of Cape Breton's best in agricultural products and farming techniques.

The exhibition ended Saturday night with a concert featuring the Men of the Deep.

North Sydney has put away the floats and crepe paper for another year but the summer isn't over yet. Minudie, in Cumberland County, will have its annual Blessing of the Crops on September 5th. A full day of activities begins with church services. Entertainment, chicken barbeque and hay rides with a folk concert in the evening will round out what most people in the County consider their most important day of the year. Everyone is welcome to share in the festivities and give thanks for the generosity of the land.

The Hants County Exhibition in Windsor, between September 14 and 19, is again holding North America's oldest agricultural fair. It was established in 1765 and boasts

of the finest example of 18th century Canadiana west of Halifax in the home of Sam Slick and Fort Edward Hill.

Dartmouth will be the scene of the EAC Marine Squadron Association reunion and ball. All former members of No. 120 and 122 Marine Squadrons RCAF and their guests are invited to attend the gala event.

Truro will hold its Harvestfest between September 18 and 26 and the Annapolis Valley will be holding Harvest festivals in various localities between September 19 and October 17. Here's your chance to taste the bounty of the land and the sea. Do yourself a flavor, taste Nova Scotia. You'll be glad you did.

And less we forget, CFB Shearwater will be holding its International Air Show on September 25 and 26. It is the biggest east of Toronto and the last of the Canadian Big Four this year.



**CH-124 SEA KING**

The CH-124 Sea King is a twin turbine powered helicopter which dramatically displays the team work of the sea and air elements by operating off the rolling and pitching flight deck of a destroyer escort vessel; greatly enhancing the search radius of the mother ship. The Sea King is packed with anti-submarine equipment, and has a four hour or 500 mile endurance. Capable of speeds of 173 mph, this all weather helicopter has a crew of four and cruises at 138 mph. It carries 840 pounds of armament, including homing torpedoes. It is also fitted with a 600 lb. hoist for rescue operations. All of these aircraft belong to HS 423, HS 443 and VT 406, located at CFB Shearwater and are a frequent sight over Halifax harbour.

# SIAS '82



CH-124 Sea King

**CH-113 LABRADOR**

This helicopter (or rotary-winged aircraft) is the search and rescue version of the Voyageur. It is ideally suited for this role as the aircraft is fully amphibious, with an internal hoist system capable of lifting downed pilots from rough seas or heavily forested areas, where landing would be either hazardous or impossible. The Labrador is presently located with 413 Squadron in Summerside, Prince Edward Island, and 422 Squadron in Comox, British Columbia, and is often used in transporting injured people to hospital when time is critical.



CH-113 Labrador

**CH-118 IROQUOIS**

The Iroquois helicopter is employed by Air Command at many base rescue units throughout Canada. This rotary-winged aircraft was the first turbine engine helicopter designed and built by the Bell Corporation and has a cruising speed of 140 miles per hour, with an endurance time of just over two hours. Endurance may be increased with the application of auxiliary tanks, carried onboard. For search and rescue operations it has a hoist capable of lifting 600 pounds and an external sling hook with the ability to lift 4,000 pounds. This aircraft is employed at Bagotville, Chatham and Moose Jaw.



CH-118 Iroquois

**CH-135 TWIN HUEY**

While being similar in appearance to the well-known Iroquois, the Twin Huey has a reputation as being one of the most versatile helicopters in the world. Powered by two turbine engines, the Twin Huey is capable of lifting its own weight in cargo or personnel. It can carry 13 passengers or six stretchers, plus two pilots for a distance of 250 miles at speeds up to 120 mph. The Twin Huey is used in a tactical role by Mobile Command in support of the land element and in a utility and rescue role at CFB Cold Lake and here at Shearwater.



CH-135 Twin Huey

# W About stamps

by G.A. MacKenzie



BRITISH VIRGIN ISLANDS-AIRCRAFT



TURKS AND CAICOS-AIRCRAFT

The Inter-Governmental Philatelic Corporation, 48 West 48th Street, New York, NY, U.S.A., has announced the following two news releases about stamps featuring aircraft.

