



THE PLAINSMAN



Saskatchewan's Military Newspaper
Le Journal Militaire de Saskatchewan

VOL. 11 NO. 17

THURSDAY, OCTOBER 16, 1980

CFB MOOSE JAW

WW II Pilot Revisits Moose Jaw



Photo Above, from left to right; Mr Gordon Elmer, Mr G.W. Ingamells and Mr Eddy Harrison.

Canadian Forces Base (CFB) Moose Jaw was visited recently by Mr Gordon W. Ingamells, a Former Royal Air Force (RAF) pilot who was stationed at Moose Jaw for a period during the Second World War. Mr Ingamells, who was in Canada to attend the Commonwealth Wartime Aircrew Reunion at Winnipeg, decided to visit Moose Jaw to relive his many fond memories of the City and the Base.

Mr Ingamells first arrived in Canada in the early spring of 1942 and was trained on the Harvard aircraft. After advanced flying training he was stationed at RAF Station Moose Jaw as an instructor at 32 Flying Training School. In the late fall of 1942 Mr Ingamells returned to England on a very crowded Queen Mary along with 1500 American Army Personnel.

After returning to England Mr Ingamells received further advanced training on the Spitfire aircraft. His next 18 months were spent with Fighter Command Delivery Flight during which time he flew 25 different aircraft types including Spitfires, Mustangs and Typhoons. Mr Ingamells wartime postings included one flying tour with Transport Command in North Africa and one tour Flying Hellcats in India. In 1945 he was sent to Egypt where he flew Mosquitos until the end of the war.

Mr Ingamells stated that although the City of Moose Jaw has grown since the war, many things have not changed. For example, he said, when he stayed here in 1942 he lived in the "Hotel Harwood". The Base, he noted has grown and is much busier that he remembered it.

Mr. Ingamells was accompanied on his visit by Mr Eddy Harrison, a fellow former RAF pilot, and Mr Gordon Elmer, a long time friend and present Moose Jaw resident. Mr Ingamells is now enjoying his retirement near Cromwell the renowned RAF Flying College.

BCOL - What is it?

CLOB - Qu'est ce que c'est?

Effective 2 Oct 80, CFB Moose Jaw will have a new staff officer whose primary duty will be the coordination of Bilingualism and Biculturalism for the base. His title will be the Base Coordinator of Official Languages and he will share the BIO's office (room 229) and phone (local 337) on the top floor of the Base Headquarters Bldg. Part of his responsibility will include providing supervisors with information and assistance on the interpretation and implementation of the Official Languages Act (OLA) on behalf of both personnel working in that section and "customers" being served by the section. As such he will coordinate Language Training (in conjunction with the Base Personnel Services Education Officer) and translation services (in conjunction with the 2 CFFTS Francotrain coordinator). However his responsibility is not to branch/section heads for (like the Base General Safety Officer) the BCOL will also act as an independent agent

on behalf of the Base Commander - monitoring the implementation of language policy, investigating complaints concerning the OLA and acting as an ombudsman for the base Franco-phone population. In order to reach the general base population, there will be a regular column in the Plainsman encouraging and soliciting questions and suggestions on this difficult but crucial area of Canadian and CF concern.

* * * * *

Depuis le 2 octobre la BFC Moose Jaw a un nouvel officier d'état-major dont la fonction principale sera la coordination du B & B pour la base. Son titre sera Coordinateur des Langues Officielles (CLOB) et il partagera le bureau de l'Officier d'Information de la base, OIB, chambre 229 quartier général, de même que son numéro de téléphone, ext 337. Une de ses responsabilités sera la provision aux surveillants de rensei-

gnements et d'aide au sujet de l'interprétation et l'implantation de la Loi des Langues Officielles (LLO) au nom des membres qui travaillent à cette section et des clients qui reçoivent les services de cette section. En tant que tel, il coordonnera l'enseignement des langues en conjonction avec le BPSEdO, les services de traduction en conjonction avec le coordinateur Francotrain de la 2 CFFTS. Mais ses responsabilités ne sont pas seulement aux patrons des branches/sections parce que, comme l'Officier de Sécurité au Sol, le CLOB agira en agent indépendant pour le commandant de la base en contrôlant l'implantation des politiques de langues, en investiguant les plaintes au sujet de la LLO et en agissant comme ombudsman pour la population francophone de la base. Pour atteindre la totalité de la population de la base il y aura une colonne régulière au Plainsman, encourageant et sollicitant questions et suggestions au sujet de cette situation difficile mais cruciale pour le Canada et les forces canadiennes.

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THE PLAINSMAN

The Plainsman is the unofficial Service newspaper of CFB Moose Jaw and is published twice monthly under the authority of the Base Commander, Colonel G. Van Ek, C.D.

The Plainsman est le journal non officiel de la BFC de Moose Jaw et est publié avec la permission du commandant de la base, Colonel G. Van Ek, C.D.

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Opinions expressed by contributors do not necessarily reflect those of the Editor, the Base Commander, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a service newspaper as specified in CFAO 57-5. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment.

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

The Plainsman office is located in room 221, Headquarters Building of CFB Moose Jaw. The mailing address is Box 240, Bushell Park, Sask., SOH ONO. French services available.

Telephone 693-6711

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Les opinions émises dans ce journal ne sont pas nécessairement celles du rédacteur, du commandant de la base, des Forces canadiennes, du Ministère de la Défense Nationale. Le rédacteur se réserve le droit de modifier le matériel soumis conformément aux règlements et lignes directrices régissant un journal militaire dans l'OAFIC 57-5. Les textes peuvent être soumis en français ou en anglais. Ils doivent être dactylographiés à double interligne et accompagnés de la signature et lieu d'emploi de l'auteur.

Dans les cas d'erreurs typographiques, aucune marchandise ne peut être vendue et la différence chargée au journal dont la responsabilité n'est que de rembourser le montant chargé pour l'annonce publicitaire où il y a eu erreur.

Le bureau du The Plainsman est situé dans la chambre numero 221, quartier-général de la BFC Moose Jaw. L'adresse de correspondance est Boîte 240, Bushell Park, Sask. SOH ONO.

Téléphone 693-6711

NEXT ISSUE: Thursday, October 23, 1980

**NEXT PLAINSMAN
DEADLINE**

NOON TUESDAY October 14, 1980

ANY ARTICLE received after the deadline may be delayed to a later edition.

EDITORIAL PAGE

Dear Editor:

We thought your readers might be interested in knowing that a new book on Canadian Maritime History has recently been published through Dalhousie University in Halifax.

Eighteen months in preparation, the book, called *The Lady Boats: The Life and Times of Canada's West Indies Merchant Fleet*, is a fast-paced narrative which focuses on the five Canadian National Steamship cruise vessels which were pressed into service during W.W. II as hospital ships, troop carriers, and armed merchant cruisers. Carriers of the wealthy, the poor, the terminally ill, the monarchy, and those destined for battle, the Lady Boats enjoyed a 15 year career enshrouded in mystery, excitement, glory and honour.

An integral part of Canada's Maritime History, the Lady Boat era was rich in adventure during the 30s and 40s and makes fascinating reading today.

Copies of this volume, published in a limited edition by the Canadian Marine Transportation Centre, are available for \$17.95, (includes postage and handling) from:

"Lady Boats"
Dalhousie University
1321 Edward St.
Halifax, Nova Scotia
B3H 4H9

Daycare Centre?

Dear Editor

Has consideration ever been given to the possibility of a Day Care centre located at or near CFB Moose Jaw? Surely this is just as important to many people as is the Curling Club, Swimming Pool or Bowling Alley to its patrons. While there has been difficulty in the past with the establishment of a nursery school program here because of unsympathetic parties, there should

be little opposition to something as essential as a day care in the present economic climate.

Ideally it would be located near the DND school so that children could go to the centre from school easily. It would also mean that one of the spouses could bring the child to the centre in the morning. It would be impossible to expect service personnel to contribute their time to the centre as in a co-op day care. Therefore staff would have to be hired from within the community, possibly from the PMQ area and from wives who could come to work with their husbands. Probably many teenagers would be interested in part-time jobs there.

The current cost of day care is anywhere from \$125-180 a month or from \$1-\$1.50 an hour. Using the ratio of one adult worker to 5 toddlers, the salary from the fees alone would be from approx. \$625-800 which is excellent compared to the current minimum wage which gives \$600 a month. Depending on need and use there could also be staff to cover shifts, evenings and weekends.

Many personnel find it necessary for themselves and their spouses to work full or part time. Many times it is very difficult to arrange for care of small children who do not go to school, or who do, but need supervision before school, during lunch hour and after school until the parents come home from work. If such a problem was easily taken care of, many couples could ease a difficult financial situation that could cause problems at home as well as at work.

There are many benefits to having kids in a situation with other children as oppose to having them in a private home. It would be feasible to look into for interest and estimated use of a facility of this type here at the base.

**MOOSE JAW ART MUSEUM
NATIONAL EXHIBITION CENTRE**

October 14th to November 9th, 1980

Gallery II

Gladys McKenzie Paintings

Gallery I - 10 M3

This exhibition is circulated by the Montreal Museum of Fine Arts

Denis Rousseau, Dean Eilertson, Serge Cournoyer, Real Lauzon and Francois Dellagret were each asked to create two sculptures to occupy a very precise volume: one cubic meter. Five contemporary ways to create a three dimensional artistic language are presented.

Stu's Views

COED RMC

Male chauvinism was nearly successful in barring women from the Royal Military College, according to a Toronto newspaper. The report on women entering RMC this fall claimed that "men would still have a near-monopoly on the elite military academics if successive defence ministers had not overcome the muted but clear opposition...the outspoken objections...and the personal protests..."

