



THE PLAINSMAN

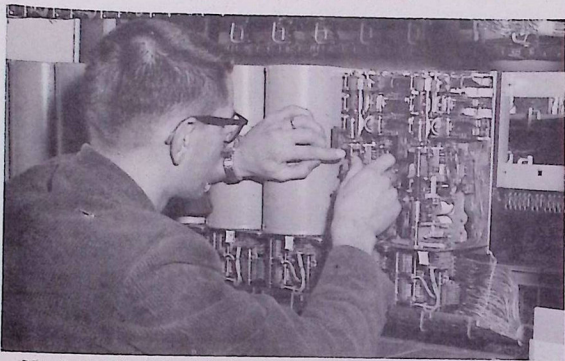
Bushell Park, Sask.

VOL. 1 NO. 9

20 MARCH, 1969

C.F.B. MOOSE JAW

Modern Switchboard Installed



Mr. Orris Mikuliak of Sask. Tel Moose Jaw, checking circuits on the new automatic switching apparatus.

CFB Moose Jaw's Telephone System Goes Modern

After seven years of planning, the efforts of many people, and finally, the money being available, CFB Moose Jaw will get an up-to-date telephone exchange.

On Wednesday evening, March 19, Sask. Tel will switch over the telephone facilities on the Base to automatic from manual. What this will mean is:

- (a) No longer will people have to go through the operator to get a local number, they will dial direct.
- (b) Certain unrestricted telephones will have direct dial capability to outside lines.
- (c) Persons who receive calls which are intended for others can transfer the calls without going through the operator.
- (d) Persons from outside the Base will be able to dial on-base numbers directly.

At present, the manual board averages 6000 calls a day. This number requires three operators operating three boards. With the new system one operator will be able to handle the work load.

An interim telephone directory will be published prior to the change-over and following a period



Mrs. Riley, Switchboard Supervisor, pointing out features of the new automatic board to Mrs. Vogan, the senior operator on the Base.

of testing, a more permanent directory will be distributed to all user sections. Amendments for inclusion in the permanent directory should be directed to the BPerSvco, local 313.



Mr. Keith Forsyth of Sask. Tel Moose Jaw, checking circuit connections for the new automatic system.

Former Serviceman Aids Retiring Personnel

Mr. Don O'Hearne, well remembered by many personnel on the base for having served three tours at CFB Moose Jaw before retiring in 1965 after 27 years of service, is still helping the Armed Forces. He is presently a Manpower Counsellor with the Moose Jaw Canada Manpower Centre. Recently the local CMC was named Civilian Employment Assistance Program (CEAP — pronounced seep, not cheap) centre and Don was appointed a CEAP officer under the provisions of CFAO 26-20.

CEAP is designed primarily to assist long service personnel who will be released upon reaching Compulsory Release Age (CRA), but the services are also available to other limited groups of personnel as provided in CFAO 26-20. The services of the CEAP Program are jointly provided by the Department of National Defence through military personnel officers and designated education officers, and by the Department of Manpower & Immigration through designated Manpower Counsellors such as Don.

In a recent interview with Mr. O'Hearne he was asked how soon personnel should begin preparing themselves for the day of release. In answer he stressed that personnel should begin at least one year in advance to give serious thoughts to post-release employment objectives, and particularly in the case where educational upgrading or other training prerequisites may be required for the selected occupation. Six months was given as the right time to make use of the services of the CMC.

Under provisions of the CEAP Program, the DND provides guidance in the preparation of a career resume and in getting twenty copies reproduced, including photos, at no cost to the serviceman. Mr. O'Hearne was asked how important the career resume was, he stressed that it was of utmost value for presentation to prospective employers because in his experience he had found that employers are pleased to receive information of this type. It eliminates their having to probe. Consequently the resume should be short and concise but should contain as much factual information as possible.

Mr. O'Hearne indicated that he occasionally comes across resumes that say very little of value to an employer, and take three or four pages to say it. He added that a photo is recommended, preferable in civilian dress, as it conveys a personal touch.

When questioned about specific services he could offer to retiring service personnel, he enumerated the following:

- Job information and development
- Counselling on labour market conditions
- Availability and utilization of the occupational training for adults program
- Assistance and liaison with the apprenticeship branch of the Saskatchewan Dept. of Labour
- Interpretation and assessment of military skills and how they compare with civilian skills
- Use of a communication system connecting over 250 CMC officers by telex and letter in the various regions of Canada.

Mr. O'Hearne indicated that the Occupational Training for adults



Lt. J. G. Nadon, left, Base Education Officer, responsible for CEAP and Mr. Don O'Hearn, CEAP Manpower Counsellor at the Canada Manpower Centre discussing employment problems met by retiring service personnel and how they could be more effectively solved.

program had been little used by service personnel. In the main the OTA program is intended to prepare for the civilian labor force those personnel whose military occupations and training have no related civilian counterparts. Those who may be eligible for OTA include individuals who may be medically limited, and those who wish to pursue a trade different from their service trade. Each is analyzed and judged on its own merits. Some provisions of the OTA include:

Maximum full time training period in one year; no training will be offered in any occupation which, based on current labour market conditions, will not provide a good chance of employment; courses are offered in a wide variety of occupations; the Department of Manpower and Immigration will pay the cost of your training; and the Dept. will also provide you, while undergoing full time training, with a living allowance the rate of which is dependent upon the marital status of the trainee, however, this allowance is not payable for training taken while you are still on leave with pay.