On September 10th, the British Virgin Islands will issue a set of four stamps honoring The National Airline (AIR BVI). This airline has been in service for 10 years and the planes shown in the stamps have been in service during that time; 10 cents - Douglas DC-3, 15 cents - Britten Norman Hawker Siddeley 748 and the 75 cents - planes lined up at BVI Airport. This set was designed by A.D. Theobald, printed by The House of Questa, process lithography, multicolor in size of 28.45 x 42.58mm.

Because the Turks and Caicos Islands have more than eight landing strips, many varieties of planes

come to these islands. Presently the airport at Provo is being expanded to receive jumbo jets from Europe and the US. The airport at Grand Turk has been used by the US Armed Services and US Rescue Teams. Whereas, the airport on South Caicos is used also as a message relay station for planes flying to the south. On August 23rd, the Turks and Caicos Islands issued a set of four stamps and a Souvenir Sheet depicting the following: 8 cents - Skymaster over the Caicos Cays, 15 cents - Jetstar over Grand Turk, 65 cents - Helicopter over South Caicos and the \$1.10 - Seaplane over Provo. The Souvenir Sheet is a \$2.00 value showing a Boeing 727 flying over entire Turks and Caicos Island Group. This set was designed by Clove Mill, printed by The House of Questa, process lithography, multicolor in size of 28.45 x 42.58mm.

**譚惠民酒家**  
**HOUSE OF HUM**  
 CHINESE & CANADIAN FOOD

FULLY LICENSED · AIR CONDITIONED  
 CATERING · TAKE OUT SERVICE

316 Prince Albert Rd.  
 Dartmouth **469-2502**

Right Next Door To The Dartmouth Inn

**SEWING, KNITTING AND CRAFT SUPPLIES**  
**CUSTOM FRAMING**

(Stretching & Installation of Needle Point  
 and Crewel)

"Personalized Service"

**HOUSE OF FABRICS LIMITED**  
 Scissors and Pinking Shears  
 Sharpened  
 "One Day Service"

WOODLAWN MALL TELEPHONE  
 DARTMOUTH, N.S. B2W 2S7 434-2585

# Church Parade



**OUR LADY OF ASSUMPTION**  
Chaplain: Father Pierre Doyon, Local 604.

Parish Council President: Capt. Mike Muzzerall, 463-3816.

C.W.L. President: Mrs Heather Morris, 463-3270.

Religious Education Co-ordinator: Mrs Shirley Gorling, 469-1430.

Sunday Masses: Saturday, 7:00 p.m.; Sunday, 11:00 a.m.

Weekday Masses: Tuesday, 12:05 p.m.; Wednesday, 9:15 a.m.; Thursday, 7:00 p.m.; Friday, 9:15 a.m.

Baptism: Contact your chaplain for the baptism of your child.

Sacrament of Reconciliation: Before weekend and weekday masses and anytime on request.

High (i.e. Grades VII and VIII), it will be the last period of every Wednesday morning. All the volunteer teachers are now found for Grades I to VI inclusive. They are Sister Sophie, Sister Evelyn, Mrs Shirley Gorling, Mrs Gwen Tremblay, Mrs Gail Buchanan and Mrs Barbara Reid. The Junior High teachers are not yet found, but we shall have the volunteers in time for the academic year. The first teaching days for Religious Education will be Wednesday, 22 September, for the Junior High and Thursday, 23 September, for the Grades I to VI. Let us encourage our children to be very attentive to the Religious classes and let us support our volunteer teachers heartedly.

Confirmation and Marriage usually require a period of preparation. You are asked to consult with a Chaplain as early as possible.

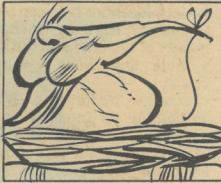
**OTHER OPPORTUNITIES**  
If you wish additional opportunities for Christian worship, study and growth, please advise your Chaplain and your request will be given every consideration.

**FOOD FOR THOUGHT**  
Acting Bravely Even Though You're Terrified

Remember the first time you were on an airplane trip, for the first time you jumped into the water and tried to swim, or the first time you asked a girl for a date, or the first day at work, the first test in High School or College. Remember all those times in life when you would have much preferred to say no, play it safe, refuse to risk anything. Yet, for one reason or another,

sometimes very reluctantly, you didn't say no; you said yes, took the risk, did what had to be done no matter how scary and even though it might not work out (and sometimes it didn't). The name of the game when you say "yes" event when the prospects are scary is courage.