"The politicians pushing for the program have usually been ahead of the military men," the article states, and they had to overcome "the reluctance or outright hostility of senior Canadian military officials."

But is the opposition born of chauvinism, as it appears to that reporter, or something else? It is possible for someone on the outside to comprehend the sincere concern of senior military officials?

Education at the Military Colleges is not merely classes, parades and sports. If that were true, integration of women would be no more significant than at a civilian co-educational institution.

But that routine aspect of training is incidental. The real training at a Military College is the unique product of a highly competitive all-male environment combined with rigid military discipline intended to prepare men for war.

Will that environment be altered with the full integration of females? Outsiders may scoff, but the first time a Cadet Flight Leader falls in love with one of his (or her) recruits the magnitude of change will impact like a bombshell. Those concerned with chauvinism may not care if the change would prejudice battlefield performance, but if RMC becomes an equal opportunity co-educational school rather than a military college service officials fear that could be the result. Perhaps the answer is a separate military college for women.

Opposition to the integration of women at RMC was not the crass chauvinism suggested in that article, it was well intentioned concern for the defence of Canada.

Courtesy of Trenton's Contact

ARAF PROMOTIONS

The following ARAF personnel have been promoted effective 1 Sep 80.

Sgt Mark to W.O.
MCpl Marlow to Sgt
MCpl Wilson to Sgt.
Congratulations

BASE



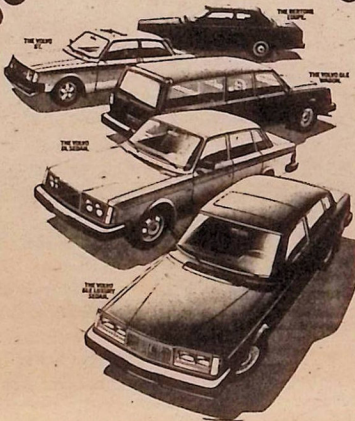
THEATRE

SCHEDULE FOR OCTOBER 1980

Saturday Matinee: (1st & 3rd Saturdays) 2 pm or 1400 hours.
 Sunday and Monday: 8 pm or 2000 hours.

Sat Matinee 4 October	UNIDENTIFIED FLYING OBJECT	General	Jim Dale
Sun & Mon-5 & 6 October	APOCALYPSE NOW	Restricted Adult	Marlon Brando Martin Sheen
Sun & Mon 12 & 13 October	MEATBALLS	Adult	Bill Murray
Sat Matinee 18 October	FOR THE LOVE OF BENJI	General	Benji the Dog John Belushi
Sun & Mon 19 & 20 October	THE BLUES BROTHERS	Restricted Adult	Dan Aykroyd Tatum O'Neal
Sun & Mon 26 & 27 October	L'IL DARLINGS	Adult	Kristie McNichol

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VOLVO

BITS AND PIECES

The following jokes are taken from the World War II monthly magazine of No. 32 S.F.T.S., R.A.F. Station, Moose Jaw, called the "Prairie Flyer".

* Dear Sir - Please send me two mongooses.....

Dear Sir - Please send me two mongeeses...

Dear Sir - Please sent me one mongoose. While you're at it, send me another one.

* Ponsonby Ponders

Why love at first sight often ends with divorce at first slight?

* A Bostonian has invented a device for keeping the figure trim.

It is a corset that emits a whistle if the stomach muscles are allowed to sag.

* Notice in a war production factory.

If your sweater is too big for you, watch out for the machine. If you are too big for your sweater -- watch out for the men.

Mother-In-Law's Day Is Sunday, October 26.
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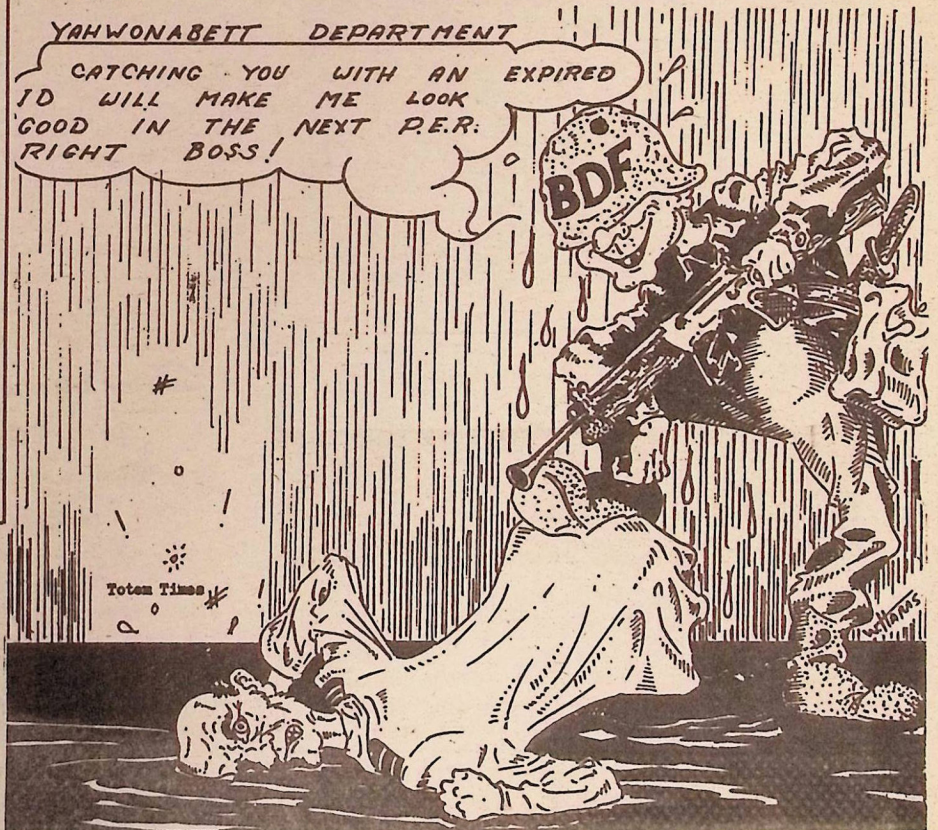
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BAMEO NEWS

Exercise Teamwork '80

AVIONICS

Greetings from CS/RS Repair right man we finally found him in 6 Hgr! Contrary to a popular myth among those of our coast of CFB Shearwater, N.S. trades in 4 hgr and bldg 42, - P.O. 2nd Class John McSween, there are actually five living, active souls hard at work in here. Apparently, the fact that they visit us only during our coffee break or when all of us are working in areas not easily visible has led to the false rumor that we have so little work to do that, when we come in at all, it is only to drink coffee.

Nothing could be farther from the truth. What we actually do here is thoroughly inspect the radio/radar communication and navigation systems. We trace all the "telecom" wiring from the Glideslope antenna in the nose to the VOR/localizer antennae in the tail of the aircraft. Once we are certain that there are no defects in any of the wiring, we put our equipment through its paces. Only once we are absolutely certain that all com/radar equipment meets its performance and safety standards do we allow the aircraft to leave our care. Without extra charge, we even scrub and clean the nose compartment, our equipment, our control boxes, and even our antenna cables and antennae on the aircraft to give it that "factory fresh" look that inspires pilots to the heights of achievement.

Naturally, a task such as this requires a truly capable leader. After a long and difficult search for just the

home the Boy Bandit posed for the press with the offending cage and his trusty escape tool demonstrating once again that you can't keep a good Bandit down.

We have a new face at Bandit Flight who is also the new Flight Commander; welcome John Lahey. Initially John wasn't very keen at the prospect of coming to 'B' Flight because he was told that when the previous Flight Commander, Maj Greenough, first arrived on the flight it wasn't two weeks before his nickname changed from Ronald Reagan's look-alike to the Silver Fox. So John, if you notice people pointing at your head and saying Ah-Ha! you'll know why.

One of our bi-lingual officers is leaving for a two month language course at St. Jean, Que. and upon his return Mike Skubiky should be tri-lingual with English, Ukrainian and French on the tip of his tongue.

Other departures are Mario Guillemette who is leaving for the OFT and Howie Ballantine who is off to Ops.

The Bandit Quote of the month submitted by O/C John Latt of course 8003 is: "If it jams force it; if it breaks it probably needed replacing anyway."

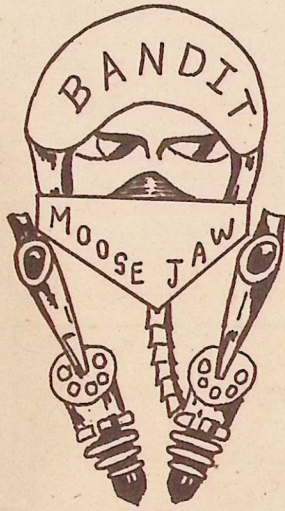
OTTAWA -- Canadian ships and aircraft will participate in a large-scale NATO maritime exercise nick-named TEAM WORK 80 to take place in the North Atlantic, English Channel, North Sea and Norwegian Sea between September 10 and 24.

More than 60,000 personnel, 170 ships and 400 aircrafts from nine countries will take part in the exercise which tests the capability of the Alliance to protect amphibious and reinforcement forces, and resupply shipping in time of war.

The helicopter-carrying destroyers HMC Ships ASSINIBOINE, OTTAWA and ATHABASKAN together with the operational support ship HMCS PROTECTEUR, will represent Canadian Forces Maritime Command along with Argus aircraft from 415 Maritime Patrol Squadron, CFB Summerside, PEI.