Mr. O'Hearne pointed out that the provincial Apprenticeship and Tradesmen's Qualification Branch of the Saskatchewan Department of Labour is more than pleased to advise and to aid personnel who may be interested in an apprenticeship trade to obtain journeyman status. Don emphasized that the military tradesmen in apprenticeship trades make every effort to obtain a journeyman's ticket before leaving the Forces.

When queried on what liaison existed between the Dept. of National Defence and the Dept. of Manpower and Immigration, it was explained that liaison now exists at three levels, local, regional and national and is improving in quality. At the working level, Mr. O'Hearne works closely with the Base Education Officer (BPER-SEDO) Lt. J. G. Nadon, since the services of the CEAP program are a joint effort. All service clients are first referred to the BPerSvco who outlines the service available and counsels the individual as to the value of each. The Education Officer can provide as required, the following services: counselling

regarding selection of a civilian occupation related to the individual's interests, abilities and experience; testing to measure interests and aptitudes in relation to the selection of suitable employment objectives; assistance in planning and locating preparatory course of training; assistance in preparation of a career resume; and provision of available information relative to employment opportunities.

Second level of liaison exists at the regional level. In the case of Moose Jaw there is a Division Liaison Officer, Mr. M. Evanochko located in the Winnipeg regional office of Canada Manpower who is responsible for the CEAP Program in the prairie region. Mr. Evanochko recently visited the Moose Jaw area and consulted with Mr. O'Hearne and Lt. Nadon on the conduct of the CEAP Program.

Mr. Evanochko is presently arranging a CEAP liaison visit to the region and participating CMC's by Mr. D. G. Wallace, Manpower Consultant in Ottawa. The visit with military CEAP officers and CMC CEAP officers is designed to thoroughly review the present CEAP Program and make appropriate recommendations. The liaison visit is scheduled for April.

Personnel interested in taking advantage of the CEAP program should call the Base Education Office at local 391.

GAP VISIT COMPLETED

Major J. M. Ayres, Canadian Forces Extension School Instructor, completed his second visit on 12 March, 1969 with officers enrolled in the Graduate Assistance Program (GAP) at CFB Moose Jaw.

In interview with the five officers still working on their courses, Major Ayres discussed the progress of each student and also gave details of the structure of the final exam which will be written either 14 May, '69 or 4 June, '69. The GAP is a series of correspondence courses designed to nurture the general education of the professional officer. The subjects, which range from Military Studies to four options have both a wide interest and an intellectual challenge worthy of the contemporary offer.

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The Plainsman
CFB MOOSE JAW

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AMENDMENTS TO THE CANADIAN FORCES SUPERANNUATION ACT (CFSA)

Bill C178 has just been introduced in the House of Commons which contains several amendments to the CFSA. Titled "The Statute Law (Superannuation) Amendment Act, 1969". It includes provision for amendments to other Government Superannuation Acts as well as the CFSA. The last clause of the Bill proposes that the amendments will come into force on 1 April, 1969.

1. This message summarizes the more significant changes proposed which are as follows:

(A) Contribution rate for male members of the Regular Force raised from six to six and one-half per cent with the rate for female members lowered from six to five percent. This was forecast at the time of the last pay raise and published in the Canadian Forces Bulletin and puts forces contributors on the same basis as members of the Public Service and RCMP.

(B) Introduction of a deferred annuity, i.e. an unreduced annuity commencing at age sixty, as an additional option benefit to those who are released with more than ten but less than twenty years Regular Force Service who release for purposes of the CFSA to promote economy or efficiency.

(C) In effect, restricting "Misconduct releases for the purpose of the CFSA to cases of dismissal by Court Martial, conviction of offences of theft or fraud related to duties, traitorous or treasonable activities, and desertion, and absence without authority immediately prior to release, for a period to be specified in regulations.

(D) Establishing entitlements where release is in effect for inefficiency or on voluntary grounds as follows:

1. with less than ten years' Regular Force Service a return of contributions,
2. with ten or more but less than twenty years Regular Force Service, an option of
 - a. a return of contributions or
 - b. a deferred annuity, i.e. an unreduced annuity commencing at sixty years of age,
3. with twenty or more years Regular Force Service,
 - a. if an officer, an immediate annuity reduced by five percent for each full year his age at retirement is less than the retirement age for his rank and
 - b. no change for men, that is an unreduced immediate annuity with twenty-five or more years Regular Force Service, or with between twenty and twenty-five years Regular Force Service, an immediate annuity reduced by five percent for each full year service in the Regular Force is less than twenty-five years or each full year by which his age at his retirement is less than the retirement age applicable to his rank, whichever is lesser.

(E) With further reference to subparagraph (D), at present an Officer or man who retires voluntarily with more than ten years' service in the Regular Force is in certain circumstances eligible to have his case recommended by the Minister to Treasury Board for approval of a reduced immediate annuity. CFAO 212-1 para. 6 refers. Provision is made in the Bill to continue this benefit in the case of those per-

sonnel described in para. 6 of CFAO 212-1 who apply for their voluntary retirement prior to the coming into force of the act on 1 April 1969. Further details on this subject will be promulgated shortly.

