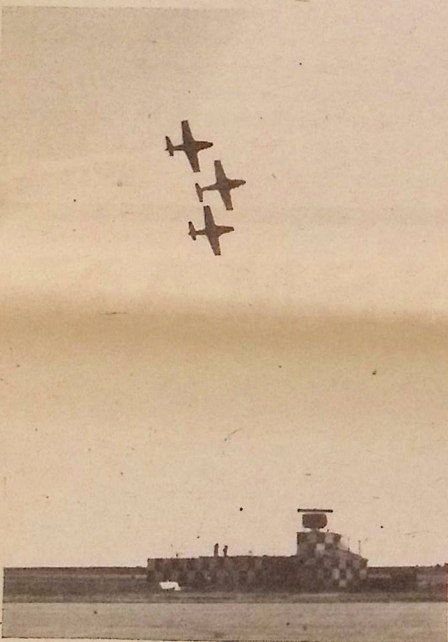


# THE PLAINSMAN

Saskatchewan's Military Newspaper

Le Journal Militaire de la Saskatchewan

Thursday, October 15, 1981 Vol. 12, No. 10



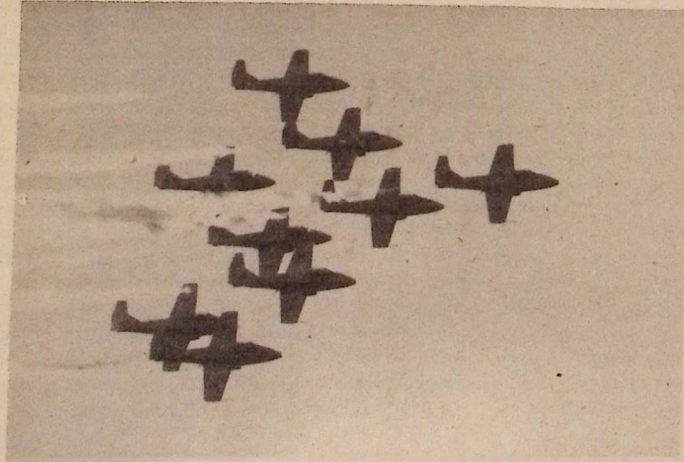
Concorde Top Side Silhouette

Having been created in 1972, the Snowbirds are currently celebrating their tenth anniversary. During the past ten years, the team has changed considerably. Formed as a formation demonstration team, the Snowbirds became fully aerobatic for the 1973 season. Show maneuvers and choreography have similarly been changed and improved upon over the years. Perhaps the most important milestone in the team's history was the granting of squadron status in 1978. Known today as 431 Air Demonstration Squadron, "The Snowbirds", the team has performed over 500 shows before an estimated 25,000,000 people in its ten year history. To commemorate the tenth anniversary a reunion of past and current team members was held on Thanksgiving weekend.

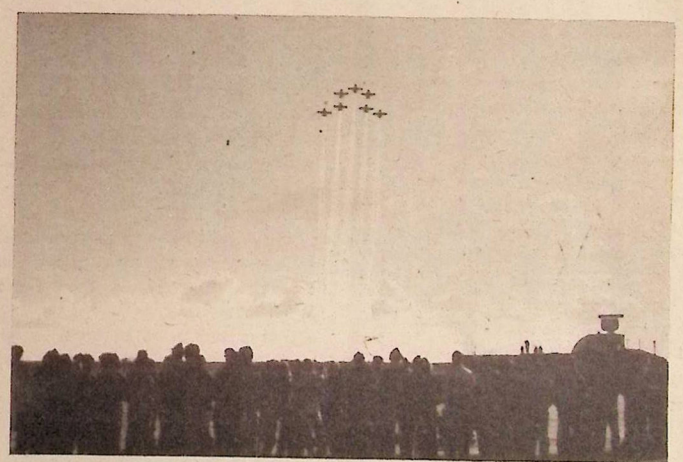
continued on page 10



## SNOWBIRDS 10 ANNIVERSARY REUNION



Flip Flop Silhouette



Pull up for Palm Tree Split

# Plainsman Profiles



Our profile for this edition is on Ken Thomson - our Masthead artist. The uniqueness of our front page is due to Ken's artistic ability. To date he has designed four mastheads; Tutors, Tower, Base Rescue and Refueling. These different scenes are meant to emphasize the different aspects of life at CFB Moose Jaw and also provide recognition for the contribution made by the various sections to the success of this base. Utilizing Ken's talent we hope to continue this theme.

Ken attended Riverview High School in Moose Jaw and later completed a Commercial Art course at Assiniboine Community College in Brandon, Manitoba. He has also studied advanced photography with Klaus Bohn.

Before completing the Commercial Art course he worked for six years with Roads and Grounds at CFB Moose Jaw. He also did some on-job-training in Graphic Arts with Mrs. D. Fields. Prior to this he worked for four and a half years with Fairford Industries, where he started an advertising department and gained experience in the use and operation of printing presses and photography, layout and design for newspaper ads and brochures.

Ken is presently employed as a Graphic Artist with the Ground Training School. He lives on Lillooet St with his wife Lois and Daughter Charisma Anne. On behalf of everyone involved with The Plainsman we would like to thank Ken for his time and effort that has contributed so much to the quality of our paper.

## Letters To The Editor

Mr Editor,

Having just completed my mile and a half run, I rushed right over to jot down these few lines.

I fully realize that for those of us who complete this run twice a year, it is a must; however some advance notice would be helpful in preparing yourself and arranging your schedule to meet the required run times. I was unable to find a Routine Order Entry back to No 60 dated 11 Aug 81 which mentioned the run or dates for a run.

In our section, we received word of the run on Monday of the last scheduled week. It just so happened I was going on leave, which meant I had to remain around to finish my run. I feel this is not right. There should be several R.O. entries as well as a memo circulated to each section head informing them of the run to come.

Last May's run was both well advertised and organized. I knew several weeks in advance of the times available for running and was fully prepared.

I would just like to put on record that the base should be well informed on

the run schedule in the future years.

Dear Friends:

I want to express my appreciation to each and every person who attended and contributed to the evening held in my honour at Hopkins Dining Parlour on Tuesday, September 30th. It is difficult to find the words to tell you how very much your thoughtfulness meant to me.

The flowers and gifts were beautiful and the lovely silver service will serve as a lasting memento of our association over the years. To say the least, I was overwhelmed, not only by your kindness and generosity but also by the warmth and love I felt from all of you.

To each and every one of you, my heartfelt thanks.  
Lois Boyle.

### PROTESTANT CHAPEL NEWS

Senior Choir Practice: 7:00 pm on Tuesdays.

At present there is no senior choir. We would like to start one if enough people are interested.

Junior Choir Practice: 4:00 pm on Monday.

## Community Chapels

OUR LADY OF PERPETUAL HELP CHAPEL

Chaplain: Fr. Frank Micallef, S.J.

Residence: Chapel Annex. Phone: 693-5471

Mass Schedule: Sundays at 11:00 a.m.  
Weekdays at 9:00 a.m.

First Friday Devotions at 7:30 p.m.

Parish Council meets every second Wednesday of the month at 3:00 p.m.

Catholic Women's League meets every first Monday of the month at 8:00 p.m.

Confessions: Before every Service and at any other time convenient for you upon request.

Marriages: Three month's notice is required for preparation.

Baptisms: At any time by appointment with the chaplain.

### PROTESTANT CHAPEL

CHAPLAIN: Major G.A. Milne

OFFICE: Local 474 HOME: 694-0123

DIVINE WORSHIP: Sunday 1100 hrs

HOLY COMMUNION: Sunday 1100 hrs (First and Third)

SUNDAY SCHOOL: 0930 hrs (Grade 4 up)

1100 hrs (pre school & Grades one to three)

BAPTISMS: Held during Divine Worship on Sunday mornings. Private baptisms are administered only in exceptional cases. Call the Chaplain to make arrangements.

WEDDINGS: Arranged by contacting the Chaplain. Try to give at least one month's notice.