Also taking part is the Standing Naval Force Atlantic, comprising seven destroyers and frigates - including the Canadian helicopter-carrying destroyer HMCS FRASER - and the Standing Naval Force Channel with 12 mine countermeasures vessels.

The eight other countries taking part in the exercise are Belgium, Denmark, the United States, Norway, the Netherlands, Portugal the Federal Republic of Germany and the United Kingdom.



All of our loyal readers were overjoyed recently at the escape of the Boy Bandit from his as yet undisclosed place of captivity. The escape was organized and executed by the 'B' Flight anti-terrorist and part-time babysitter squad who baked a hack-saw and a passport into a lemon meringue pie. The hack-saw was used to cut through the imprisoning bars, the passport allowed the Boy Bandit to traverse the no-mans-land between three and five hangar and the pie was delicious. Upon his return



POSTINGS IN

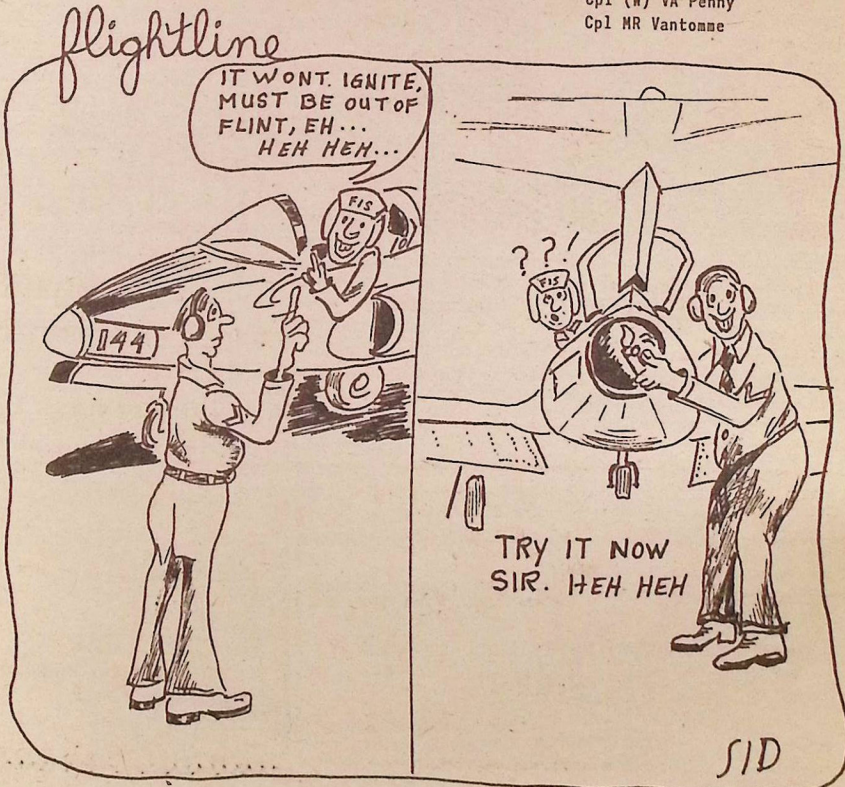
Cpl WJ Pyle
Pte (W) KP Hopkins
Pte RL Niemlainen

POSTINGS OUT

Pte JN Barber
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Cpl (W) VA Penny
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PROMOTIONS



MCPL A (A1) Sharp is shown here being congratulated by the BTSO, LCol JG Delorme on his recent promotion.



Sgt MC (Oscar) Osolinsky is shown here receiving his promotion by the A/BCoMdt LCol GE Morrison.



MCpl S.A. (Stony) Burke is congratulated by the BTSO Lt Col J.G. Delorme on his recent promotion. Stony joined the Canadian Forces in April 1972. Prior to coming to CFB Moose Jaw he was stationed at CFB Borden, and CFB Ottawa. He is presently employed as a driver on the scheduled road freight service. MCpl Burke is one of our hard working MSE operators and the heartiest of congratulations goes out from all personnel in the BTNO organization on his well deserved promotion.

Do you have something you want to sell - Shirley's skates, Bobby's bike? Are you looking for a job or looking for someone to do a job for you? Why not place an ad in THE PLAINSMAN's classified section?

Send your ad to:

The Plainsman
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Or bring them to Room 221, HQ Building. For further info contact: Lt Pierre Deschênes.

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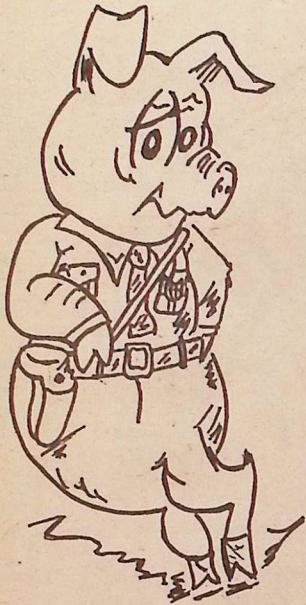
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'Autumn Forge 80'

OTTAWA -- The Supreme Allied Commander Europe (SACEUR) General Bernard Rogers, US Army, has announced the opening of the 1980 "Autumn Forge" exercise series.

"Autumn Forge" is the name given to a series of national, multi-national, and NATO exercises conducted annually from early September through mid-November throughout Allied Command Europe, whose defensive responsibility encompasses an area stretching from the Northern Coast of Norway to Turkey and eastern borders.

The NATO nations have traditionally held various individual and cooperative command post and field training exercises during the fall of the year. In 1975, the then SACEUR General Alexander Haig, proposed that a number of these exercises be conducted under a common concept aimed at upgrading the defensive capabilities of the alliance. The NATO member nations agreed, and "Autumn Forge" was born.

The 1980 series will include some 25 exercises. They range from Norway's multi-national exercise "Bar Frost" in the northern region, to exercise "Cold Fire", the annual major NATO air exercise in the central region, to the southern region joint land, sea, and air exercise "Display Determination".

Highlights of the 1980 "Autumn Forge" series will include a reinforcement exercise "Jog Trot" aimed at reinforcing the central region with troops from the United Kingdom. As well, the annual return of forces to Germany, "Reforger", is a United States strategic mobility deployment exercise which involves army, navy, and air force personnel in a joint effort to transport army combat and combat support units from the United States to Europe.

Ex 'Cold Fire 80'

OTTAWA -- Canadian airmen in Europe will participate in a multi-nation NATO exercise nick-named COLD FIRE 80 from September 15 to 26. The exercise will be conducted in Central Europe.

Comprising both land and air operations the exercise will test the efficiency of operations, particularly in the areas of command, control and communications.

Canadian Forces Europe will be presented by 1 Canadian Air Group.

Exercise COLD FIRE is included in the annual AUTUMN FORGE manoeuvres initiated by the Supreme Allied Commander Europe to demonstrate and improve NATO solidarity and preparedness for mutual defence.

b. the amber light means that you have at least 60 milligrams of alcohol per 100 millilitres of blood in your body and under the Vehicles Act the police officer can - and probably will - suspend your driver's licence for 24 hours; and

c. the red light can come on meaning that you have failed the test. The police officer now has enough grounds to demand that you provide breath samples for a more accurate test on a breathalyzer instrument. For this he will demand that you accompany him to the police station.

Now you are faced with another decision, do I refuse to provide breath samples for the breathalyzer instrument or do I agree.

If you refuse to blow into the breathalyzer, the consequences are the same as refusing to blow into the roadside screening device.

If you agree to blow into the breathalyzer, the police officer will drive you to the police station.

You will be observed for at least 15 minutes prior to administration of the breathalyzer test. This test is much more exact than the roadside screening test. A needle on the breathalyzer indicates exactly how much alcohol a person has in his blood.

You will be required to blow into the breathalyzer, wait at least 15 minutes and blow again. At least two tests must be performed at intervals of at least 15 minutes. If both tests indicate that you have more than 80 mg of alcohol per 100 ml of blood in your body, you will be charged under the Criminal Code, Section 236 (1).

According to the Criminal Code, everyone who drives or has the care or control of a motor vehicle (in motion or not) when he has been drinking alcohol in such a quantity that the amount of alcohol in the blood is more than 80 milligrams of blood is guilty of a criminal offence.

That's about it for this column. Stay tuned until next time when I will discuss being charged and going to court. Drive Safely!

R.U. Guilty

a. the green light can come on meaning that you have passed the roadside test;

SO YOU DRINK AND DRIVE A LOOK AT THE LEGAL CONSEQUENCES OF IMPAIRED DRIVING PART 2

In the last column I left where you were about to make the decision as to whether to refuse to provide breath samples or to agree to the roadside screening test.

If you refuse to provide breath samples you will probably be charged under Section 235 (2) of the Criminal Code of Canada, for failing to comply with the police officer's demand.

According to the Criminal Code of Canada, everyone who without reasonable excuse fails or refuses to comply with a demand made to him by a peace officer is guilty of an indictable offence or an offence punishable on summary conviction and is liable to:

a. for the first offence a fine of not less than \$50, and not more than \$2,000 or imprisonment for six months or both;

b. for the second offence, imprisonment for not less than 14 days and not more than one year; and

c. for each subsequent offence, imprisonment for not less than three months and not more than two years. If you agree to the roadside screening test, three things can happen:

a. the green light can come on meaning that you have passed the roadside test;

BTELO NEWS EXPRESS



Hi, gang. No luck... here I am again, trying to "make sense" (or... not to ...!). December for his TQ5 in Kings-In Bldg 42, we now have a new BTELO; Capt Ron B Currie who drinks as much coffee as his predecessor did.