(F) A provision has been introduced to reduce the amount required to be contributed by a former short service commission Officer who re-enrolls on a permanent commission in the Regular Force and elects under the CFSA to count his prior short service commission service. The effect of the provision is that a short service commission officer who re-enrolls with a permanent commission in the Regular Force, having been out of the service for two years or more, would not be required to repay any part of the gratuity paid to him under QR and O Article 206.22 should he elect to count that former service as pensionable service. If the period he was out of the force was less than two years the amount of the gratuity required to be repaid would be prorated. Further details on this subject will be promulgated.

(G) To extend the age of entitlement of a child as an annual allowance from age eighteen to twenty-five if that child is continuing his or her education.

2. No change is proposed in respect of the benefits payable to those who are released for disability or having reached retirement age.
3. It is recognized that this message does not answer all the questions likely to be raised on this subject. In this regard a definitive article scheduled for the July issue of Sentinel magazine will deal in more detail with all aspects of the CFSA.

ANOTHER FIRST AT CFB MOOSE JAW

On March 29, at 8:00 p.m. in the Arena, the Bushell Park Figure Skating Club will present "Silver Blades '69". The club, under the direction of Betty Elliott, is practicing very hard for their first annual ice revue.

Spectators will have the pleasure of watching triple gold medalist Ken Sunquist, from Wascana Winter Club, Regina, and duetists Barb Smith and Bonnie Mohr of the Moose Jaw Figure Skating Club.

Tickets are available from Club members.

The Powder Room

by Lois

Spring time is almost here, although the amount of snow still in evidence would certainly tend to make one wonder. Spring means sunshine, flowers and seed catalogues and makes me anxious to start digging and planting. It also means that it's time to start planning your vegetable and flower gardens and to reassess your landscaping (if you are lucky enough to have any that is). Every good flower garden whether it be an acre of land or a 4' x 4' plot should be well planned to be attractive all season through. Perhaps you might like to draw a scheme to record just what is planted where and then during the growing season you can indicate areas for improvement as they are noticed. If you aren't able to have much in the way of shrubs and plants in your yard why not plant your garden in portable containers. Any type of container will do and you can spend as much or as little as you wish—cedar tubs, painted pails, wooden boxes are ideal, however, you may like to be more imaginative and use a sprinkling can, a kitchen kettle, a wheel barrow, a tire, etc. etc. An attractive container for a hanging begonia can be made from a discarded bird cage and a little spray paint. You can plant miniature shrubs, geraniums, a variety of begonias, any type of annual—there is a wide variety to choose from but you should start now.

My husband made a number of attractive containers from plastic, gallon-size, bleach bottles. Basically this is how they are constructed: Carefully remove the top of the container by cutting horizontally at the top of the bottle wall, below the handle. Drill a hole in the centre of the base equal in diameter to the neck of the bottle. Slip base over the neck of the bottle and screw on lid. For a stable container fill the new base with plaster of paris or concrete. A quick spray with paint and there you are! I like to pot my plants in clay pots and set the pots inside the larger container. This way the clay pots can be easily removed for winter storage and the containers can be repainted.

Even if you don't possess a "green thumb" (that's a misleading term—my thumb is usually red

and chafed after a day in the garden) anyhow do try your hand at some gardening this spring. If you must do your gardening indoors, plant a herb and spice garden for your kitchen window—it's nice to look at, provides a pleasant aroma, and is handy for use in your favourite recipe.

Gourmet Fare

Here's a new twist for an old favourite.

Jellied Irish Coffee Dessert

2 envelopes unflavoured gelatin, ¼ cup sugar, ¼ tsp. salt, ¼ cup instant coffee, 3 cups water, ¼ cup whiskey.

Method: Mix gelatin, sugar salt and coffee in a saucepan. Stir in 1 cup water. Place over low heat, stirring constantly, until gelatin and sugar are dissolved. Remove from heat. Stir in remaining water and whiskey. Pour into 6 stemmed glasses or a 4 cup mold. Chill in refrigerator until firm. Garnish with whipped cream, if desired.

To The Editor:

Your edition of 6 Feb. 69 had on page two a form which people, interested in assisting in community affairs, could fill in, send to you for distribution to appropriate organizations.

As one who is interested in one area, particularly scouting, I am wondering what your response to this advertisement was. I feel certain, that with all the organizations which are set up to instruct and entertain dependents, the response must have been good.

Could we perhaps hear from you on this subject?

Capt. M. A. MacEachern

Yes. The response, believe it or not, was a great big NIL.

Yes. It's hard to believe, but there it is.

Ed.

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PROTESTANT CHAPLAIN GENERAL



During his recent visit to CFB Moose Jaw, Brigadier General J. Cardy, M.C., C.D., Protestant Chaplain General to the Canadian Armed Forces, took time to discuss with the Protestant Chapel Committee their plans for the propeller from a Cessna Training aircraft that has been loaned to their Chapel by the Canadian War Museum. To commemorate the fact that this was formerly RCAF Station Moose Jaw, and to signify the Base's continuing involvement

in the basic flying training programme, the propeller is to be incorporated in a sanctuary cross to be suspended above the Chapel altar. Seen from left to right are: Sgt. Fred Neveaux, Sgt. Jim Harper (partially hidden), the Chaplain General Lt. Boyd Leeworthy, Sgt. Bill Ring, Mrs. Frank Koch, Cpl. Ray King, Padre Hugh Christmas, and W.O. Al Peters. A member of the Chapel Committee missing from the photo is Capt. Ken Branch.