LADIES GUILD: 8:00 hrs pm on Third Wednesdays.

Next meeting Wed Oct 28th in Annex - Presentation by Fire Hall

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# THE PLAINSMAN

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

Editor in Chief	- LCol DB Abbott-437/469
Editor	- Harold Martin - 449
Asst Editor/Layout Coordinator	- Ed Karkut - 505
Business/Ad Manager	- Archie Hunter - 494
Asst. Business Manager	- Karen Stiles - 441
Asst. Advertising Manager	- Glen Whittall -
Ad Layout	- Barbara Vermette
Composing/Composition	- Nicole Sweeney 693-6711
Office/Readiness Manager	- Gary Woodroffe - 449
Masthead Artist	- Ken Thompson - 434

Opinions expressed by contributors do not necessarily reflect on 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 charged 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.

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.

Staff Asst/Aide de Corps - John Harvie	- 522
- Kathy Karkut	693-0246
- Daryl MacDonald	- 558
- D.M. Milne	694-0123
- Doug Muir	- 528
- Karen O'Quinn	- 441
- D.J. Pedersen	- 486
- L.J. Salsman	- 486
BIO - Lt G Young	- 337
Photos/Photographie - Base Photo or as credited.	

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 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. Service en français disponible.

TELEPHONE: 693-6711

Second Class Mail Reg. No 2446 / No de Courrier Deuxième classe enregistré.

# Air Reserve 'Otter' Makes Final Flight

After 29 years of service with the RCAF and The Canadian Forces, the single engined "Otter" aircraft are being retired.

The "Otters" of Canada's Air Reserve are being replaced by "Kiowa" helicopters.

The first flight of the De Havilland "Otter" was made at Downsview, Ontario on December 12, 1951.

Fourteen months later, the first of 66 "Otters" destined for the RCAF were delivered to 408 Squadron, Rockcliffe Ontario. Other RCAF Stations to receive the "Otters" in the early 50's included Namao, Cold Lake, Winnipeg, Fort Churchill, Trenton and Greenwood.

### AROUND THE WORLD

"Otters" were flying with RCAF markings from Sea Island, British Columbia ... to ... Goose Bay, Labrador ... and around the world.

The 114 Air Transport unit flew the "Otter" from their base at Capodichino, near Naples, Italy from 1956 to 1962.

No assignment was too tough for the Canadian designed and Canadian built "Otters". Four took off from the deck of the aircraft carrier "HMCS Magnificent" at Port Said, Egypt in 1957. These aircraft and crews were to serve with the United Nations Peace Keeping Forces in The Sinai.

For ten years, the "Otters" were based at El Arish on the Sinai Peninsula carrying out supply, communications and reconnaissance flights.

Late in 1962, two "Float Otters" were dispatched to West New Guinea with Canadian personnel to supervise the transfer of sovereignty of the island from the Dutch to the Indonesians.

From the steaming jungles of new guinea to the deserts of the Middle East, the "Otters" proved their capabilities.

In 1963 the RCAF provided air support for United Nations troops in Yemen. Again in 1965 the "Otters" were air lifted by Hercules to Pakistan on very short notice, the aircraft were used to supervise the truce between India and Pakistan.

### AIR RESERVE "OTTERS"

In Canada, 403 Squadron, RCAF auxiliary based at Calgary traded their Mustang Fighters for the new "Otters" and a new role.

Starting in 1960, the RCAF Auxiliary Squadrons at Vancouver, Edmonton, Winnipeg,



Otter pays last visit to CFB Moose Jaw. LCol Titterton stands with pilot Capt Eddie.

Toronto and Montreal were being re-equipped with "Otters". The following year saw "Otters" arrive in Saskatoon and Hamilton.

It was a complete change of role for The Auxiliary Squadrons after flying aircraft such as F-86 Sabres, Mitchell Bombers, T-Birds and Mustang Fighters. But the "Otters" soon proved their extensive capabilities.

The "Otters" of Canada's Air Reserve (RCAF Auxiliary) supported the role of Light Tactical Transport, Search and Rescue, aerial photo reconnaissance and aerial support to civilian authorities.

Changing times saw The Auxiliary Squadrons phased out of service during 1964 at Calgary, Saskatoon, Hamilton and Vancouver.

More "Otters" were phased out of service in the mid 70's when 402 Air Reserve Squadron at Winnipeg re-equipped with twin engined Dakotas (DC-3) and 418 Air Reserve Squadron based at Edmonton switched to "Twin Otters".

### REPLACED BY HELICOPTERS

The remaining approximately 20 "Otters" serving with 400 and 411 Air Reserve Squadrons in Toronto along with 401 and 438 Air Reserve Squadrons in Montreal are rapidly being retired.

These four Air Reserve Squadrons are now in the final process of converting to the Bell CH136 "Kiowa" helicopter.

The 16 "Kiwos" were made available when No 3 Flying Training School at Portage

la Prairie, Manitoba received new and more powerful CH-139 Jet Ranger helicopters.

The helicopters introduces new challenges and new life for the Air Reserve by equipping them with aircraft currently flown by Regular Force Squadrons.

One by one, the remaining "Otters" are being ferried to Mountain View, Ontario (Near CFB Trenton) for eventual sale by Crown Assets Disposal Corporation.

The "Otter" has provided valuable service from Bonavista on the Atlantic Ocean to Vancouver and the Pacific Coast, and proven itself from Niagara in the South to the Arctic Islands in the North.

The "Otter" has been a good training aircraft for the Air Reserve. Many pilots and ground crew are sorry to see the "Otter" go but at the same time look forward to the new challenge and new life which faces Canada's Air Reserve.

### OTTER

DeHavilland's Otter, the Canadian Armed Forces, first short take-off and landing (STOL) aircraft, has been in service since 1953.

The Otter's low stalling speed, adaptability to floats, skis or wheel-skis enables it to operate from small lakes and makes it particularly useful in the supply of Canada's northern military detachments. In addition, its manoeuvrability and low stalling speed make it most effective in

search and rescue operations and mercy missions.

Length: 41 feet 10 inches  
Span: 58 feet  
Height: 13 feet (landplane)  
15 feet 6 inches (seaplane)  
19 feet 8 inches (amphibian)  
Weight: 8,000 pounds  
Speed: 138 m.p.h. (cruising)  
Power: one 600 h.p. Pratt and Whitney R-1340  
Cost: \$136,000 each  
Range: 700 NM  
Ceiling: 10,000 feet (with pax) absolute: approx 20,000 feet.

### CH136 "KIOWA" HELICOPTER

The Kiowa Helicopter was acquired to fill the roles of observation, armed reconnaissance, command and control, target acquisition and adjustment of fire. It

is also used as a basic helicopter trainer.

The Kiowa came into operational service in 1972.  
Length: 41 ft. (rotor and tail rotor extended)  
Width: 6 ft 5 in (skid gear widest area)  
Height: 9 ft 7 in  
Weight: 1800 lbs.  
Speed: 115 mph cruise  
140 mph maximum  
Power: 317 SHP  
Cost: \$168,000 each in 1971 dollars  
Range: 230 statute miles plus 15 min fuel reserve  
Ceiling: 10,000 ft restriction as oxygen not available  
Rate of Climb: 1500 ft/min max rated power  
Rotor Diameter: 35 ft 4 in  
Payload: 600 lbs (excluding crew and fuel).

## Send our FTD Charm-her Bouquet

Mother-In-Law's Day is Sunday, October 25.



\$24.95

Nothing will charm her like this beautiful bouquet of fresh flowers. It's specially designed for this special day.

Send your Mother-In-Law a gift she will always remember... the FTD Charm-her Bouquet. Call or visit us today.

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# OUR DENTAL HEALTH



## TOOTH DECAY — STRENGTHENING THE TEETH WITH FLUORIDE

The following article is one of a series presented by The Plainsman in co-operation with the Dental Detachment.

The second article in the series described how acid produced by bacteria attacks the tooth, causing tooth decay. It was suggested that one way to keep this from happening is to make the teeth strong and able to resist the acid.