One more Private, female, from Dana, will soon know as we all do. (her name is Debbie MacNeill).

Cpl Garnett is here to help us in our daily difficult task of making coffee in the morning.

Pte M.C. McIntyre is doing a good job in the "Cage" where Pte Alicia Vanderlinden is teaching her how to make new radios with old tubes stuffed in metal cases. MCpl Dave Lloyd is now in charge of the shop and he is redoing the Met and Ops. All-call system. (All flights will now stand-up and cry.)

The P.S.P. (Photo-section phantom) strikes again ... Cpl Garnett lost his beret and Pte Darlene Michalko got her car taped up in 2 rolls of black tape and 5 rolls of toilet paper overnight. I can just see it from here... it was raining that morning! We still hold the Photo section mascot as a hostage.

Sgt Electro is now entering hibernation at the TX site. He is back from a very busy summer schedule, he went from coast to coast to about every military activities or display there was. He brought the sun with him all the time, every time. He wishes all the best

to his next manager since Pte André Bolduc is leaving in December for his TQ5 in Kings-ton. His next posting?...Alert ... (Ha ha hi hi ho ho!!!) Brr! Pte Vanderlinden is back from leave with her family...

and brought back some delicious cookies. (I'll bet a dime they won't last half a day in the shop ... Yum Yum!)

MCpl Claude Morin and Cpl Art Morrison are having some good games of cards in the tower and MCpl Pat McAuley has now paved his drive-way. Now his wife won't have any more excuses to park the car in the middle of the street, on the grass or on the sidewalk. Wish to extend our sympathy to the personnel who will be entering the new radar facility (some-day)... There is no way they'll be able to complain anymore ... they'll have the best equipment... and the best of radio-technicians!

The radar-techs now, are... Cpl MacLean on course, WO Bonnett, MCpls Winter, Murphy, Karandiuk, Graham, Cpls Morrow paper overnight. I can just see it from here... it was raining that morning! We still hold the Photo section mascot as a hostage.

...Normally Sgt Electro Robot best friend...

Electro Sonic (Once again, getting away with it!) P.S. Most of Base Telecom ran downtown for the Marathon of Hope, ... did you?

Till next time... (don't hold your breath)

...Normally Sgt Electro Robot best friend...

Electro Sonic (Once again, getting away with it!)

P.S. Most of Base Telecom ran downtown for the Marathon of Hope, ... did you?

Till next time... (don't hold your breath)



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PRÉSIDENT NORM ASSAM

Sexism Causes Pill Popping ?

Ann Thomas, a 28-year-old Metro librarian who sought medical help to relieve insomnia and headaches, now has the feminists' view of male doctors.

"Most male doctors don't understand the problems of female patients. They hand out pills because they don't know what else to do," she told The Star.

Mrs. Thomas desperately needed someone to talk to about her disintegrating marriage.

Her sleeplessness, fatigue and headaches were, she was certain, related to her unhappiness, so she went to her family doctor.

The doctor, a man in his 40s discouraged Ann from talking about her personal life. Instead, he gave her a prescription for the tranquilizer Valium, along with the assurance: "I'm sure everything will work out fine."

It didn't, so the doctor referred Ann to a psychiatrist.

The psychiatrist—a man in his late 30's—had impeccable professional credentials and was a senior therapist on the staff of a Metro hospital.

Instead of listening, the psychiatrist spent most of his time talking. He advised her to have an affair with a man who was attracted to her — "It'll have a good effect on your health."

To ease her psychic discomfort, the psychiatrist began prescribing drugs, escalating the dose and chemical when she reported no improvement in her condition.

In the course of a few months her drug regimen included the following: Valium (a tranquilizer), Mellaril (an anti-anxiety, anti-psychotic drug), Dalmane (a barbiturate for sleeping), Trofanil (an anti-depressant, anti-psychotic) and Etrafon (an anti-depressant).

Mood Pills

"I walked around groggy, with my brain numbed most of the time," said Ann.

Discouraged, she changed psychiatrists and the new one immediately put her on Ritalin powerful anti-depressant commonly used in the treatment of hyperactive children.

After reviewing studies in both Canada and the U.S. California psychologist Linda Fidell concluded: "Doctors treat male patients for their disease but women are being drugged instead of treated."

This is confirmed by a three year study by the Addiction Research Foundation in Toronto which found that mood pills are prescribed for female patients twice as often as for males.

When Susan Vander Voet and her staff questioned women enrolled in an Etobicoke Opportunity; for Advancement program (average 32), 75 per cent of them were pill poppers. Said Vander Voet: we heard the same story over and over again. Doctors were giving them pills instead of giving serious attention to their problems. Some of the women had been talking pills steadily for as long as 15 years."

Pill therapy is widely practised because, despite all the talk about the new enlightenment, the majority of male physicians and therapists apparently still harbor sexist views.

"It's almost inevitable", said Dr. Susan Stephenson, a University of British Columbia psychiatrist. "Doctors are trained in male-dominated medical schools using theories and textbooks in which male psychology and male development are the norm."

Later, in practice, male doctors take a traditional view of women. A woman should be happy in her role of mother, wife and housekeeper. If she's not then she's a neurotic or worse.

"To top it all," says Audrey Wright, a widely experienced social worker who lectures on feminist therapy at York University, "She's made to feel guilty about her unhappiness."

One female psychologist says there's a tendency among therapists to regard the female patient as "a cranky child with a uterus."

Agencies in Metro that counsel women provide numerous examples of how guilt and blame adversely affect the health of their clients.

Barbara 43, suffered from depression and headaches that stemmed from a difficult domestic situation. Her husband lost one job after another. For days at a time he would sink into a deep depression and refuse to talk.

When she consulted her doctor, he told her: "Behind every unhappy man there's a woman doing something wrong. Try to be more of a wife to him."

Because of her husband's unemployment, Barbara took a job and within a year was able to support the family comfortably. At this point her husband's psychiatrist criticized her; "The reason your husband isn't making any progress is that you've taken over the role of breadwinner. You're too aggressive."

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Get Blamed

Barbara is now thoroughly confused. "No matter what I do or don't do, I get blamed for it."

Many women who consult doctors and psychiatrists remain silent about problems that are shattering their lives— problems as serious as wifebeating and alcoholism.

One 28-year-old woman who complained to her family doctor that her husband had beaten her on three occasions was given tranquilizers and advised "to keep the matter quiet because it wouldn't do your reputation any good."

Wife beating has on no occasion been dismissed by the physician as "masochism— she enjoys suffering" or that "the woman brought it on herself."

"Why are wife battering and alcoholism in women so frequently missed and other diagnoses or formulations applied? Why is blame so readily assigned to wives and mothers for their children's problems and for their husband's difficulties? Why do women get prescribed 2-2½ times as many psychotropic drugs than men?"

Louise, a childless 34-year-old wife, had been drinking heavily for three years. During a six-month course of therapy she didn't raise her drinking problem, nor did her psychiatrist ask questions about it. "It was assumed", said Louise, "that nice women don't drink."

"There's a need to re-examine the psychiatric approach to women," said psychiatrist Susan Stephenson of the University of British Columbia.

Dr. Eva Gede, who surveyed the clinical experiences of 32 Ontario psychiatrists over a period of four months, found 60 per cent of the patients were women. The commonest female diagnosis— among 45 per cent — was depression.

The typical depressed woman, noted Gede, is between 20 and 49 and twice as likely to be married than single, divorced or separated. She is most likely a financially-dependent housewife with a low-status job outside the home.

"Women with high-status jobs are less likely to be depressed. . . We must conclude that the institution of marriage correlates with high psychiatric morbidity. . . Women suffering more than men."

Susan Vander Voet has found in the Etobicoke Opportunity for Advancement program that a woman— especially a low-income woman— is much more likely than a male to be medically labelled as retarded, neurotic and psychotic.

"The medical files of the women who come to us for help are so misleading we no longer pay attention to them," she said. "The term schizophrenia is tossed around so lightly and frequently, it's unreal."

Sexual Bias

Rita Mifflin of the Metro YWCA Focus for Change program cited cases where women who had been judged too stupid for psychotherapy acquired, through proper counselling and group therapy, clear insight into their problems and "blissed as people." One seriously retarded" woman is holding down a good job in a downtown Toronto retail store.

It's also true, according to Dr. Martin Powell of the University of Toronto faculty of medicine, that "a sexual bias exists in surgery."

Ontario Health Insurance Plan (OHIP) statistics for 1976 confirm this.

In 1976 there were 698,215 operations performed in Ontario requiring 4.6 million days of patient bed care. The surgical rate among female patients was 74 per cent higher than among males.

"All these extra operations on women don't appear to be justified," observed Dr. Eugene Vayda, who as a professor of epidemiology and biostatistics at McMaster University Medical School, conducted extensive research on rates of surgery.

Women are more likely to be surgical patients partly because they go to doctors more frequently than men. They are also more likely to follow the doctor's advice.

"To many female patients the male doctor is a figure of authority— like the father of her childhood," says Dr. Silvia von Hannah, a Toronto physician. "If she advises an operation she's less likely to reject his advice than a male patient."

There's also a tendency in women for a disturbing marital, sexual or economic problem to manifest itself as a physical ailment.

"Emotional distress can appear as a physical symptom— often in the womb," says Dr. Morris Wearing, a University of Western Ontario medical school gynecologist.

Depots Amalgamate

A few years ago the Saskatchewan College of Physicians and Surgeons decided to look into why the number of hysterectomies had been steadily increasing while the population remained stable.

Headed by Dr. Frank Dyck of Saskatoon, the committee reviewed hundreds of cases in several Sask. hospitals. The principal finding: Even by the most generous standards, 25 percent of the hysterectomies were performed without medical cause.