MINOR HOCKEY
by D.J.

The above photograph shows the CFB Eagles Pee Wee Hockey Team who on 8 March, '69 won the City of Moose Jaw Championship for their division. This team is coach-

ed by Bob Lake, trained by Frank Evans and managed by Frank Woolder. In the SAHA playdown this team was beaten in the Provincial semi-finals in Unity, Sask. The Eagles are presently marking time until the Easter holidays

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8 a.m. to 10 p.m.

when they play in a Centennial Cup tournament in Regina.

The Wee Pee hockey division has done well in the Base house league with four teams being entered. At present the Black Hawks lead the house league. Also the Raiders team which is an All Star team, selected from the four house league teams have played a number of exhibition games during the year and have yet to be beaten. Keith Van Nest is the coach of the Raiders.

The Base Bantam Team managed by Satch MacDonald and coached by Ed Sorel, ended the league play in the City of Moose Jaw in tenth position and were beaten by Gravelbourg in the SAHA playdowns. Gravelbourg is the Southern Sask. winners.

The Base Midget team managed by Bill Moore and coached by Roy Hillier won the City of Moose Jaw league for their division. Randy Moore and Scott Parks tied for winning the individual scoring trophy and Greg Groves won the trophy for the best goalie.

As the above indicates our Minor Hockey on this Base has had a very active and successful season. The success of these ventures would not be possible without the assistance of managers, trainers, coaches and of course the co-operation of all parents who have children taking part in this sport. Also a very sincere thank you must be expressed to all the Dads

FROM THE BASE ORDERLY ROOM

Arrivals on Base (1 Feb. to date)

NAME	ELEMENT	FROM
Lt. N/S MacKay, C.K.	Sea	NDMC Ottawa, Ont.
Lt. Goodyer, R. B.	Air	CFB Gimli, Man.
Sgt. Danyleyko, T.	Land	1 PPLCI Calgary, Alta.
Pte. McCollum, R. A.	Air	CFATS Borden, Ont.
Pte. Hicks, W. P.	Air	CFSAL Borden, Ont.
Lt. N/S Morry, P. J.	Air	CFMTC Borden, Ont.
Pte. Walker, P. A. L.	Air	CFSAL Borden, Ont.
Lt. Glendenning, C. R.	Air	CFFFIS Portage la Prairie, Man.
Lt. Engler, R. P.	Air	CFFFIS Portage la Prairie, Man.
Cpl. Fish, J. M.	Air	1 Wing Lahr, Germany
Pte. Gorosh, F. J.	Air	CFSAL Borden, Ont.
Capt. Henwood, A. D.	Air	CFNS Portage la Prairie, Man.
Lt. Lamoureux, A. H.	Air	CFNS Det Portage la Prairie, Man.
Sgt. Paul, G. H.	Air	CFS Barrington, Nova Scotia
Pte. Sutherland, G. D.	Air	CFSAL Borden, Ont.
Lt. Waterer, L. B.	Air	CFFFIS Portage la Prairie, Man.
Cpl. Rody, J. W.	Land	1 CADPU Lahr, Germany
Capt. Fast, E. J.	Air	CFFFIS Portage la Prairie, Man.

Departures from Base (1 Feb. to date)

NAME	ELEMENT	TO
Capt. Armstrong, H. C.	Air	Vance AFB, Oklahoma, U.S.A.
Cpl. Aura, K.	Air	CFB Penhold, Alta.
Cpl. Bandet, J. M.	Air	CFB Bagotville, Que.
Capt. Clarke, S. J.	Air	Vance AFB, Oklahoma, U.S.A.
Cpl. Collin, R.	Air	Canadaair, Montreal
Cpl. Crossman, G. H.	Air	1 Svc Bn Calgary, Alta.
Sgt. Donaldson, W. A.	Air	Canadaair Montreal, Que.
Cpl. Funniss, R. D.	Air	Sioux Lookout
Cpl. Hanover, S. W. F.	Air	CFS Kamloops, B.C.
Cpl. Marshall, F. A.	Air	CFB Cold Lake, Alta.
Cpl. Norquay, C. R.	Air	CFS Alert, N.W.T.
Cpl. Premont, J. E. P.	Air	CFB Chilliwack, B.C.
Capt. Scott, C. A.	Air	Reese AFB, Texas, U.S.A.
Sgt. Smith, G. H.	Air	CFHQ Ottawa, Ont.
Sgt. Thom, A. E.	Air	CFS Yorkton, Sask.
Pte. Pelletier, J. V.	Air	1 Wing Lahr, Germany
Cpl. Prefontaine, R. A.	Air	1 Wing Lahr, Germany
Now wearing "Civvies" (Released)		
Cpl. Herrington, H. L.	Air	Prince George, B.C.

who no matter what the weather or how low they felt on a Saturday morning, turned out in force to provide transport for their teams on their various road trips. Also a special note of thanks go to all the Moms, who planned meal hours and menus to fit the hockey schedule. And of course, last but not least, the Moms, Dads, brothers, sisters and friends who turned out at all games to become an extremely critical cheering section.