As far as we know today, using fluoride is the best way to strengthen the teeth. The fluoride must be made a part of the tooth substance. This is done in two different ways: (1) Fluoride is taken internally by the child when its teeth are still forming; and (2) fluoride is applied to the surface of the tooth after it has erupted into the mouth.

The usual way of taking fluoride internally is to drink water containing it. In some geographic areas,

fluoride is naturally present in the water. In fact, the value of fluoride for strengthening the teeth was discovered when tooth decay rates for children in different areas were compared.

This generated the idea of adding fluoride to public water supplies. After numerous careful studies, it was determined that when one part fluoride was added to 1 million parts of drinking water, the children living in the area had 60 percent fewer decayed teeth on the average than children living where the water was not fluoridated. Fluoridation of the water was not found to have any harmful effects.

On the basis of these results, the Canadian Medical Association, the Canadian Dental Association, the Federal Department of Health and Welfare, and many other professional and scientific organizations recommended fluoridation of water supplies that do not contain adequate amount of fluoride from natural sources.

Unfortunately, only about 35 percent of our population — about million people — consume fluoridated water. The rest either live in communities where the water supply is not fluoridated or live where they are not served by a community water

supply. A possible solution for their problem is the purchase of bottled fluoridated water, which is easily available at a reasonable cost.

Another possible solution is for children to take fluoride tablets, which dissolve readily in water or other liquids. This form of fluoride is beneficial to the teeth if taken regularly throughout the period of tooth development. Fluorides added to vitamin preparations have also been shown to be effective. The use of fluoride tablets or fluoride vitamin must be regulated according to the amount of fluoride, if any, present in the water supply. For this reason, fluoride taken in this form should be prescribed by a dentist or a physician.

Coating the tooth surface with fluoride has also been shown to be a useful and effective decay preventive measure. At one time, fluoride was applied only to children in areas where there was no fluoride in the water supply. Stannous fluoride, which is used in the Navy's Preventive Dentistry Program, has been shown to reduce new decay in both children and adults. It has also been shown to give added benefit to those who have consumed fluoridated water when their teeth were forming.

Fluoride can be applied to the teeth in three ways, two of which require trained dental personnel. First, a dentist, technician, or hygienist can polish your teeth with pumice that contains fluoride. Second, they can paint a fluoride solution onto your teeth. The third method, accomplished by you, is brushing your teeth each day with a stannous fluoride dentifrice that is approved by the Council on Dental Materials of the Canadian Dental Association.

While each one of these methods of applying fluoride is effective in itself, a combination of all three gives the best results of all. Research has shown up to a 70 percent reduction in new cavities in children and 50 per cent in adults by annual prophylaxis and treatment with stannous fluoride followed by daily use of stannous fluoride toothpaste.

The next three articles in this series will deal with the other major dental disease afflicting most of mankind — disease of the gums and supporting structures of the teeth, which dentists call periodontal disease.

Next article: Periodontal Disease — What is it?

## Canadian Savings Bonds

Following is a message from the Minister of National Defence to members of the Canadian Forces and civilian employees of the Department of National Defence:

The 1981/81 series of Canada Savings Bonds are now on sale through pay allotment/payroll deduction plans. Cash and bank installment sales will commence on 13 October. I wish to take this opportunity to recommend that you give consideration to this excellent method of augmenting your personal savings and investment programme.

Canada Savings Bonds are always Canada's most popular personal investment. This new series offers a yield of 19.50 percent first year and 10.50 in subsequent years. Latter rate may be adjusted upwards.

Canada Savings Bonds are a method of financing which is indispensable to the Government and I am confident that the Department of National Defence will

reach its objective.

Following message is from Commander Aircom:

The purchase of Canada Savings Bonds by the Military personnel and civilian employees of Air Command augments our ongoing contribution to National development.

One of the most secure and, at the same time, liquid investments, Canada Savings Bonds have the added attraction of the benefits associated with a payroll deduction savings plan.

Campaign success will depend upon our organizers, all of whom are directed to ensure that all members are personally contacted and comprehensively briefed on the 1981 Canada Savings Bond issue.

I urge all military personnel and civilian employees of Air Command to consider the inclusion of Canada Savings Bonds in their personal savings programme.

## Obligations d'épargne du Canada

Le texte qui suit est un message du Ministre de la Défense Nationale adressé aux militaires des Forces Canadiennes et aux employés civils du ministère.

Les Obligations D'Épargne du Canada, émission de 1981-82 sont maintenant en vente et on peut se les procurer par voie de délégation de solde ou de retenue sur celle-ci. Les ventes au comptant et à tempérament commenceront le 13 octobre. Je profite de cette occasion pour vous recommander cet excellent moyen de compléter votre programme personnel d'épargne et de placement.

Les obligations d'épargne du Canada constituent toujours la forme de placement personnel la plus populaire au pays. Ces nouvelles obligations rapporteront 19.50 pour cent la première année et 10.50 dans les années consécutives. Dernier compte peu être ajusté en montant.

Étant donné que les obligations d'épargne du Canada constituent une méthode de financement indispensable

au gouvernement, j'ai bon espoir que le Ministère de la Défense Nationale atteindra son objectif.

Le message suivant provient du Chef du C Air:

Ét lors que les employés militaires et civils du C Air achètent des obligations d'épargne du Canada, ils contribuent ainsi au développement économique du pays.

L'achat d'obligations d'épargne du Canada constitue une façon d'investir à la fois sûre et souple. Il s'agit, en outre, d'un mode d'épargne par déductions sur le salaire.

Les succès de la campagne dépend des organisateurs. Ces derniers doivent communiquer personnellement avec chaque employé et les renseigner de façon approfondie sur l'émission 1981 des obligations d'épargne du Canada.

J'exhorte tous les employés militaires et civils au C Air d'acheter des Obligations d'épargne du Canada dans le cadre de leur programme personnel d'économie.

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112 First Ave. N.E.

Moose Jaw, Sask.

Welcome to the

ENSIGN LOUNGE  
SATURDAY CANTEN  
DANCES

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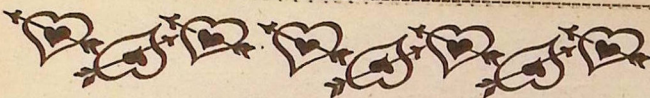
President:

W.T. Ward

Secretary-Treasurer

and Manager:

O.M. Grasley



## So -- You're In Love?

ALL'S FAIR IN LOVE AND WAR. This is another of those strange sayings that seems to connect love with warfare. I believe that this may be a leftover from the romantic days of Knights, and duels of honor, and winning the hand of the fair young maiden. Wonderful stories, that are very uplifting to read, but which bear little relation to reality today.

We now know that there is absolutely nothing fair about war. It is an exercise to see who can amass the most terrifying arsenal, or to see who can create the worst havoc. Even in those wars or revolutions where great ideals are pursued, or liberty is being sought, innocent civilians die or are brutalized. Looking back on recent wars we see that terrible and unfair use was made of non-combatant people as they became the unwilling pawns in the struggle.

Is love to be compared with what we now know of war? Is love also completely unfair? Probably! Just because we may love someone, does not mean that person will love us in return, or in exactly the same way. In fact, love is a very risky venture indeed. Two people, after being attracted to each other may begin a lengthy relationship that seems beautiful to each of them. The early part of this relationship is usually a result of a strong physical

attraction. That is as it should be, otherwise men and women would not be bothered with each other. We begin by liking the way the other person appears to us. Unfortunately sometimes the relationship does not progress very far beyond this physical attraction. Therefore it does not grow in a developing and sharing love.

The really unfair part of all this, is that one half of the couple may develop into true "giving love," while the other person never rises above the physical, or even loses interest, or finds someone else. This can make love very painful. It is also possible to start out on a relationship with every intention of developing into something very meaningful, only to discover that there are serious incompatibilities, or elements which cause negative feelings to arise. This may leave the other person wondering what they did wrong, when in fact they did nothing wrong at all. It is all quite unfair.