Many of these operations came to pass because when the real causes of the woman's distress— problems in her personal life— were not explored. The physical symptoms persisted.

"In time," says Dr. Kenneth Walker, a Niagara Falls gynecologist and obstetrician and medical author, "her doctor will grow weary of her complaining and perform a hysterectomy. Or if he won't do it she'll go shopping for a physician who will."

Some of these women, without valid medical reason, end up as 'pelvic cripples'. Courtesy of The Argus.

OTTAWA -- The Dental Equipment Depot at CFB Petawawa, Ont., will be amalgamated with 1 Canadian Forces Supply Depot (1 CFSD) at CFB Toronto at the end of September.

Based at Petawawa since 1960 the depot provided dental supplies and equipment to military dental units of the Canadian Armed Forces.

An economy study in 1977, however, showed that its role could better be carried out by the supply depot in Toronto. Also as virtually all dental supply firms are located in Toronto contract costs for dental stores are expected to be reduced.

The 13 military personnel on staff at the Petawawa depot are being reassigned to other units and the three civilian employees will be offered alternate positions at the Petawawa base.

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A PIECE OF CAKE - Celebrating reaching the 3800 ft. summit of the famed "Trail of '98", the Chilkoot Pass, on the Alaska/B.C. border, by zeroing in on a piece of cake he stashed away for the occasion, is army cadet Mitchell C. Wilmot, 15, of North Vancouver, B.C.

Cadet Charles W. Cooper, 18, of Medicine Hat, Alta., tries to wrestle cake from Wilmot's grasp while cadet Richard L. Cloutier, 17, of Pine Point, N.W.T. offers encouragement.



SUMMIT CAIRN - Cadets of Whitehorse Cadet Camp build a cairn at the summit of the famed "Trail of '98", the Chilkoot Pass, on the Alaska/B.C. border.

Ten cadets, selected from a course of 180 hiked the 33-mile pass with back packs of 50 lbs. over a four-day period last week. They later panned for gold at Dawson City, Yukon, the final destination of the '98 gold seekers.

The camp of 280 Western Canada and North West Territories cadets ends this week. (Canadian Forces Photo by Sgt. Dennis Mah)

FAREWELL

OTTAWA -- Commodore Thomas Arnott, 54, of Merrickville, Ont., program manager of the defence department's Canadian Patrol Frigate Program, has retired from the Canadian Armed Forces following 28 years of service.

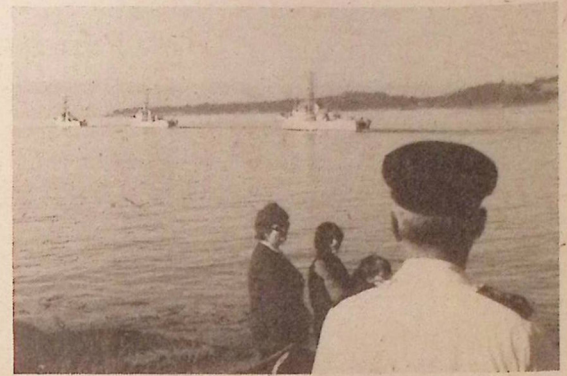
He has been replaced by Commodore Ed Healy, who had been director of maritime engineering and maintenance at National Defence Headquarters (NDHQ) since July, 1979.

Commodore Arnott began his military career in February, 1952 when he received his commission in the Royal Canadian Navy as a marine engineer. After serving more than two years on the staff of the engineer-in-chief at Naval Headquarters in Ottawa, he was assigned to the aircraft carrier HMCS Magnificent. This was followed by duty aboard the apprentice training ship HMCS Cape Breton and the destroyer-escort HMCS Gatineau.

He served at HMC Dockyard in Halifax from 1961 to 1965. He then moved to Montreal as deputy principal naval operator working on the preliminary design for the tribal class helicopter-carrying destroyer (DDH-280) program. Between April, 1968 and September, 1972 he was commanding officer of 202 Canadian Forces Technical Service detachment, Sorel, Que., where he supervised the construction of the first two DDH-280s.

He then served at NDHQ, as section head, military aerospace and mechanical engineering and in 1974-77 was commanding officer of 2 Canadian Forces Technical Services Agency, Montreal, and regional director, Québec Region.

Prior to assuming his current duties in the rank of commodore in February 1978, Commodore Arnott was program manager, shipbuilding program management, also in Ottawa.



THE LAST FAREWELL . . . Rear-Admiral M.A. Martin, Commander, Maritimes Forces Pacific, watches HMC Ships Restigouche Gatineau, and Kootenay depart HMC Dockyard enroute to southern California waters where they will participate in squadron exercises.

This is the final ships' departure ceremony for RAdm Martin who passes over command of Maritime Forces Pacific to RAdm William Hughes on Thurs., Aug 21. (Canadian Forces Photo by MCpl M.D. Johnson)

Last Farewell

OTTAWA -- A veteran of the Europe D-day landings and Northwest Europe campaigns, Major-General Reginald Weeks, 58, of Ottawa, retires from the Canadian Forces in September after 39 years of military service.

The Canadian Forces' senior-ranking intelligence officer, Maj.-Gen. Weeks has been NATO's assistant director of intelligence at Brussels since 1977 the first non-European officer to hold that appointment.

Maj.-Gen. Weeks joined the Lorne Scots REgiment at Brampton, Ont., in 1941 and received his commission in 1942. He later transferred to the Canadian Intelligence Corps and served in England and Europe with 3 Canadian Infantry Division until the end of the Second World War. He held intelligence appointments with the Canadian Army Occupation Force in Germany until 1946 when he was assigned to intelligence duties with Army Headquarters, Ottawa.

He returned to England in 1951 as an exchange officer at the war office in London and later served in a variety of intelligence and staff positions in Canada and with the Canadian Army Staff at Washington, D.C.

From July, 1963 to August, 1968 he was military secretary to the Minister of National Defence in Ottawa and then served four years as Canadian Forces Attaché to Bonn, West Germany.

Maj.-Gen. Weeks returned to Ottawa in October, 1972 when he was named director general, intelligence services for the Canadian Forces and remained at National Defence Headquarters until he assumed his present duties in Brussels.

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Cdn Officer Top Ranger



Lieutenant Daniel R. Drew, Mortar Platoon Commander of the 2nd Battalion, Princess Patricia's Canadian Light Infantry, displays the two top awards that he earned while attending the U.S. Army's Ranger School at Fort Benning, Georgia. He is the course's Distinguished Honor Graduate and the holder of the Merrill's Maudrauder Award for leadership and navigational skills. Lt. Drew joined the Canadian Forces in 1976 and is the son of CWO Reginald and Edna Drew of CFS Sioux Lookout. (Canadian Forces photo by Capt. RMW Moore)

If the heat, snakes, bugs, swamps or alligators don't get you, then exhaustion and semi-starvation just might.

Those were the conditions that Lieutenant Daniel (Dan) R. Drew, Mortar Platoon Commander of the 2nd Battalion, Princess Patricia's Canadian Light Infantry, knew he faced when he left Winnipeg in June to begin the United States Army's Ranger School at Fort Benning, Georgia.

What he didn't know was that 58 days later he would return to Canada not only a trained Airborne Ranger, but also in possession of the School's two highest awards.

Dan had been selected by his instructors as the distinguished honor graduate, and in the judgement of both instructors and classmates, he had earned the highly-prized Merrill's Maudrauder award for leadership and navigational skills.

Ranger school is reputed to be the toughest course that a U.S. soldier can face during his career. It is designed to test a potential leader's ability to lead when faced with a combination of man's three greatest fears -- heights, darkness, and water -- while operating under the additional stresses of hunger and fatigue.

The course is divided into three distinct phases, beginning with a 19 day basic instruction and toughening up. Training then rapidly shifts to mountaineering and air-mobile operations in the hills of Georgia's northern counties. The course ends with a

gruelling 19-day phase of cross-country patrolling and air mobile operations conducted in some of northwestern Florida's worst swamplands.

Throughout, students are pitted against special obstacles designed to test stamina, courage and endurance. A normal day begins at 3 a.m. and ends at 11 p.m. while at base camp, and during patrols, several 24-hour days in succession are common. Each phase of the course ends with a 6-hour break so students can catch up on sleep. In addition to these conditions and other irritants common to all Ranger courses, such as snakes, chiggers, ticks and alligators, Dan adds that his course had to contend with the special conditions accompanying this summer's southern heat wave, which saw temperatures soaring in excess of 100 degrees F for 17 straight days.

How does the course appear to Dan now that he is back in Canada?

"It was a real challenge. I got a lot of self-satisfaction out of completing the course; I benefitted from being immersed in a situation where every part of my mental and physical capacities were tested to their limits. I know now myself, thanks to the efforts of the very professional Ranger instructors with whom I came in contact. I was very impressed with the instructors who were all veterans of several campaigns in Vietnam, and who impressed everyone with their competence and enthusiasm."

Dan thinks that the course

more than lived up to its advanced billing. Although many aspects of Ranger School are similar to combat-arms training conditions in Canada, Dan believes the key to his success lies in the advance preparation he received under the Canadian Forces officer training program.

He feels that the Combat Arms School's "battle school" and three years experience as an infantry platoon commander helped ready him for Georgia's unusual stresses. As a result, Dan believes that he was better prepared for the course than the majority of the U.S. candidates. Of the 154 specially selected candidates who began the course, only 66 were successful.