Also the Town Council must be included in any note of thanks. This is where the financial support came from and without this basic ingredient of hard, cold cash there would be no minor hockey. The above factors make up a

successful minor hockey situation. May it continue on this Base for a long time to come.

Use extreme caution when handling gas and lighter fluid. If either is splashed in face or eyes, rinse immediately and report to hospital.

Never use electrical appliance cords that have lost insulation... have them repaired or replaced.

Watch your cleaning solutions. Proper storage and careful handling of all cleaning solutions is necessary to avoid serious accidents.

Harvard Credit Union Ltd.

NOTICE OF ANNUAL MEETING

All members are hereby notified that the **10th Annual Meeting** will be held in the Sergeants' Mess, 27 March 1969 at 7 p.m.

The meeting will follow a smorgasbord supper.

Door Prizes — All Members Welcome!

Guest Speaker: **HON. LIONEL CODERRE**
Minister of Labour & Co-operatives

Admission \$1.00

Tickets available at office

SGTS. MESS NEWS

By the time this column is printed you should have received your Entertainment Calendar for the month of April. The entertainment committee have put a lot of work into the up-coming events and they will be well worth attending. Of special interest will be the Easter Sunday dinner on the 6 April. Men, give the little woman a break from the drudgery of preparing Sunday Dinner. Take the family to the Mess. (You won't end up doing the dishes either.)

Don't forget the Curling on 23 March. This is the Molson Trophy. Contact W.O. Mike Hladun for particulars.

I have noticed that the lifting of winter has had a strange effect on members of the Mess. They have been seen dodging away from the mere mention of the up-coming Mile and better Run and quickly changing from a slouched position to a "Greek God" pose whenever W.O. Matthews approaches them. How about yourself—are you in shape?

C.W.O. G. A. Johnson is back with us again after his recent hospitalization. He says that within a few days he will be back to his old self. Welcome back!

That's it for this edition. The next column will be written by the new A/Sec., so all you potential newspapermen, here's your chance to volunteer your services and to support your base paper.

BIG "L" NOTES

by Burt Nesbitt

Expo land has spirited away two more of our maintenance team. Capt. Kane and Cpl. Fern Daviau have volunteered to join Stu Brown. My latest report has indicated that Stu and Fern are going to wait out the snow with Capt. Kane taking the opportunity to enjoy Montreal's spring fever. Bon Voyage et Bonne Chance mes amis.

Wayne Trimper (C14 on the front page of the last edition) claims a valid reason for the "cynical look". The championship, which included 48 games, was number one on his mind. After 38 wins out of the total I'll have to go along with a meditative, rather than cynical look. When your team brings home the gold we'll make sure you are primed for the picture, Trimp.

Wayne has enticed a few of our mechanical specialists to try their hand at his game—volleyball. The physical fitness program has something to do with their eagerness to try and I believe practice is Wayne's objective. Their program is fine but I doubt if they have tried the real test—"The South Hill".

The South Hill is what I call the "ultimate in conditioning". After having been led fearlessly through the maze of blurred bodies, flattened by four-year-olds, and returned alive I feel I have passed the test. Anyone who has tried this roller-coaster on ice will surely agree; or am I getting old?

Thought for the week: To keep young, associate with young people. To get old in a hurry, try to keep up with them.

"Congratulations Basic"

In the past years it has become somewhat of a tradition for "A" Flight and "B" Flight to engage in a type of medieval duel. The weapons chosen, both teams usually resort to long wooden curved blades with black tape wound viciously around the ends and the participants enter the arena of combat mounted on gallant sparkling blades. No effort is spared in this all-out preparation for combat and on the chosen surface of ice, it has been noticed that no holds are barred when the judge of combat is casting his paternal eye at the wives of the young combatants shivering unnecessarily in the stands.

Few humans have ever witnessed such a display of muscle, courage, skill, sweat and fruitful effort. The crowds cheer, the wives cry as players are mangled and fall helplessly to the ice in the clattering roar as other fearless combatants climb over the boards to take their place. "Never have so many given so much for so few."

Then, as it would have to be, there remains but a few and to the victors go the spoils. The challenge has been met and won and all will remember the great moment for another year. The effort has not been in vain, because the winners must be truly enhanced, by the fact that they are second best to **ADVANCED**.

—The Dragons

"Run For Your Life"

by Woody

- Do you have that drowsy feeling all day?
- Do you fall asleep after each meal?
- Do you feel fatigued from even mild exertions, like climbing stairs?
- Are you too tired to play with your children, to take part in any form of activity, to watch television?
- Are you getting old?

YES, a lot sooner than you should.

FITNESS itself has many definitions . . . **PASSIVE FITNESS**, the mere absence of any illness, is a losing battle. Without activity, the body begins to deteriorate, becoming more vulnerable to certain chronic illnesses and diseases.

A more popular type of fitness is **MUSCULAR FITNESS**. But it concentrates on only one system of

the body one of the least important ones, and has limited beneficial effect on the essential organs or over-all health. It's like putting a lovely new coat of paint on a car that really needs an engine overhaul.

The answer is . . . **ENDURANCE FITNESS** should be your goal.

It will improve not just your muscles, but also your lungs, heart and blood vessels. It is the foundation on which all forms of fitness should be built.