P.Doyon  
Maj BCHAP (RC) 604



The "tailorbird" of Asia uses its bill as a needle and sews grass, thread or bits of fiber into a sack to make a nest for its young.

## NEWS FROM THE PARISH BABYSITTING DURING MASS

Families with little children are invited to use our babysitting services during Sunday Mass. Our Chapel provides a teenager to supervise our dear little ones during the 11:00 Mass on Sunday. The babysitting services operates from 10:45 to 12:00 (noon) every Sunday morning. Where: At the Annex of the Protestant Chapel (we are invited to use the facilities in the Protestant Chapel). Cost: This is a free service. Bring your little ones either to the Chapel for Mass or to the babysitter during Mass.

## HOLY MATRIMONY

The candidates to a religious marriage will meet with their Chaplain three (3) months in advance in order to prepare the reception of the sacrament of matrimony. Please contact your Chaplain for more information.

## WELCOME

Our Catholic congregation welcomes all the newcomers to join us. A big reality in our Christian family is cooperation. Whenever we come to a liturgical celebration, we all participate in the living act of worshipping. Those who wish to participate in a more specific way are welcome to do so, such as readers, ushers, altar servers, singers, etc. We all count on you. At the entrance of the Chapel, there are foms to be filled for those who wish to offer their services as Parish Council members, CWL members, altar servers, readers, etc.

## RELIGIOUS EDUCATION PROGRAM

At CFB Shearwater, the Religious Education Program is taught during school hours at Hampton Gray School. For Grades I, II, III, IV, V and VI, the period chosen for the teaching of religion is the first period on every Thursday afternoon. For Junior

## ST. MICHAEL'S CHAPEL

Chaplains: Major J.M. Cook, Local 635; Captain G.L. King, Local 597.

Chapel Committee contact: Major J.M. Cook, Local 635.

Chapel Guild contact: Anita Boucher, 463-7403.

Religious Education contact: Gwen Rudderham, 469-8865.

## WELCOME

We wish to extend to each and everyone of you a very warm welcome to Saint Michael's Chapel. The chapel community exists to honour God by offering opportunities for Christian worship, education, fellowship and service.

## SUNDAY WORSHIP

A service of worship is held each Sunday at 11 a.m. On the first Sunday of each month, we usually celebrate the Sacrament of the Lord's Supper as part of the regular service of worship. Communicant members of all Christian denominations are welcome to come to the Lord's Table.

## SUNDAY SCHOOL

The Sunday School will offer classes for young people from Kindergarten to Grade Seven. Registration will take place in the Chapel Annex at 11 a.m., Sunday, 12 and 19 September.

## CHAPEL GUILD

The Chapel Guild is a women's fellowship that is supportive of all aspects of Chapel life. It meets once a month in the Chapel Annex and is open to all ladies who are interested. For further information, call Anita Boucher, 463-7403.

## MILITARY CHRISTIAN FELLOWSHIP

Members of the Military Christian Fellowship meet in the Chapel or Chapel Annex each Wednesday and Friday at noon. You are very welcome to join us for this time of Bible Study, sharing and prayer.

## OCCASIONAL SERVICES

Services of Baptism,



## BEEFacts

### A tender look at steak



Beefsteak Parmesan—steak with style.

Summertime is at its best when a thick, juicy steak is sizzling on the barbecue. Everyone loves steak, but with today's economic conditions, people are more conscious of their food budget. To get the most enjoyment and value from your steak buying dollar, follow these barbecue tips from the Beef Information Centre.

Know which cuts best meet your price and recipe requirements. Take advantage of the more economical, medium tender steaks from the blade, cross rib, round and sirloin tip. Marinades can turn these cuts into tender and delicious meals — and you'll save money.

Choose well marbled beef. Marbling refers to the streaks of fat that run through the lean and is necessary for juicy, tender steaks.

Select a steak at least 2.5 cm (1 in.) thick. If it's too thin, the meat will dry out and toughen during cooking. A thicker steak will also stretch your beef dollar. After grilling, carve it diagonally into slices to serve 3-4 people, rather than buying one thin steak per person (and probably spending more).