Dan's comments are echoed by Major Ken Lidgren, himself a Ranger graduate, and currently Canada's liaison officer at the Army Infantry Centre at Fort Benning. According to Major Lidgren, "the U.S. instructors at the school expect a very high standard of all Canadian students because of their past record. Since 1950, when we first began to send students down here, they have always done very well, probably because they are a bit older and certainly more experienced than the average U.S. candidate. Major Lidgren adds that Lieutenant Drew "was a tremendous asset to the people down here, and that his performance added further laurels to Canada's already high reputation."

Now that he is a trained airborne ranger, what does Dan want to do with his newfound skills? "That's easy," says Dan, "I want to be a Canadian Airborne Ranger with the Canadian Airborne Regiment."

Dan is the son of Chief Warrant Officer Reginald and Edna Drew of CFS Sioux Lookout, Ont.

WINNIPEG - Promotion to the rank of colonel and a new appointment as director of air operations and training at National Defence Headquarters, Ottawa, has been announced for a 38-year old London, Ont., officer, Lt.-Col. Fred R. Sutherland.

He takes up his new post immediately, relinquishing the appointment of executive assistant to the Commander of Air Command, Lt.-Gen. Kenneth E. Lewis, with headquarters in Winnipeg.

Col. Sutherland, a 1965 graduate of the Royal Military College, Kingston, Ont., earned his master of business administration degree from the University of Western Ontario, London, in 1973.

He is married to the former Heather McCullagh, daughter

New Director of Air Ops & Trg



WINNIPEG - A veteran airman of 33 years has taken up new duties at Air Command Headquarters here as chief of staff for operations. He is Brigadier-General William G. Paisley, 51, a native of Nipawin, Sask., who has led Canada's NATO air element in Germany for the past three years.

He takes over his new post from Major-General Roy Sturgess 51, of Toronto, who was promoted to that rank to become deputy commander of Air Command.

Gen. Paisley was educated in Prince Albert, Sask., and joined the Royal Canadian Air Force as a flight cadet in 1947 at the age of 18. On completion of pilot training he went on to serve with various fighter squadrons until mid-1954.

Various operational and staff appointments followed in Canada and Europe until 1965, when he attended the U.S. Air War College in Montgomery, Alabama. Further appointments in Canada and Europe followed until 1973 when he attended the National Defence College, Kingston, Ont.

In July, 1974, he became director of air requirements at National Defence Headquarters, Ottawa, leaving that post in July, 1977, to take command of 1 Canadian Air Group on NATO service in West Germany.

New Air Com Chief of Staff for Ops



of Mr. and Mrs. G.F. McCullagh of (1252 Michael St.) London. His parents, Mr. and Mrs. M.S. Sutherland, now live in (2 Wilman Rd) Islington, Ont.

Col. Sutherland began his military career in 1960, attending Collège Militaire Royal de St Jean, Que. He later underwent pilot training in Gimli, Man., after which he became a jet-fighter instructor there. Service in Ottawa and Cold Lake, Alta., followed until 1976, when he attended

the air warfare course at the Royal Air Force College, Cranwell, England.

Next he commanded 439 Tactical Fighter Squadron in Baden, West Germany, relinquishing this post in mid-1978 to join Air Command Headquarters in Winnipeg. Col. Sutherland's successor as executive assistant to the Commander of Air Command is Lt.-Col. Wayne D. King of Calgary, who formerly commanded 429 Composite Squadron, based in Winnipeg.

Col. Sutherland's successor as executive assistant to the Commander of Air Command is Lt.-Col. Wayne D. King of Calgary, who formerly commanded 429 Composite Squadron, based in Winnipeg.

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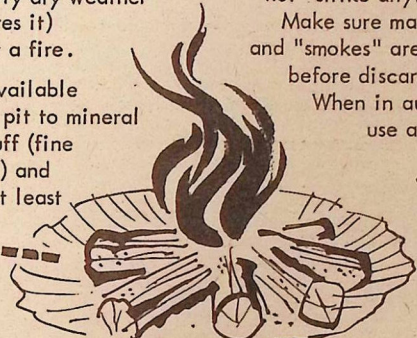
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Careless people start 9 out of 10 forest fires

THINK

FIRE

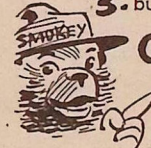
SAFETY

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Reserves - Ready? Aye Ready!

READY, AYE READY RESERVE FORCE PREPARED FOR ITS ROLE DESPITE NEED FOR BETTER EQUIPMENT AND IMAGE

It is essential for the defence of our nation that the military reserve force be rejuvenated. Our very survival could depend upon it.

The reserves have been neglected for too long. In order to remain effective and fulfill the vital role assigned to them changes are urgently needed. Up-to-date equipment is required, along with the reservists being given a better deal from private employers and a better public image.

As Canada and its NATO allies approach the end of the decade of the Seventies, the escalating military might of the Soviet forces on land, in the air and at sea is causing grave concern.

Over the next few years, the war threat is going to be extremely high with new risks of confrontation appearing regularly. What the NATO allies are only now beginning to appreciate is that the Soviet force is outstripping that of the Western World.

On both sides of the Iron Curtain enormous reliance is placed upon reserve forces to augment the regulars in the event of an emergency. The capability, training standards, availability and equipment of the reserves are cardinal factors in assessing whether or not they can be counted upon as part of a deterring force.

ECONOMIC FACTORS

Therefore, in assessing the true military strength of the NATO nations, heavy emphasis is placed upon the numbers of trained, properly equipped reserve personnel immediately available.

In NATO countries economic reasons oblige governments to maintain a minimal regular force. Canada has a regular force of only 80,000 of which 5,000 are at all times committed to and stationed in Germany, another 1,000 in the Middle East and approximately 500 on Cyprus - the latter two groups doing long time peacekeeping tasks for the United Nations.

There is also a commitment on the part of Canada that in the event of hostilities or an alert that an additional 4,000 troops will be immediately dispatched to Norway. Therefore, a total of 10,500 troops or 13 per cent of the regular force could be overseas making the importance of the reserve force strikingly apparent.

TRAINING

It is therefore mandatory that Canada should have a strong, well equipped and training reserve force able instantly to augment the regulars.

In 1979, there are only 21,260 authorized reserves made up of 15,000 militia, 3,250 naval, 950 air and 1,560 communications reserve personnel. About 75 per cent of the militia is made up of students all of whom gain from the excellent training, discipline and comradeship that is part and parcel of military life.

Increasingly, trained reservists are participating and working with their regular force counterparts, in units across Canada and in Europe, Cyprus and the Middle East.

In order to be sufficiently trained so they can adequately aid the regulars, it is essential that the reserve forces be provided with the same equipment. The scale need not be large - just enough that effective training can be achieved.

This requirement is especially acute for the militia, which has endured for many years with antiqued guns, radios, vehicles and other basic equipment, a situation which is being slowly rectified.

NEW SKILLS

There are 156 militia units in cities and towns across Canada made up of men and women from all walks of life.

These men and women are constantly training and learning. That training involves learning all the skills and trades necessary to flesh out the requirements of an army ready for combat. Personnel take courses the combat arms - armored, artillery, infantry - engineering, transport, logistics and administration. They are given new skills in technology and new trades that they can use not only in military service but in their civilian employment as well.

Discipline, respect for authority, the sense of belonging to a unit, tradition, good citizenship, the service of one's country - all these ingredients are important elements with the reserves of the Canadian Armed Forces.

The Naval Reserve with units in 18 major urban centres trains its personnel at their home locations and during the summer at naval bases on the east and west coasts. Reservists augment regular force crews on all ships of the fleet year round.

Small ships such as gate vessels are dedicated to the Naval Reserve at Halifax, N.S., and Esquimalt, B.C., enabling their crews to train and have a direct participation in fisheries and environmental patrols.

The Air Reserve has seven squadrons operating from five major centres flying a variety of aircraft.

Search and Rescue operations and light transport are the major tasks of the units in Montreal, Toronto, Winnipeg and Edmonton. Augmentation flights have been established at several bases across the country to provide reserve assistance to the regular force in technical and other ground functions.

Re-equipping of the Montreal and Toronto squadrons with an aircraft other than the single engine engine Otter is a matter of high priority for the Air Reserve.

POLITICAL WILL

The Communications Reserve has emerged as a major backup personnel facility for Communications Command which relies heavily on reser-

visits to assist in maintaining and operating its complex network. Again, there is pressing need for modern equipment for both training and operations.

The future of the reserves is linked to several factors. First among these is the existence of the political will that Canada must continue to have a trained and ready reserve force.

This is a decision of the government, not of the regular force. Fortunately, at this time, there is no evidence that the people of Canada and their Parliament are prepared to abandon the reserves in favor of a Canadian Armed Forces that is made up exclusively of full time professionals.

SUPPORT ROLE

That being the case, it follows that all necessary measures be taken to ensure that the reserve force, small in number as it is at this time, be properly equipped and adequately trained to meet its peace time role of support of the regular forces and its mobilization or hostilities responsibilities.

A new policy paper, P 26, was published, in 1976, by National Defence Headquarters clearly establishing for the information of both the regular force and the reserves the goals, objectives, purposes, roles, tasks and responsibilities of the reserves as part of the total force.

A further recently published paper established a scheme for equipping and training the primary reserve so that by 1981 the required level of capability and training be achieved to enable the reserves to effectively augment the regular force in the event of mobilization to level one - the minimum scale of mobilization in the event of an emergency.

The implementation paper deals, among other things, with a revitalization of the supplementary list and all the important questions of providing the reserves, and in particular the militia, with a minimum scale of equipment to allow them to train on the same hardware as the regular force troops they will be called upon to augment either as units, sub-units or as individuals.