Yes, love can be very unfair. But, who ever promised that any part of life would be fair? Life is for living, not for getting what we want. If love seems to escape us, then we must put in another effort. Someone else failing to love us, does not prevent us from learning to love others.

Hale Owen

### PLAINSMAN PRODUCTION 1981

Cut Off Date	16 Oct
Ship to Press Date	23 Oct
Issue Date	29 Oct

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Ship to Press Date	6 Nov
Issue Date	12 Nov

Cut Off Date	13 Nov
Ship to Press Date	20 Nov
Issue Date	26 Nov

Cut Off Date	4 Dec
Ship to Press Date	11 Dec
Issue Date	17 Dec

## Un Coin Français Désiré!?!

A Moose Jaw il y a une population francophone de quinze pour cent. C'est vrai vous demandez? Oui c'est vrai mais malheureusement il n'y a pas de représentant français dans le journal de la base. Pourquoi, parce que personne écrit les articles française pour le journal. Est-ce qu'il y a quelqu'un qui veut écrire des articles

ou des recettes françaises ou des choses d'intérêt générale.

Si vous voudriez participer dans la formation d'un coin français pour le journal parlez au coordinateur de Langue officielle de la base au poste 337 ou au capitain Martin Rédacteur du journal de la base au poste 449.

## Et en français s'il-vous-plait

Bonjours tout le monde. Je me suis laissé dire que ça fait déjà un bon moment qu'il n'y a eu un petit coin en français dans le "Plainsman". Ne pensez-vous pas qu'il est temps de changer ça?

En commençant avec cette édition, et une fois par mois par la suite, le français aura sa place dans votre journal. J'ai l'intention de contacter l'Association Fransaskoise et leur demander de me tenir au courant des activités de la communauté francophone de la province.

En plus, avec votre aide, j'aimerais pouvoir informer la population francophone de la base sur se qui est réalisé par les militaires et dépendants de langue française. Si votre marie cours le maraton, votre voisine est championne au

quilles ou encore votre fille gagne sa compétition de natation, faites le moi savoir, on le dira à tout le monde.

Une autre chose que j'aimerais faire c'est de présenter quelques articles d'intérêt général, sur des sujets divers; le premier sera sur l'Exposition de livres de langue française qui avait lieu à la BFC Borden, du 22 au 24 septembre dernier et auquel Cpl Deshaies et votre serviteur ont assistés.

Si vous participez à un séminaire ou à une discussion de groupe et vous croyez que d'autres seraient intéresser par les connaissances que vous avez acquies, faite moi parvenir votre article à Lt Daniel Labrie, BFCO, ou téléphonez moi au Poste 551.

## Exposition de livres de langue française, Borden 81

Du 22 au 24 septembre dernier, la BFC Borden accueillait l'Exposition de livres de langue française. Plusieurs maisons de diffusion de livres français du Canada s'étaient réunies pour exposer environ 2500 livres français regroupés en 5 catégories principales: techniques, science, médical, gestion des affaires et histoire.

Le but de cette exposition était de présenter aux bases, unités et écoles des forces armées canadiennes les ouvrages en français qui sont disponible pour les aider soit dans leur rôle opérationnel, soit pour l'enseignement ou encore pour référence.

Les représentants des bases ou écoles qui assistaient à cette exposition avaient la possibilité de commander quelques uns de ces livres. Pour cette première commande, le Directeur

de la Traduction et Terminologie (Coordination) au QGDN paye la facture. Les livres ainsi acquis seront envoyés aux bases et écoles d'ici 2 ou 3 mois et seront circulés dans les sections de la base où ils pourraient être utilisés. Si ces section veulent en commander d'autres exemplaires, elles pourront le faire en passant par les voies normales d'approvisionnement.

Une trentaine de ces livres ont été commander pour Moose Jaw; j'espère qu'un grand membre d'entre nous auront la chance de jeter un coup d'oeil dessus. Si vous croyez que ces publications pourraient vous aider, ou aider à d'autres francophones de votre section, glissez-en un mot à votre superviseur.

Une liste de toutes les ouvrages exposés est présentement entre les mains du B'OL; consultez la si vous

### SHOCK HAZARD BARBECUE LIGHTERS RECALLED

The owners of Temro/Excell Charcoal Lighters, Model 2001012 are warned of a possible shock hazard due to insulation problem.

CSA and Temro are urging the public to check their electric charcoal lighters for the following marking on the handle;

Electric Lighter  
Model #2001012  
600 Watts, 120 Volts  
LR1843

Owners of these lighters bearing the above marking are asked to stop using them immediately. The Association has been informed that some stores are willing to provide a refund, or return the lighters to:

Temro Automotive,  
Budd Canada Inc.,  
P.O. Box 962,  
Winnipeg, Man  
R3C 2V2

Tel: (204) 452-2005

or Temro Automotive Division  
Budd Canada Inc.,  
67 Westmore Drive,  
Unit 11,  
Rexdale, Ont.  
M9V 3Y6

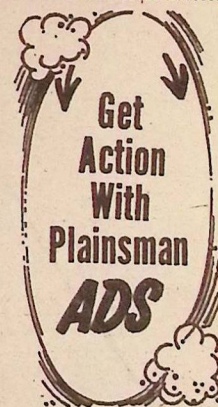
Tel: (416) 743-8504

### FIRE HAZARD SAUNAS RECALLED

Owners of Home SPA Sauna Heaters Models HSH5, 5.5, 6, 7.5 and 9, Manufactured between 31 Mar 80 and 15 May 81, having Serial Numbers ranging from 16100 to 18100 and 4100 to 5100 are to stop using them immediately and contact -

Westhorne Manufacturing Ltd.,  
2845 Grandview Highway,  
Vancouver, B.C.  
V5M 2E2

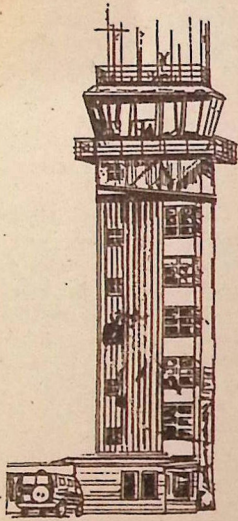
Tel: (604) 872-0361



croyez que d'autres livres pourraient vous être utile. Elle se trouve au 3ième étage du quartier général de la base, ou au poste 337.

Salut bien et bonne lecture.  
Daniel Labrie

# ATC NEWS



Thanks to young Wayne for writing the last ATC article. His wit and charm are a credit to the system. The section has been doing double shifts so that great groups of people can attend the TRACS (Terminal Radar and Control System) course in Trenton Ont. The course was great and when we are finally operational, it will be a tremendous asset to IFR control in the new IFRCC. When it will be operational is another story. Place your predictions with Major Stariha. Winners will receive a no delay expected for at least one month or 4 closed patterns with the Tower.

CFB Trenton will be the first base in the forces

to be commissioned as a TRACS unit and the TRACS team have been spending most of their time at Trenton testing and evaluating the new equipment. Once they have all the snags worked out there then other bases will come on line in short order.

Attending the next course will be Capts Gary MacLennan, Jim Bernt and Gary Woodroffe plus WO Meville, Sgt Glover and MCpl Munday. In addition to all the controllers on course are all the technicians needed to maintain the various pieces of equipment.

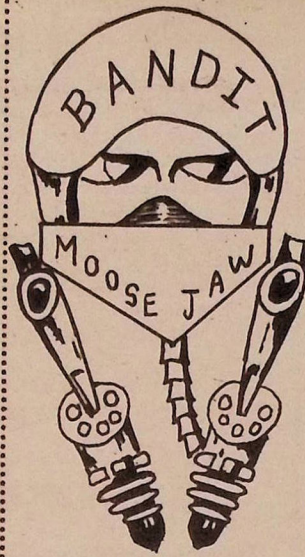
Also away on course are Cpls Jean Devost and Melanie Bowness in Cornwall Ont doing Kadar training. Turn left now... Roll out now.