"Keep Moisture In" is the guiding principle when cooking steak. Steaks need to be turned when bubbles appear on the surface, to

force the moisture back into the meat. They should only be turned once or twice. Allow approximately 7 minutes per side for a medium-done steak, 2.5 cm (1 in.) thick. A 5 cm (2 in.) steak will need about 15-18 minutes per side for the medium stage of doneness.

Long-handled tongs are one of the most important pieces of barbecue equipment. Use them instead of a fork to avoid piercing the meat.

Lastly, keep the salt shaker away from the grill. Steaks should be salted after cooking to prevent loss of moisture.

Prepare "Beefsteak Parmesan" for your next steak cook-out. Parmesan cheese adds a special touch to everyone's favourite steak.

For more information and recipes, write for your copy of "A Tender Look at Steak". Send 30 cents in coin or postage to the Beef Information Centre, 590 Keele St., Toronto, Ontario, M6N 3E3

**Beefsteak Parmesan**  
.56 kg (1-1/4 lbs.) beef sirloin, or round steak, cut 2.5 cm (3/4-1 in.) thick  
45 mL (3 tbsp.) olive oil  
75mL (1/3 cup) dry red wine  
25mL (2 tbsp.) chili sauce  
1 mL (1/4 tsp.) finely chopped garlic  
1 mL (1/4 tsp.) salt  
1 mL (1/4 tsp.) pepper  
125 mL (1/2 cup) grated Parmesan cheese

Combine oil, wine, chili sauce, garlic, salt and pepper; pour over beef and marinate 4 hours for sirloin and overnight for round. Remove beef from marinade and drain; coat with cheese. Place steak about 7.5 cm (3 in.) above hot coals; barbecue (5 to 6 minutes on one side. Turn steak. Sprinkle generously with cheese; barbecue 5 minutes on second side for rare or to desired degree of doneness. 4 servings.

# Classified

**FOR SALE:** Kitchen table and 6 swivel chairs. Excellent condition. Call 466-5570.

**FOR RENT:** Four bedroom house with refrigerator and stove. Has beautiful ocean scenery in Cow Bay - 5 miles from CFB Shearwater. Call: home - 463-5817, work - 426-4484.

**FOR SALE:** Four bedroom bungalow, 1 acre lot, fruit trees on Crossley Court, Windsor, N.S. Phone 798-8252.

**FOR SALE:** 1971 Mercedes Benz 250, low mileage, sun roof, new paint - new paint. Automatic gas. Asking \$6,000. Call 429-7887 after 5 or weekends. Ask for Jim.

**FOR SALE:** Chesterfield and matching chair (brown) and (green) recliner - very good condition. \$300. Call: 431-7028 (off Astral Drive - Cole Harbour, Dartmouth).

**FOR SALE:** Female CF uniforms - all in good condition. 3 pr. work dress; CF pant suit with 2 prs. slacks; summer and winter skirts and short jackets and many other items. Phone 434-6019 before 10 a.m. or after 4 p.m.

**FOR SALE:** Simpson's Tent Trailer, very good condition. Comes with zip-on add-a-room and mattresses. Asking \$350.00. Ph. 436-0891 after 5.

**FOR SALE:** Tent trailer. Good condition. Phone 469-4985 or Local 442.

**FOR SALE: POSTED???** BEST DEAL IN VICTORIA. 2 BR Townhouse. New WW Carpeting with 3/4" underlay. 1 Bathroom - 4 piece. Oversized MBR. 4 Appliances. Quiet cul-de-sac. 4 miles from CFB. Private patio off DR (fenced and treed). Large, fully landscaped common area. Large storage area. 1 Block from bus route to CFB. 2 Blocks from shopping centre. Low monthly assessment. Private parking. Partial assumable mortgage at low interest. A STEAL AT ONLY \$62,500. Contact: PO Mac Johnson, Centrex 255-1934 (Victoria).

**FOR SALE:** 1979 Dodge Van: Bed, 8-track and CB, digital clock, PS, PB, cupboards, carpet. \$5,000.00. Ready to go. Ivan Langille, 78 Fenwick St., 463-4345.