CRUCIAL QUESTION

The bill for the required equipment will be high. The problem is that it will have to be met out of existing resources, now in the hands of, or in the process of acquisition, by the regular force and within the severe budgetary constraints imposed by the federal government upon the Department of National Defence. The crucial question is whether the regular force system will be prepared to make the allocation of money and resources necessary to make the intent of the implementation paper a hardware reality.

However, no matter what the problem may be, the Canadian Reserve Force is very much alive and well. If offers an excellent opportunity for young men and women to serve their country, their communities and their own betterment as citizens.

MP Muscleman



FATHER AND SON CHAMPIONS -- Warrant Officer Morris (Mo) Berthelette, 44, a military policeman serving with Air Command's regional operations division, practices for an upcoming bodybuilding contest under the guidance of his son and coach, Les Berthelette, 24. MO Berthelette holds the title of Mr. Canada, 35 years of age and over, placed second in this year's Mr. National contest which was open to Canadian bodybuilders of all ages. His son, Les, is also a champion in the sport, holding the titles of Mr. Western Canada Overall and Mr. Western Canada Lightweight. So far as has been established, they are believed to be the only father and son team in the history of bodybuilding. (CF Photo by Sgt V. Tunstead)

WINNIPEG - Warrant Officer Morris (Mc) Berthelette, a military policeman serving with Air Command's regional operations division, realized six years ago that he was over weight, smoked too much and had developed a serious drinking problem.

Today at 44, Mo not only holds the first seal in the Canadian Forces program for aerobic excellence, but he is a national champion in the sport of bodybuilding, holding, among others, the title of Mr. Canada over the age of 35.

How did a man who was "sick and tired of being sick and tired every Sunday" turn into the champion athlete that he is today? According to Mo, the key to his success has been twofold. First, he received help and guidance from Canadian Forces medical and recreation specialists, as well as from a world-wide organization dedicated to combatting the problems of alcohol abuse, and secondly, encouraged and coached by his son, Les, himself a champion bodybuilder. Mo states he sweats and works two hours a day six days a week.

The results are readily apparent. Now at 180 pounds, Mo's 5'9½" frame is so well developed that at this year's Mr. National competition in Montreal, he placed second overall in competition with bodybuilders of all ages. Among his other titles, Mo shares one with his son. In the Mr. Western contest, in which they both competed, Mo placed third, while Les took the title. In the over-40 section of the competition, Mo placed first, with special awards for most musculature and best pose. Mo believes that he and Les are the only father and son team to participate in the history of competitive bodybuilding.

Mo says he enjoys the thrill of competition. Moreover, he is particularly pleased that at the age of 44 he can compete successfully with athletes of all ages. Asked how high a goal he had set for himself, Mo stated "I am aiming to be as good as I can get." After you have witnessed one of Berthelette family training sessions in the CFB Winnipeg gym weightroom, one soon realizes that both father and son still have a lot of winning to do before they give up the sport of bodybuilding.

Born in Morris, Manitoba, Mo joined the Royal Canadian Provost Corps in Oct., 1957, and has since served with the military police in Borden, Valcartier, North Bay, Winnipeg and at Air Command Headquarters, also in Winnipeg.

Q's NEWS

UNDER PRESSURE ? MAYBE YOU ARE A CHAMPAGNE CHRISTIAN

The day after a big Mess Dinner I was looking for some fancy empty bottles in the garbage area behind the Mess Hall. There was a pile of them, each had held a drink of one kind or another from beer to vodka. Each empty bottle told a tale of its own. One of them however, had a special tale to tell. It was a champagne bottle. I picked it up, seated myself on a box and listened attentively about being a "Champagne Christian."

Often the Bible uses the illustration of winemaking to show how God deals with us in our lives. Wine is never left long in one barrel. Constantly it is poured from vessel to vessel. It is allowed to settle until the impurities sink to the bottom and then it is poured out into a new vessel. Once again it is allowed to settle just as far as to separate the impurities... and then it is poured out into a new vessel again.

Many people wonder why it is that God continually gives His children a work to do and then suddenly removes it and sends them somewhere else. Or He gives a ministry and then, as suddenly as it was given, it is taken away again. This is being "poured from vessel to vessel". This is all part of the purifying process of life. A friend of mine refused a posting to Moose Jaw. "He had settled on his lees, and had not been emptied from vessel to vessel, neither had he gone into exile. Therefore his taste is unaltered, and the flavour stays unchanged". (Jeremiah 48:11.) This was the way God describes one of the nations which had not been purified for His service. To be "poured from vessel to vessel" is the lot of each one of us who would be useful to Him...but...there is another step and this is found in the making of Champagne. Champagne is a wine put through a further purifying process and this time under extreme pressure.

To make champagne, you begin with wine that has completed its own process of being poured from vessel to vessel and has become pure enough to be used as desired. It could have been left alone at this stage and still have been useful and acceptable.

But no! For special occasions and for special uses there is something more yet!

The wine is taken and the whole purifying process is continued. Still it is only allowed to stay in one vessel long enough for the impurities to be separated out and still it is emptied from vessel to vessel...but this time the whole thing is done under extreme pressure. Only at the end of this do you have the special wine -- Champagne -- for the special occasion.

Some Christians today are going through pressures and trials that seem almost ready to break them. It seems more than the normal: more extreme than necessary. God never tries us more than we can bear.

Maybe you are one of these people. Take heart! Maybe you are destined to be a "Champagne Christian", singled out for some special purpose in God's plan, for some special occasion! Maybe for just one special thing and then the job that the Lord has for you will be over, or maybe it is for a lifetime work...you cannot tell. But be assured -- and be encouraged too -- these trials and pressures are not for nothing. After it is all over, you will be one of God's choicest treasures, set apart for a special occasion... a "Champagne Christian". And no one can deny that champagne had that extra sparkle!

OUR LADY OF PERPETUAL HELP CHAPEL

Mass Schedule:
Sundays at 11:00 am
Weekdays at 9:00 am
First Friday Devotions: at 7:30 pm.
Parish Council: meets every second Wednesday of the month.
Catholic Women's League Meets every first Monday of the month.
Confessions: Prior to every Mass or at any other time convenient to you upon request.
Marriage Preparations: Please notify the chaplain at least three months before the wedding day so that the necessary preparation will be done.
Baptisms: By appointment with the chaplain at 693-5471.

Guide & Brownie News

Once again the Brownies and the Girl Guides are off to a fantastic beginning. The 23rd Pack of Brownies are under the capable leadership of Brown Owl, Mrs Dianne Fountain; Mrs Lilian Fall; Mrs Ruth Lea; Mrs Maureen Murphy; Mrs Alva Deshaies; and Mrs Pat Ruddock. The Brownies have a full registration of 33 girls between the ages of 6 - 9 years. The Guide Co #1 is under the leadership of Guiders Mrs Catherine Norris, and Mrs Dianna Teggart. There are 16 girls, between the ages of 9 - 12 registered in Guides. Both Brownies and Guides have been operating since early September, preparing for the enrollment of the Tweenies and Tenderfoots.

On September 25, the Bushell Park Brownies and Guides, joined the Moose Jaw Brownies and Guides at Empire Gym, and welcomed the Chief Commissioner to Moose Jaw. What an Inspiration to begin the New Season!

Our Guides are looking forward to greeting and meeting the Up With People group on Sunday Oct 5th.

As District Commissioner for Bushell Park I wish to thank all the leaders who have volunteered their services for the coming year. You will find that the monetary rewards are nil ... but who can count the reward of serving others. I also wish to thank the husbands of these Leaders for encouraging their wives to become involved with this movement, without you our sitters, drivers and our sounding boards, we could not function. Another Thank You also goes to the Moms who helped with games and bus supervision at Empire School on Sept 25. Karen Briand Dist. #5 Commissioner for Guides and Brownies.

BUSHELL PARK NURSERY SCHOOL

Bushell Park Nursery School has classes for 4 and 3 years old.
Class A: 4 years old before Dec 31/80.
Class B: 3 years old before Dec 31/80.
Class A attends on Mon, Wed, and Fri.
Class B attends on Tues and Thurs.
Class starts at 9:00 am till 11:00 am.
For more information please contact Mrs Marie MacDonald - Registrae at 693-4916. or Mrs Shirley Bungay - President at 693-0681.

NEW VACCINE FOR CHILDREN

A new, improved vaccine for immunization against diphtheria, tetanus (lockjaw) and pertussis (whooping cough) is being offered in Saskatchewan.

While the vaccine is new to Saskatchewan, it has been proven in other areas of the world. It has been used successfully for many years throughout the United States, Britain and other countries. It is highly recommended by the World Health Organization and the National Advisory Committee on Immunization of Canada.

The vaccine will be introduced gradually over the next year.

The antibody building substance in the new vaccine has been improved. This produces a greater immune response in the human body, particularly against whooping cough.

To be effective, the vaccine must be injected into the muscle tissue rather than the superficial tissue immediately under the skin. Infants and young children will be injected in the outer side of the thigh, while older children and adults will be given their injection in the deltoid muscle of the upper arm.

While the new vaccine is more effective, multiple doses will still be required to provide long-lasting, active immunity.

The immunity schedule is similar to the one which has been in use. Infants will be given three doses, one month apart, beginning between their second and third month of age. A fourth dose will be given six to 12 months later. Reinforcement doses are also required between four and six years of age and 15 to 16 years of age.

Because of Saskatchewan's immunization programs, infectious diseases which were once very common have been all but eradicated in the province. However, immunizations must be kept up to prevent these diseases from again becoming a serious problem to protect Saskatchewan people when they travel to other areas of the world where these diseases may still be prevalent.