In addition, Cpls Jeff Ingham and Eric Hawk are attending the JLCourse in beautiful downtown Penhold Alta, home of oil and buffalo chips.

Congratulations to Cpl Marc Colette on his accelerated promotion. Marc is presently employed as a Tower B stand and will be available to pay off bribes next Friday. Good Luck.

Lts Pierre Bérubé and Jim Parker are also in Cornwall on the IFR course. With all those people on course you might wonder who is working? ?? The Unknown Controller. The only problem is that rumour has it that he has been wearing his bag on backwards lately. Dig... Dig.

Welcome back to the section to Cpl Dan Heaven from his Radar course and to Ptes Mary-Ellen Penner and Suzanne Rae back from their B Stand course. DJB



Greetings again from the hallowed halls of the Bandits, where they fight a never-ending battle for truth, justice and the x-board.

Last time, as you may recall, life was flying smoothly for the Banditos until "that" disease struck. The dreaded malady that has afflicted all walks of military life since the beginning - an ailment bound to confuse. This is the affliction they call "shufflitis" (internal postings).

It all started a little while back when a memorandum reached the hands of Capt Jim Mars (reddus headae.). It was to be he, to lead a group of would-be pilots, 8102 as a new Course Director. From control column to paper and pen as his main activity, he initially took this change quite hard. His depression was only remedied by the fact that his students gladly bought him drinks at the Mess. The Bandits were shocked at how easily Jim could be taken-in at his new employ.

It was not to be only Capt Mars who would leave "B" flight behind for course directing - Capt Howie Ballantyne (foureyesus bootstraps), received the shuffle to head Course 8103. Never being keen on flying four trips a day anyways,

he now sets his own schedule for taking care of his troops with some flying on the side. The flight now started to feel the strain of losing two senior instructors.

Work became strenuously still when "sufflitis" hit Lt. Keven Kennedy (hiten crashea) and Lt. Rob Hannula (urinus speakerus). Their internal postings directed them to the Operational Flight Trainer, more commonly known as "The Box" from achieving high quarterly flying hours, they can now be seen perfecting their "Ace-Deuce" game, as well as giving students 400-mile point to point and catching up on lost sleep. The Bandits were now down to a skeleton crew of instructors while students were continually shipped in as if off an assembly line.

Alas, the Great Bandito in the sky was watching over his children. Replacement QFI's were sent to continue the plight of the Bandits - to turn out quality pilots. Lts. Ron Hilborn (reddus tickus) and Klaus Meyer (Santa Klausus) both returned from whence they came. They were now attempting to teach what they learned not too long ago. Lt. Bob Michael (boobus pudgae) was next to sew on a Bandit crest and has been flying hard ever since. All as pipeline instructors, they serve as the backbone of our organization, each flying at least eight and nine trips a day to take the pressure off the other fellows. They continuously work diligently gathering experience as well as handing it out.

Capt Bob Lalancette (bagotvillus francophonus) arrived from flying the CF-5 and is just now beginning to enjoy the experience of flying more than 50 minutes on a tank of fuel.

Receiving Bob as well as the other three pilots was

more than welcome for the Bandits. But soon after this influx two more men were lost to "shufflitis".

Capt Steve Gignac (black-jackus) headed present position direct to the Operations desk. He now hands out aircraft and seconds as a DJ on the squawk-box. He wasn't on the flight-line three months after finishing his stint in the OFT and "B" Flight lost him again.

The latest victim to suffer "the disease" was Capt Kerb Paul (hee-hee laughus). Brought to Bandits at great expense from flying Voodoos - to Tutors, and now to the Ground Training Squadron to teach classes in flight planning and navigation. A downhill battle for old Herb. Two more refine instructors grabbed away and destined for other duties.

A lot of movement has taken place, yet the Bandits as with other flights, have coped with it quite well. The solo parties continue and students persistently graduate. "Shufflitis" is here to stay and this is just one short episode in the flight. So stay tuned for more "Blurbs" and remember, always check your six, - it may be a Bandit!



Cpl Colette receiving Cpl hooks from LCol Abbott.



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### CORNER

## You, Your Car and Winter

As everyone realizes, although you may not want to admit it, winter is knocking at our doors and may already have let himself in by the time you read this article.

So let us not wait any longer to prepare our auto for winter. First of all we should start by renewing old acquaintances with our engine and remember it too has feelings. Some things you could do to make sure your engine is happy are:

1. Change the oil insuring a winter oil is used for a replacement.
  2. Check your spark plugs, points and condenser if necessary.
  3. Check your coolant for strength and cleanliness -30oF to -40oF is good.
  4. Have your engine and carb tuned.
  5. Check and clean your battery.
  6. Check your heater system.
  7. Check your fan belt for adjustment and condition.
  8. Check your block heater before you need it.
  9. Check your exhaust system for leaks and security.
- REMEMBER CARBON-MONOXIDE KILLS.

Remember if your engine doesn't work neither will your heater.

Check your tires for proper inflation. Remember in the cold, slow leaks are more apt to happen. Have your winter tires installed, but remember if you car has radial tires you must use winter radials, radial tires and bias tires do not mix.

Since we have the good fortune of being posted in Saskatchewan where the wind rarely blows and winters are mild, what a dream.

Seriously now, with the wind and snow we have the two main ingredients for a blizzard. If we are to travel in the winter we must be prepared for the worst in order to survive. Some defensive measures we can take against blizzards are listening to weather warnings and have an emergency survival kit. You probably have seen them advertised, you could purchase one or you could make your own. We strongly recommend the use of them as they could save the lives of you and your family, think about it.

Some of the things used in the survival kits are:

1. A small shovel.
2. Battery booster cables
3. Tow rope, chain or straps
4. Candles (they can give enough heat to prevent freezing and warm food).
5. Canned foods and fruits with juices (blizzards have no time limit).
6. Extra clothing, blankets, heavy socks.
7. Flares.

Sounds like a lot, not really, if you shop around you can find these objects that will tuck into corners out of the way. Some other points to remember are: do not walk for help unless you can see a building with people (it is easier for rescuers to see your car than a body buried under the snow). If for one reason or another you must leave your car, leave a note explaining your intentions. For our final point we must remind you of the odorless, colourless, tasteless killer that will be there with you, CARBON-MONOXIDE. Yes it is always around a running engine so please beware. If anyone starts to feel nausea, headaches and/or drowsy you can be sure that carbon-monoxide is present. Good ventilation is the best defence, fresh air, and of course a good exhaust system.

Well thank you for your time and we hope you have either learned something new or rekindled some old knowledge or both so until next time HAPPY MOTORING.

Darryl MacDonald  
MSE SAFETY

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### PASSING OF SCHOOL BUSES

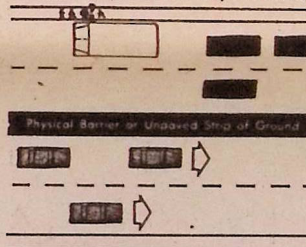
It has been brought to our attention that an increasing number of POMV drivers are passing the school buses while it has stopped to pick up or deliver school kids. It is shocking to hear that some people are in such a hurry to get where they are going to trade a LIFE for a few recon's. Besides that, they must be rich because they are willing to pay \$ .30 for a summons for illegally passing a school bus or find themselves faced with court appearances while being sued.

Base Standing Orders Chapter 11 Section 9 states: "Passing a school bus - When a driver observes a school bus stopped on the road, either in the Military area or the MQ area, with warning lights flashing, he shall come to a full stop and remain stopped until flashing lights cease or the bus moves off."

### MEETING OR OVERTAKING SCHOOL BUSES

A driver when Meeting or Overtaking a school bus on any public highway, must stop his vehicle at least 15 feet from the front or rear of the bus, when the school bus is stopped and displays flashing red lights. He must remain stopped until the red lights are no longer operating.

Vehicles proceeding in the opposite direction to a school bus on the Opposite Side of a Divided Highway which has a physical barrier or an unpaved strip of ground are not required to stop. A double solid line is not a physical separation.