The key to endurance training is oxygen consumption. The body needs it to produce energy. It can't store it, so it must bring it in constantly and deliver it to the organ or tissue where the energy is needed. The amount that the body can bring in and deliver (your maximum oxygen consumption) is the best measure of your fitness.

To obtain endurance fitness the best exercises are running, swimming, cycling, walking, handball,

and squash (in that order).

A body that isn't used, deteriorates. The lungs become inefficient, the heart grows weaker, the blood vessels less pliable, the muscles lose tone and the body generally weakens throughout . . . **FEEL SICK?**

Your whole system for delivering oxygen almost literally shrivels up. Compound things by smoking, eating everything in sight and worrying about that promotion and you are in real trouble.

If you want to become fit, then **GET ACTIVE** with the kind of exercise that will demand oxygen and force your body to process and deliver it—**RUN FOR YOUR LIFE!**

Aircraft Repair Monitor

by Larry Porpar

Cpl. Roy Hillier has recently returned from the Unit Physical Education Instructor's Course, which was held in Camp Borden, Ont. from Jan. 4 to Feb. 8. This course enables him to supervise the rigid exercise program now underway in Number 6 Hangar.

Sgt. Bill Tillack, from the Aero-Engine Shop will be leaving Trenton on March 28 for Tanzania, where he has been transferred. We understand that it was a preference posting, since he was getting tired of shovelling snow.

Returning from the CF-104 Course in Cold Lake will be Cpls. Ken Reid, Noel Shepherd and Jack Hammond. Soon they will be winging their way over the ocean, and into the black forest.

Cpl. Fred Broderick must have an automatic and computerized telephone answering system in his home. Whenever his residence is called a weak but confident voice answers, "I'm sorry, but they're at the drive-in theatre".

You've heard of the saying, "I'd rather fight than switch". Well, Sgt. John Duggan would rather watch films than sing!

Let it be known to all who care—Lt. "Satch" MacDonald doesn't like "crust-off" sandwiches.

STOL

The Caribou uses less than 500 feet of runway on take-off even when loaded with 28 fully equipped paratroopers.

Between the amateur and the professional...



there is a difference not only in degree but in kind.

HOT LINE FOURTH QUARTER 1968

Moose Jaw Team to Nat. Championship

The Zone 3 Hockey and Volleyball championships concluded on Friday, 28 Feb. and after a week of strongly contested competition, our own Base Volleyball team earned a berth in the National Volleyball Championship to be hosted by CFB Kingston in late April. Last year our Base Hockey team represented Zone 3 at the National Championship, but not so this year. CFB Rivers will be making the trip to Petawawa.

The week long competition witnessed keen action and an excellent example of service sportsmanship and fellowship.

The volleyballers were more than glad to see the end of the week, as each team participated in 48 games and each game was played with a will to win. After the first day's play, it looked like a two team battle to the wire. However, CFB Shilo didn't believe in conceding and as it turned out, they were the deciding factor in the outcome of

the tourney. Our Base Team and CFB Gimli were matched fairly evenly and at the end of the quadruple round-robin, Gimli had won 7 games to Moose Jaw's 5 games. Enter Shilo . . . Our Base team lost only one game to Shilo while the Gimli squad dropped four games and hence the Tourney.

The members of our winning team are: Major Carle (Coach), Capt. Birk, Capt. Harvey, Capt. MacDonald, Lt. Schauffe, Lt. Krall, Cpl. Ford, Cpl. Trimper, Cpl. Bordeleau. An individual award was won by Cpl. Trimper as the best "spiker" in the tournament.

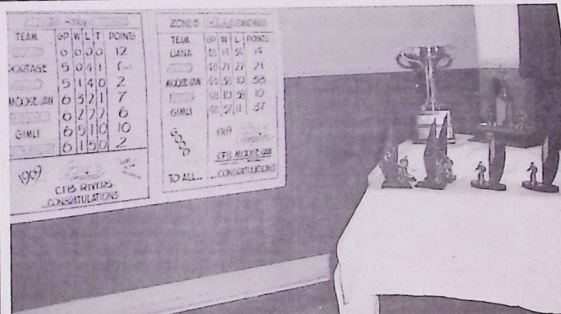
The Hockey schedule was also a vigorous one and each team had to play six games in the course of five days. The teams were evenly matched and all games were hotly contested, both on and off the ice. The underdog Gypsumville team provided many exciting games and although they didn't fair well on the scoreboard, they were the

sentimental favourites. By the way, the Gypsumville captain won the MVP award for the tourney (a tremendous effort considering they ended in last spot) CFB Rivers had the desire and the horses this year, and swept through the week without a loss.

A few small incidents ie: Arena Roof Caves In—didn't faze anyone, and with the assistance of our friendly neighbors in town, the final hockey games took place at the Civic Centre.

All in all, a highly successful tourney, concluded by an excellent Wind-Up Banquet (compliments to the Chef) and the athletes proceeded, tired but content, back to their home bases.

This year it's CFB Moose Jaw (Volleyball) and CFB Rivers (Hockey) to the Nationals. **BEST OF LUCK TO BOTH ZONE 3 REPRESENTATIVES!**



Zone 3 Final Standings in the week long tourney hosted by our Base. Individual awards were presented to Best Spiker, Best Setter in Volleyball and Best Defenceman, MVP, Top Goalscorer and Best Goalie in Hockey.