Information about the new form of vaccine is available from local health region offices, public health nurses, or by contacting Saskatchewan Health, Box 1744, Regina, Sask S4P 3C6.

CHILD HEALTH CONFERENCE SCHEDULE FOR OCTOBER 1980

Bushell Park, Bushell Park School, October 22, 10-12 & 1-3 pm.
Moose Jaw Rural, Health Region Office, October 23, 9:30-12 & 1:15-4 pm.

PRENATAL CLASSES

110 Omnicia Street West, Moose Jaw, Saskatchewan.

FOR BOTH MOTHERS AND FATHERS

Traditional - One Series
Monday, November 3rd 7:30 pm
Once a week for six weeks

Early Bird - Two Series
For those up to 16 weeks into pregnancy
Thursday Nov. 6th - 7:30 pm
Return in February, 1981
Wednesday Dec. 3rd - 7:30 pm
Return in March, 1981
Once a week for three weeks

Phone 693-4621 to register and for more information

DEFENSIVE DRIVING COURSE

will be held in Bldg 98 - MSE Safety -

7 & 8 Oct from 8 am to 12 noon.

28 & 29 Oct from 8 am to 12 noon.

All dependents with one year driving experience welcome.

Please phone local 559 to register.

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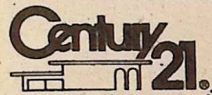
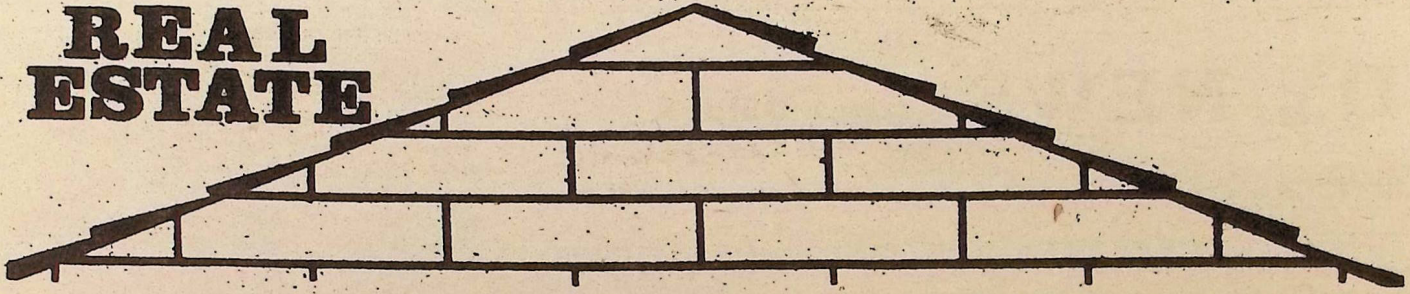
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17th Lorraine Herman Trio

18th Dave & Gaye-Lynn

\$10.00 per couple - members

\$15.00 per couple - non-members

Price includes hat, mug, meal & 2 free fill-ups.

Oct 24 & 25

DJ 9:00 - 1:00 FREE ADMISSION

Oct 31

Disco - Halloween 9:00-1:00

FREE ADMISSION - Prizes for Best & Worst Costumes.

NOV 1

Down Homer's Nite

9:00 - 1:00 "Offsale" - Band Seafood

NOV 14 & 15

DJ Free Admission

9:00 - 1:00

NOV 21 & 22

"EASY STREET" - Band

9:00 - 1:00

NOV 29

Grey Cup Dance 9:00 - 1:00

Miss Grey Cup Contest

NOV 30

East vs. West Football Game

DEC 5

MESS DINNER

DEC 21

Children's Christmas Party
2:00 - 5:00

Remember every Sunday is
Bingo Nite 8:00 - 10:00

LADIES CURLING MEETING

The Bushell Park Ladies Curling League is holding a General Meeting at 7:30 pm on Tuesday, October 14th. Anyone interested in curling Monday evenings and/or Wednesday afternoons and/or Friday evenings please attend. No experience necessary.

Remember our Teety Bird Bonspiel on November 21, 22 & 23rd. Any questions contact Jo Gagnon - 692-7101 or Judy

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Regional Soccer Champs!

CFB MOOSE JAW

PRAIRIE REGION SOCCER CHAMPS

On Sunday 14 Sep. the base soccer team left for Wainwright Alberta to compete in P.R. Soccer Championships. At the pre-tournament briefing, it was decided by all the teams in attendance, that a single round robin, would be played with the 2 top teams playing off. Teams in attendance were from Cold Lake, Portage La Prairie, Winnipeg, the host team Wainwright and yours truly.

Monday's action saw Wainwright defeat Winnipeg 4-2 in the opener and Cold Lake over Portage 9-3. In the late game, Moose Jaw played Winnipeg and came out on top 2-0. Al Sheppard opened the score in the first half on a penalty kick and José Diaz accounted for the other goal late in the game. Bob Brousseau had a super game in goal for Moose Jaw.

On Tuesday, Winnipeg defeated Cold Lake 1-0, then Moose Jaw controlled the game from start to finish against Portage and came out with a 2-0 win. Again Al Sheppard opened the scoring on the first play of the game. After dribbling the ball past the defence and let go a low, right corner, shot that clearly beat the Portage goalie. Late in the game, Keith McGee closed the scoring on a nice cross ball by Miles Pratt. Burt Matthews earned the shut-out for Moose Jaw. The late game saw Wainwright and Cold Lake tie 2-2.

Wednesday, saw Wainwright destroy Portage 9-0, then Moose Jaw played Cold Lake in the game that would decide the play off spots. Cold Lake jumped onto a quick 2-0 lead, but before the end of the first half Al Sheppard again scored to make it 2-1. During the break, the team got together to figure things out and then proceeded in destroying Cold Lake in the second half with 7 unanswered goals. Miles Pratt and Keith McGee with 3 goals each and José Diaz with one completed the scoring. Final score: Cold Lake 2, Moose Jaw 8. In the afternoon Winnipeg beat Portage 7-0, and then Moose Jaw played for the second time that day, and went down to Wainwright by the score of 5-1.

1. François Gagnon scored the lone goal in a losing cause.

With the round-robin completed, Wainwright had 3 wins and 1 tie and Moose Jaw was second with 3 wins and 1 loss. Both teams were now to meet in one playoff game. Thursday morning, to CO of CFB Wainwright called a base stand down and the soccer field was quickly surrounded, in our eyes, by enemy troops. But it didn't seem to affect our team as we quickly jumped into the lead by a beautiful shot from Al Sheppard (who else!) that just caught the far left corner. Wainwright immediately got back in the game, scoring on a breakaway. But the nemesis, Al Sheppard, had not paid his last word. The ball was put back in play and it went to our Fullback Perry Luchia who quickly fed it up field to our center Miles Pratt. He then in turn fed the ball to his right winger Keith McGee who took a quick look and crossed the ball to a fast breaking Al Sheppard. Al made no mistakes in hitting a beautiful head ball into the top right corner, from about 10 yards out. We had the lead again! Although we had many scoring opportunities, the score remained 2-1 until the 30 minute mark of the second half when José Diaz put the final touch with a corner shot from 18 yards out that caught the low left corner. Miles Pratt put the game away with a beautiful goal with only 5 minutes left to play. After dribbling past 2 fullbacks, he drew the goalie out of his net and then sneaked the ball into the low short corner. Final score: Moose Jaw 4, and Wainwright 1.

"WE ARE THE CHAMPIONS!" was a popular song on the ride back home. Our guys really deserved to win and the CO of CFB Wainwright also congratulated us on fine sportsmanship, on and off the field. Let's all hope that next year's team will work just as hard as our guys did this year to keep the trophy in Moose Jaw. It was the coronation of a successful season and we take this opportunity to thank all the people that supported us during the summer.



Upon arrival, the team was met by our BAdMO Maj Keast who congratulated everybody and in return, the team presented him with a "Prairie Region Soccer Champions" Medallion.

Standing L-R: Maj R.F. Keast, Lt Keith McGee, Pte Doug Muir, Cpl Perry Luchia, Pte José Diaz, Cpl Dan Heaven, Capt Milo Fink, Capt Miles Pratt, Cpl Bob Brousseau

Kneeling L-R: M/Cpl Bob Watson, Cpl François Gagnon, Pte Dennis Muise, Cpl Al Sheppard, Lt Burt Matthews

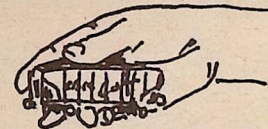
The team would also like to thank the players that helped us all-year but couldn't make it to the Regionals: M/Cpl Laurent Houle, Capt Dan Tupling, Cdt Peter Wolf, O/C John Low, Lt Mike Campbell, Cdt Edward Klap, Cdt John Semmeling and Kerry Myers.

THE THUNDER CREEK MODEL RAILROAD CLUB



WELCOMES NEW MEMBERS WHO ARE INTERESTED IN SCALE RAILROADING ALL YEAR ROUND AND

WE WILL BE VERY GLAD TO HELP THOSE WHO ARE BUYING TRAINS FOR CHRISTMAS TO MAKE A WISE SELECTION AND AFTER THE NEW YEAR WE WILL HELP THOSE WHO DIDN'T.



MEMBERS OF THE THUNDER CREEK MRC ARE 16 YEARS AND OVER UNLESS THEY JOIN WITH AN ADULT. CALL US AT LOCAL 446 - ASK FOR DAVE OR LOCAL 537 AND ASK FOR RON