The article to the left is taken from the Saskatchewan Highway Traffic Board Drivers' Handbook.

Just because a DND bus is green and white does not mean you should ignore it. They have or probably will someday carry your child. The buses have signs front and back, in English and French stating that they are being used as a school bus.

We are hoping that this article will bring this practice to a halt because we don't want to go further. If it does in fact continue, license plate numbers will be recorded and turned over to the Military Police for further action along with a notice to the section head. So let's protect our kids before one gets hurt. REMEMBER THE CHILD YOU SAVE COULD BE YOUR OWN.


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## NSF CHEQUES

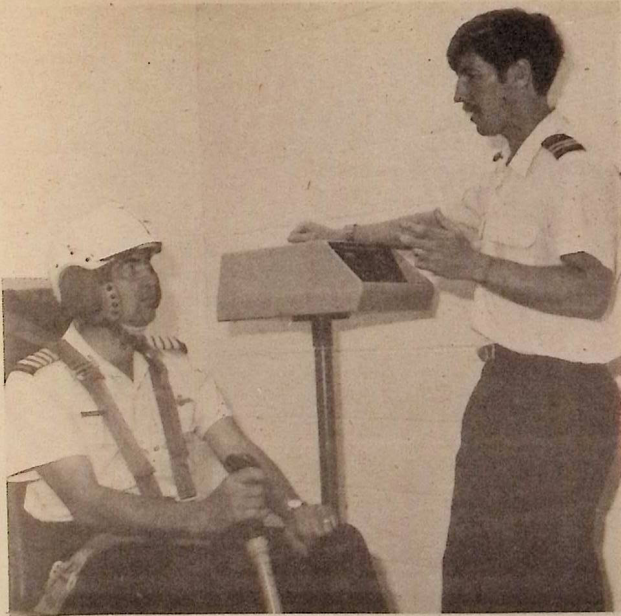
Obtaining goods with a personal cheque has become a way of life in our modern day society. Almost everyone everywhere will accept a cheque for services rendered including CANEX and the messes. The system however falls down when an individual leaves behind a cheque that eventually is returned from the bank marked NSF - NON SUFFICIENT FUNDS. No big deal, you say, simply call the bank and everything will be okay. Maybe so, in some cases, but don't always count on the bank's coming to your rescue.

Recently another situation developed when an individual paid for services rendered with a cheque, and later that day cancelled his bank account. Next day the really interesting part began when the businessman to whom the cheque was given called the civilian police, and they appeared with a warrant for the arrest of the individual. A charge was laid and a court appearance was scheduled for the same day at 2:00 PM. Over lunch the accused found time to pay back the businessman and the charges were graciously dropped. The length of time between the writing of the cheque and the settling of the account was approximate-

ly 30 hours. The point here is that the accused knowingly demonstrated intent to defraud the businessman by quickly closing his bank account after writing a cheque.

The same could apply to those who pay for services rendered knowing full well that their bank account has insufficient funds to allow the cheque to be redeemed. Continuously overdrawing one's bank account could develop into a serious situation, therefore people must be aware of their actions when they knowingly cash an NSF cheque. The penalty for cashing a cheque with intent to defraud could result in a jail sentence or a fine, depending on the amount of the cheque. Most businessmen may not be prepared to resort to such action but one can never be certain that the incident will be forgotten.

The subject of NSF cheques may be boring, the incident cited in this article is rather simple, but one can rest assured that the consequences of writing an NSF cheque could be disastrous. Next time think before you write a cheque, or better still make an arrangement with your bank to cover the possibility of an overdraft.



CFSAT MOVES TO EDMONTON — Canadian Forces School of Aeromedical Training officially opened at CFB Edmonton on 28th Aug. Capt G.S. Ford, Commandant/CFSAT, describes the usage of the Electric Barany Chair as a spatial disorientation to Col. D.E. Munro, Base Commander CFB Edmonton.

The purpose of the school is to teach the physical and psychological limitations in aviation; techniques and equipment available; and principle and medical aspects of emergency escape and survival. (Canadian Forces Photo by Sgt Dennis Mah)

## How To Survive The Money Market

(Extracted from the 1981 "Benevolent View", courtesy of the Base Financial Counselling Committee)

How do you maximize your money when interest rates are rapidly climbing or falling?

Gone are the days when you could just sit back and expect everything to sort itself out. But today, if you don't take an active interest in managing your money, you can lose out. And in these inflationary times, with tax man waiting to pick up whatever inflation leaves behind, you can't afford a casual attitude.

Earlier this year, we saw just how volatile interest rates can be. If that situation occurs again, here's advice to survive and even profit from the unsettling, chaotic situation.

**Shore up savings** - When rates are falling, simply let your savings alone, preferably locked in at a high rate. When rates are rising, you want to keep your money as accessible as possible. Accounts that pay interest on the daily balance are a good choice: You earn interest on your money each day, yet can withdraw the funds at any time for reinvestment at a higher rate.

Or you can put the money in short-term deposits (30 days, for example). When the deposit matures, you reinvest your money, either for another short period or, if you feel interest rates have peaked, for a longer period to lock in your funds at a high rate.

Again, you have to watch for signs of interest peaking. At that point, you might gamble that rates will drop and stay down for a while. Then you can put all your money into a longer-term deposit. But if you feel rates will swing up again in the near future, choose a deposit that allows you early withdrawal. Then if rates go higher once more, you can cash in the deposit and reinvest the money.

During a period of rising rates, check your existing term deposits and consider rolling them over to benefit from higher rates. You normally pay a penalty (a lower interest rate) if you redeem a deposit before maturity. So if maturity is only a few weeks off, consider waiting. Otherwise, look at the penalty schedule (the penalty normally de-

creases the longer you hold the deposit) to decide when your move would be most profitable.

**Necessary work** - "That sure sounds like a lot of work," you say. "Is it really worthwhile?"

That depends on how much money you have invested and how much interest rates are changing. If you are close enough to the best rates available, you probably can leave your money as it is. Of course, the definition of "close enough" will depend on the amount of money involved. If you have \$5000, one half of 1 percent might be close enough. Many people don't want to spend half a day shopping around and fiddling with their term deposits to collect another \$25 a year from now.

But if you have \$100,000 one half of 1 percent might not be close enough. Chances are you'll happily spend half a day to earn an extra \$500.

**Save Smart** - Make sure you have as little money as possible in chequing-savings accounts. These pay as little as 3 percent interest a year, on your minimum semi-annual balance. Some pay nothing.

Because of the semi-annual calculation, you are lucky to earn any interest at all on your money. If, during the six months, your balance drops to a few dollars—even if it hits this low for only one day - your interest will be calculated on this minimum balance: You'll get virtually no interest.

If rates are falling, delay borrowing as long as you can, at least until the rates appear to have bottomed out. With mortgages, try to get the longest term at the lowest rate with the most flexibility for early repayment. If rates rise,

you're guaranteed that low rate; if rates fall, you have the option of paying off the mortgage and re-financing at a lower rate.

How do you know when savings have peaked and loan rates have hit a low? You need to be alert to interest trends, watching, for example, changes in the Bank of Canada rate (which at the moment are made every Thursday). What happens to interest rates in the U.S. also is important.

You can obtain this information from the daily newspaper and from more specialized financial papers such as the Globe and Mail's Report on Business, the Financial Post and the Financial Times. For American trends, the Wall Street Journal and Business Week are useful.

Today you need to move your money around to stay ahead. You can't just watch the money market rise and fall without taking action.

Yet thousands of Canadians still cling to these outdated accounts, earning a pitiful amount of interest when they could do far better in most cases by separating the savings and chequing functions and opening accounts for each. Or they can open chequing-savings accounts that pay a more reasonable rate of interest, and make the calculation more frequently.

**Borrowing Tips** - If you must borrow, first make sure you really need to, and that you can afford the loan or mortgage. If rates are rising, move quickly to get your loan at the lowest possible rate. Try to get a firm commitment when you apply for the money. Otherwise, by the time your application is processed, the rate may have risen several points.