Keep the handles of cooking utensils on the stove turned in to avoid children tipping them over. Hot grease still accounts for many of our home accidents.

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THE CFB MOOSE JAW WILDLIFE ASSOCIATION

The following article will briefly attempt to describe what takes place at Base Moose Jaw in connection with the organizations sponsored by the Association.

The Base Wildlife Association—an organization designed to provide a control for the various shooting clubs on the base. It provides the members with the opportunity of joining the Provincial Organization, of participating in the provincial insurance policy designed to provide protection to the hunter and fisherman and provides from time to time informative literature dealing with conservation, hunting, fishing, game laws and many other associated subjects. The base association has its own clubrooms, situated in the basement room of the Recreational Building, formerly used by the library. In addition it has the use of the indoor .22 calibre range, the outdoor 30 yard range, the skeet range and the Burdick Military Range. Membership is inexpensive and in addition to the insurance policy and provincial association also includes membership in all base association activities.

The Ladies' Rifle Club—Meets in the Association clubroom on Tuesday evenings. Rifles are available and membership is open to all ladies of the base. Club shoots in the Dominion Marksmen competition.

The Men's Rifle Club—Meets in the clubroom on Friday evenings. Members participate in both the DCRA and Dominion Marksmen programmes. Both the No. 7 .22 calibre and .22 calibre sporting rifles available.

Junior Rifle Club—These young

members meet in the clubroom every Thursday evening and participate in the Dominion Marksmen programme. Open to both boys and girls 12 years and over.

The Archery Club—Wednesday evenings. General target shooting. Plans include training in the manufacture of arrows and bow strings. A pleasant way to spend an evening. Bows and equipment are available.

The Pistol and Revolver Club—Generally this club shoots most of the year using the 30 yard outdoor range. Opening times are published from time to time through the medium of Routine Orders. Weapons of a suitable type are available.

Skeet Club—This well received club commenced activities last fall in time for the season. It is hoped that the response this year will justify an earlier opening. Ammunition and weapons are available. The range is situated to the North West of camp, just past the Officers Mess.

Hunter Safety Programme—Sufficient instructors are available to conduct courses from time to time. Personnel interested in obtaining this necessary training are urged to make their desires known to any of the club personnel. Courses are conducted in the association clubroom and usually consisted of approximately 5 to 6 hours training. Compulsory qualification is now a fact in many provinces and is expected here soon.

Should you desire to participate in any of the above programmes you are urged to visit the club on their training night. Membership is open to all base personnel and their dependents and civilian em-

ployees of the base.

For those of you holding qualifications as instructors and who wish to assist simply contact the Editor of The Plainsman.

During the current season the following personnel have qualified under the Dominion Marksmen Plan as follows:

Juniors—BRONZE PIN

Bob Pascal
Guy Lakeman
Randle Lakeman
John Fraser
Bill Laidlaw
Lesleigh Wilson
Kevin Carle
Sandy Metzler
Paul Bliss
Shasta Abbott
Ellen Lakeman
Candace Hladun

SILVER PIN

David Lake
Don Groves

GOLD PIN

Tim Wocknitz
Ladies—BRONZE PIN

Taffie McPherson
Sannie Hand
Bonnie Vaughan
Lynette Stanners

SILVER PIN

Bonnie Vaughan
Myrtle Hladun
Connie Hand
Lynette Stanners

SITTING CREST

Marie Armstrong
Alice Kieppe

KNEELING CREST

Marie Armstrong
Jan Thompson

Men's—BRONZE PIN

Jean Cauchon
Steve Richardson

SILVER PIN

Jean Cauchon
Steve Richardson

SITTING CREST

D. Bennett

D. R. Baceda

KNEELING CREST

R. W. Thompson

P. R. Lakeman

STANDING CREST

Neil Drew

P. R. Lakeman

GOLD SHIELD

J. Abbott

TO SAMPLE GOOD BREW by "Lawrence of the Bar"

At eighteen thirty on sixth of March, Assembled eighty people primped with starch. They gathered by the courtyard gate, And mounted two chariots, not one minute late.

In sixty minutes they were there, Inhaling Pompous Regina air. The brewery, with "Carling's" mark, Stood ever proudly against the dark.

The Earl of Potts was on parade Within the moat, by yon stockade. Sir John, our host, was at Titan Table,

Commanding servants, "on with Black Label!"

A famous group assembled there To say "grandeur" is justly fair. Sir Henry Morris of Biathlon fame, Is indication of a Stalwart name.

Sir Roswell Wood, The Ombudsman, Provided manuscript for the clan. While King Jack Hector at head table,

Listened to a Ken Andrew fable, Bespectaled and cautious, Count Harold Stride, Sat nearby with his young bride. The Lecturer, Samuel McIlwaine, Sang a song to entertain. We drank the brew like 'One Thousand Turks'.

At the piano, sat Captain Jake Birks. Sea stories alluring, provided by Bowen, While Greenly exclaimed, "Hercules will be flown!"

Poet, Sir Basil, was unable to come— Could not tackle the weather with-out quart's of rum.

Soon the evening was waning, and so was the ale If we did not leave shortly, we'd end up in goal.

Alas! Midnight is upon us, the chimes are ringing, Out to the carriages—rank and file singing.