**WANTED:** Lionel electric trains, working or not. Contact Jim Elliott, Loc 340, or 463-5980 after 4:30 p.m.

**NOTICE: Shearwater Nursery School:** Registration at Rec Centre, Sept. 11, 1982, 10 a.m. - 12 p.m. For further information phone Bev Edgcombe, 469-0099, or Liz Bey, 469-8178

**NOTICE:** Married mother wants to take care of children, any age, in her home. Lake front. PMQ. Further information call 463-6127.

**NOTICE:** Mother of one would like to mind school age children in my home. For more information, please call Heather at 463-0868 (37 Banshee Ave.).

**NOTICE:** Married mother will take care of children, any age, in her home. 10 Banshee Ave., Shearwater PMQ. Fenced in yard. For further information call 469-8539 Mrs. Kathy Cormier.

## NOTICE

The Warrior will run your classified ad free of charge if you are a DND employee or dependent. We have a few restrictions that apply, i.e. - no business ads, that would be unfair to our paying advertisers; ads must be typed and delivered or mailed to our office and - please tell us how long the ad is to run. We are the only military newspaper in this, the Halifax - Dartmouth area, to provide this service - take advantage of it.

The Editor

**Scotia**  
RADIATOR

**331 Windmill Rd.,  
Dartmouth, N.S.  
B3A 1H8**

Radiators • Gas Tanks • Heaters

**Phone: 463-9442**

*Mr. Norman's*  
Creative Hairstyling Salon

Larry MacDonald &  
His Staff Welcome You

- 100 Main St., Westphal Shopping Plaza

**434-5292** **435-1645**

**DAVIS, CLARK & ASSOCIATES**  
BARRISTERS AND SOLICITORS

FREDERICK E. CLARK, B.A., LL.B., LL.M.  
RONALD V. PENNY, LL.B.  
ELIZABETH A. MULLALLY, B.A., M.A., LL.B.  
DAVID J. COOK, B.Sc., LL.B.  
PATRICK I. CASSIDY, B. Comm., LL.B.  
KENT W. RODGERS, B. Comm., LL.B.

COUNSEL  
THOMAS B. DAVIS, Q.C.

Telephone 463-3335  
P.O. Box 159  
B2Y 3Y3  
Twin Towers Royal Bank Building  
Suite 201  
Dartmouth, N.S.  
Kennecook Office  
372-2880

*The Shoe Keeper*  
SHOES OF FASHION

86 Portland St.  
Dartmouth

**469-9977**



# IT'S BACK TO SCHOOL Savings Time



Send them off in style!

## 10% OFF

CANEX REG. RETAIL

### ALL OUR EXISTING STOCK IN CHILDREN'S CLOTHING

(applies to sizes 4-6X and 7-18)

## JEANS FOR GIRLS

Made by Cricket  
sizes 8-14

CANEX REG. LOW RETAIL \$14.99

SPECIAL **\$10<sup>97</sup>**

## Layered JEAN SKIRTS by Westcott

sizes 7/8 - 15/16

CANEX REG. LOW RETAIL \$28.99

Special **\$22<sup>97</sup>**

## Smith Corona ELECTRIC TYPEWRITERS ENTERPRISE II

CANEX REG. LOW RETAIL

**\$269<sup>99</sup>**

## Sanyo 12" Solid State Black and White TELEVISION

CANEX REG. LOW \$109.99

SPECIAL **\$97<sup>77</sup>**

## Sumbeam Mist Style CURLING IRON

CANEX REG. LOW RETAIL \$9.99

SPECIAL **\$6<sup>97</sup>**

## CREST TOOTH PASTE

100 ml  
Regular, Gel, Mint  
CANEX REG LOW RETAIL 1.69

SPECIAL **\$1<sup>17</sup>**

## DRY IDEA ROLL-ON DEODERANT

75 ml  
CANEX REG \$2.29

SPECIAL **\$1<sup>77</sup>**

### ASK ABOUT OUR 90 DAY INTEREST FREE PLAN

Store Hours: Monday to Wednesday and Saturday 9 a.m.-5 p.m.  
Thursday and Friday 9 a.m.-9 p.m.