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# Snowbirds 10 Anniversary Reunion

continued from Page 1

Clear blue skies boded well for the remainder of the weekend as the 1981 team performed their final show of the season on Friday 9 Oct 81 to CFB Moose aw. The base was opened to the public and this final show was well received and appreciated by numerous members of the local civilian population, media, base personnel and past Snowbirds members gathered for the reunion.

Having kicked off the reunion weekend with an excellent show, the Snowbirds' 508th, the current team members were presented to BGen W. Paisley, COS Ops at Air Command, who was present to officially represent the Commander at the reunion. The Squadron then proceeded to host an "Open House" for reunion guests and base personnel at the Snowbird lounge.

A full program of activities was scheduled for participants in the reunion. A casual smorgasbord and dance was held at the Bushell Park Country Club on Friday evening. "Survivors" were treated the following morning at the Snowbird Lounge.

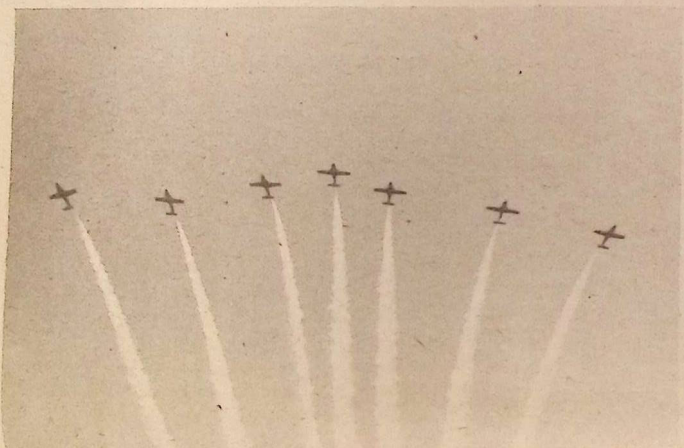
A formal dinner and dance was held in the Beachcomber and Red Knight Lounges on Saturday evening. The guest speaker was Colonel O.B. Philp (ret'd), a former Base Commander at Moose Jaw. Primarily responsible for the formation of the team, he entertained all present with his remarks on the history of the Snowbirds. Those attending thoroughly enjoyed the evening which lasted into the wee hours.

A farewell champagne brunch was held on Sunday. Goodbyes were delayed for some due to the weather but by Monday all reunion guests were on their way home.. In all over 140 past and present members and their spouses enjoyed the weekend. Special guests included BGen Paisley, Col Philp, and three former team leads/commanding officers: Col Younghusband, Col Miller, and Maj Griffis.

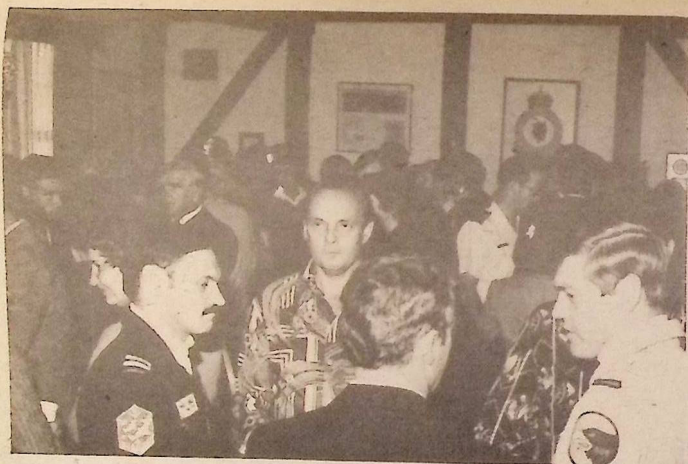
In all, it was a most successful reunion weekend. The Snowbirds now look forward to a very promising second decade of operations.



Solos Twinkle Roll



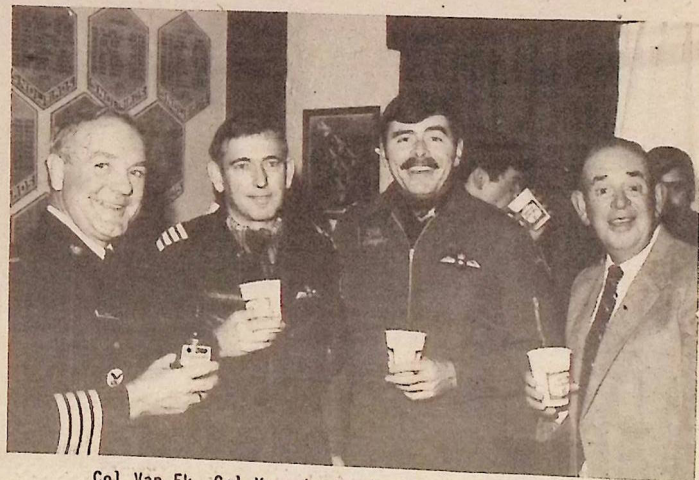
Seven Plane Palm Tree Split



Elbow to elbow at the Open House



BGen Paisley meeting Reunion guests and Base personnel



Col Van Ek, Col Younghusband, Maj Murphy, Col Philp



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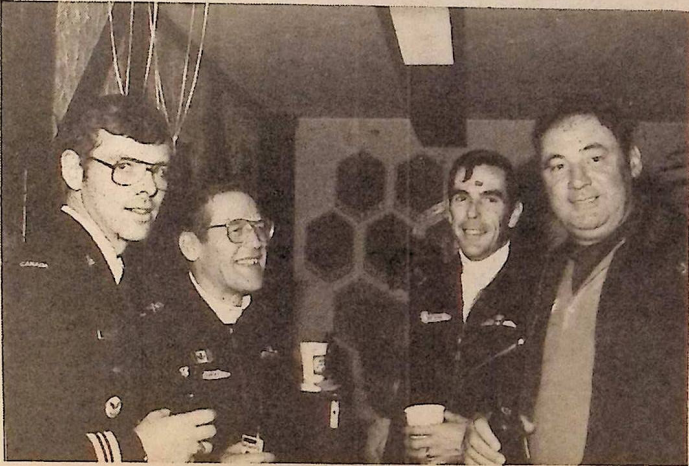
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Two former Team Leads, Maj Griffis and Col Miller, recalling old times



Sgt Dutch Simms briefing BGen Paisley on how the team really works



The all singing and dancing bartender, Capt Mercier

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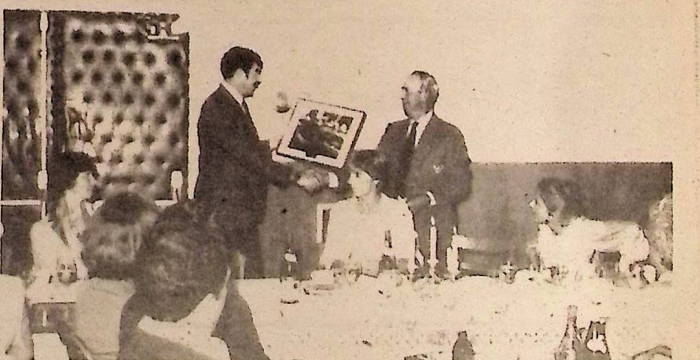
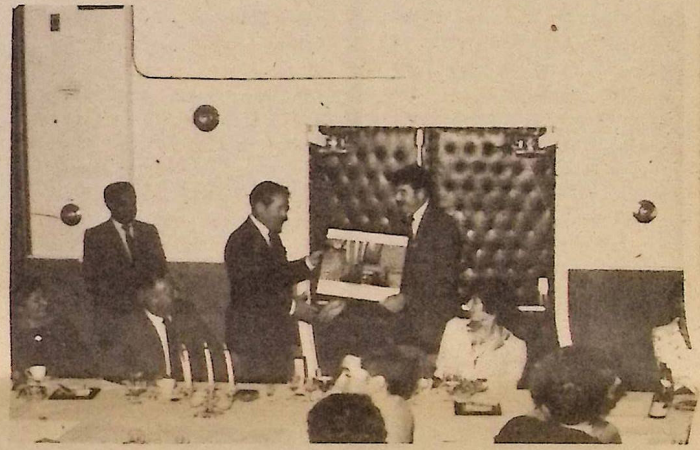
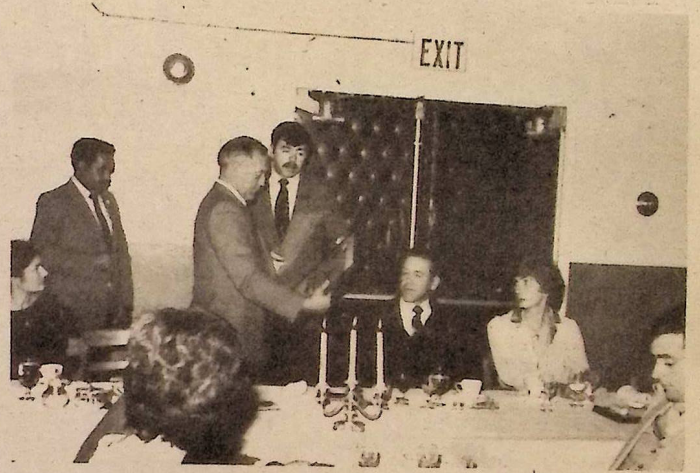
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SATURDAY NIGHT DINNER