Now we are home again, back at our tasks, But we will always remember, our hosts and their casks.

*Derived from a quotation by the renowned Tutorial educator, Major J. D. Tupperus of Pentagonia.

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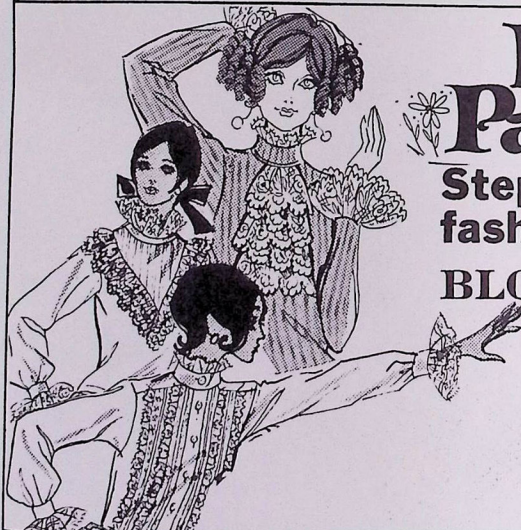
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CANADIAN FORCES ART EXHIBITION 1969

The Canadian Forces Art Exhibition will be held at CFB London Ontario from 2-13 June, 1969.

This exhibition is open to serving members of the Regular Canadian Forces, serving members of other nations who are attached or on exchange duty with the Canadian Forces (regular) but excluding those personnel of other nations who are under formal training, civilians employed by the Department of National Defence and dependents of those members who are Regular Canadian Forces and members of other nations who are over the age of 16 years on 1 Jan. of this year.

Personnel interested in submitting entries in this exhibition are requested to contact Cpl. Woodard at the Recreation Centre.

A WORD TO PEDESTRIANS

As you may well realize, snowmobiles will be operating occasionally in areas on the base. The operators of these machines have received instructions that they are to yield the right of way to all pedestrians and other motor vehicle traffic.

This problem does not only apply to snowmobiles, as motorcycle weather will soon be upon us.

It must be appreciated that snowmobiles and motorcycles, as cars, are machines and are only as safe as the operator. Any machine operated by a human being has a possibility of going out of control.

With the above facts taken into consideration, it is suggested that extra caution be observed when

walking, playing, or working in any areas where snowmobiles, motorcycles or cars are being operated. Remember, too many accident victims have said with their last breath: "I had the right of way". It is everyone's responsibility to prevent accidents.

JUST KEEP HANGING IN THERE

OTTAWA (CFP)—Find your home too cramped for comfort? There was a time in the housing booms a few years ago when it was fairly easy to sell the one you had and buy a bigger one. There was even a chance the landscaping and garage you'd put on the first house attracted a good enough price that you broke better than even. The profit, however small, was sure handy for the bigger place for the growing family. That was when mortgages had reasonable interest rates.

People now, faced by mortgage rates darned near double what they were a little over a decade ago, have been taking another tack if they are having big families.

Just like the old country farmer, they're tacking additions onto the old house instead of buying a new, bigger one. They figure it costs less to expand than to sell and buy bigger.

But not so fast! How hard it is to get rid of a big older house they seldom realize. And if they've done the obvious thing (refinanced the original mortgage) they're into high interest rates.

Enlarging an older house rather than buying a new one isn't all

wine and roses if you're expecting to make any money out of the deal when your kids are grown up, away at college, working in other cities or with that independent streak that makes them convince you they'd be happier in their own apartment, shared by friends.

It may be wiser to tough it out in the old house. It won't be forever. Think twice about enlarging or buying bigger homes. By the time you can do it thriftily, it may be an exercise in futility—the kids are already gone.

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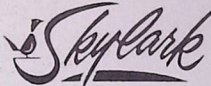
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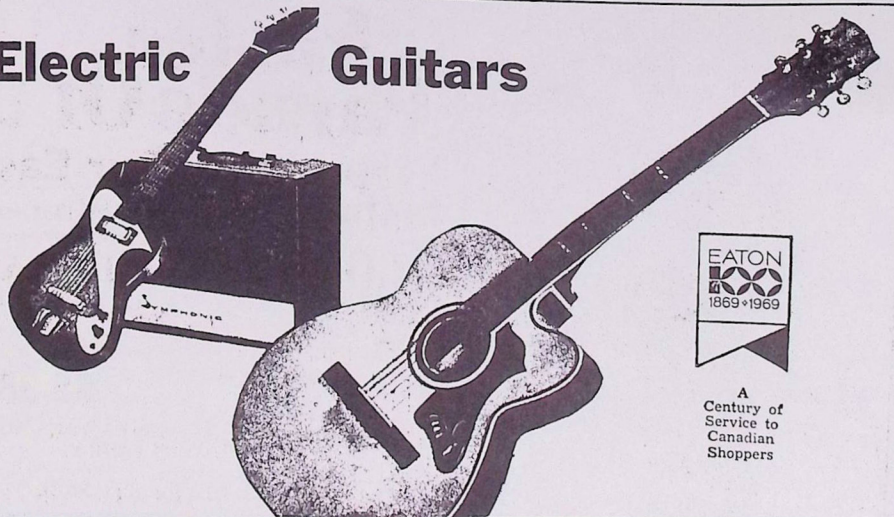
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