Presentations to Col Van Ek, BGen Paisley, Lois Boyle and Col Philp to commemorate Snowbirds 10th Anniversary Reunion.



# DEPENDANTS PAGE

## Beef & Bouquets



It has occurred to me that we in MQs are a lucky bunch.

Where else do you have a police force patrol with regularity, to ensure the safety of our children from speeding traffic and other of life's hazards?

Where else do you have a fire dept. two minutes away from a telephone call, who's general purpose when they inspect your house annually is not to give you a headache but instead to ensure our family's safety.

Where else do you have the most complete recreation facilities a 5 minute walk away?

Where else can your children leave the house 2 minutes before the bell rings and still make it to the school in time?

Where else can you get decent housing at a reasonable cost with repairs a phone call away?

We all too often complain about life but it's time to sit back, contemplate, and say THANK YOU!

On the other hand... Where else would a house sit empty for 2 months and the painters arrive 4 days after you move in.

Or, where else would contractors be hired to reside the houses in the fall when your furnace is running instead of during the summer. Oh well, if they did it in the summer we'd bitch about our flowers.

Oh well - it's nice to have new siding - THANKS.

## Bulletin Board

### WANTED: Bowlers

CFB Moose Jaw Tuesday Nite Mixed Bowling League. There are still openings for 2 teams up to 12-15 people. Make your own team up or you can join one. Come out and enjoy an evening of fun. Contact Lloyd Rasch evening at 693-6655 or Gerry Morrow loc 551.

### Attention Teenagers

The Plainsman would like to publish a list of baby-sitters available to the PMQ area.

If you would like your name added to this list, please contact either Mrs. Milne at 694-0123; Mrs. Vermette at 693-3796 or Mrs. Karkut at 693-0246.

We need to know whether you have completed a Baby-sitters Course; your name, your age, and your telephone number.

For this to be a success you first have to help us by providing this information so that we in turn, can help you.

Give us a call! The deadline for the next issue is Oct 2, 1981.

NOW OPEN: CFB MOOSE JAW'S

### THRIFT SHOP

Come and browse, you might see something you like, want, or need. Bring your unwanted articles with you and we'll try and sell them for you.

#### Hours Open

Tues - 7:00 - 9:00 pm  
Wed - 1:00 - 3:00 pm  
Thu - 9:30 - 11:30 am.

Anyone wishing to bring articles in and unable to make these hours, or if you have any questions contact: Mrs. Ida Sauve at 692-7057.

### CRAFT SHOW/FLEA MARKET

There will be a Craft Show and Flea Market in the gymnasium at CFB Moose Jaw on Sat, 24 Oct from 10:00 am to 4:00 pm.

Anyone interested in displaying crafts for sale or selling other "Treasures" is asked to call 693-5470 to reserve a table or space at a cost of \$5.00 each. An admission fee of .25¢ will be charged for anyone over 12 yrs.

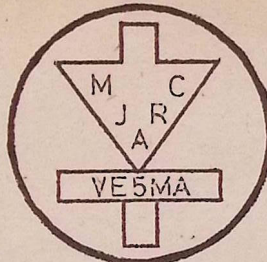
### Child Health Conference

Moose Jaw Rural, Health Region Office, Oct 22, 9 - 12 and 1 - 4 pm.  
Bushell Park, Bushell Park School, Oct 28, 10 - 12 and 1 - 3:30 pm.

### WANTED

Car Pool for Tues. - Thurs. Class at Bushell Park Nursery School. Please contact Mrs. Pam Fox at 693-7103.

### Amateur Radio Club



Next meeting of the Moose Jaw Amateur Radio Club will be on the 27th October 81 at 7:30 pm. Place to be announced.

Persons wishing to take instructions on becoming an Amateur Radio Operator please contact:

Peep VE5AAB or phone 693-0702 after duty hours.

## New Brides

In our last issue we mentioned that all wives have things in common. For those of you who are new brides or even new to Base life there are probably a lot of terms that puzzle you. We'd like to list a few that might be of some help:

CFB - Canadian Forces Base  
CFS - Canadian Forces

Station  
PMQ - I asked three women and got 3 answers. Which one do you think is right - permanent married quarters, whether it's the word "quarters" that is supposed to be "permanent" or the "marriage" I'm not sure. Hopefully it's both!!  
- Personnel Married Quarters - Private Married Quarters  
Guess what girls you're all wrong it is now called MQs for Married Quarters.

M.P. - does not mean Member of Parliament - it stands for our military police.  
BSecurO - as above - only the Commanding Officer.

BChap - stands for Base Chaplains. Protestant and Roman Catholic.

BComd - Base Commander sometimes referred to as C.O. not to be confused with the Comdt (Commandant) of the school.

BCompt - Base Comptroller - does not control planes but instead MONEY, in charge of accounts section.

BCPO - Base Civilian Personnel Officer - the person you'd see if applying for a civilian job on base.

BDentO - Dentist, Military personnel only.

BXO - Base Exchange Officer in charge of all Canex services.

BPerO - Base Physical Education and Recreation Officer

BSurg - Base Surgeon, military personnel only.

BWO - Base Warrant Officer

CFFTS - Canadian Forces Flying Training School.  
BB - Barrack Block  
NCO - Non Commissioned Officer

NCO i/c - Non Commissioned Officer in charge  
CE - Construction Engineer or where you call if your toilet plugs.

MIR - Medical Inspection Room - or sick parade - for the members of Armed Forces. Movements - or Base Traffic - the place where you find out where you are going to live in MQ's.

F&E - Furniture and effects  
NPF - Non Public Funds - The monies which do not belong to the crown.

Col - Colonel  
Lieut.-Col. - Lieutenant Colonel

Maj - Major  
Capt - Captain  
Lt. - Lieutenant

2 Lt - Second Lieutenant  
OCdt - Officer Cadet  
CWO - Chief Warrant Officer

MWO - Master Warrant Officer  
WO - Warrant Officer  
Sgt - Sergeant

MCpl - Master Corporal  
Cpl - Corporal  
Pte - Private

Pte (W) - Private Woman.  
1300 hrs - One o'clock - thirteen hundred hours on the 24 hour clock.

OM - Officers Mess  
WOs & Sgts Mess - Warrant Officers and Sergeants Mess

Junior Ranks Club - Mess for Master Corporals, Corporals and Privates.

BDO - Base Duty Officer.

We hope some of these terms will help you get oriented into Armed Forces Jargon.

So when someone says: "Leave MQs at 1400 hrs to meet the NCO i/c of Movements about your F&E" you can say "Okay" or "Help - could you talk English - I'm a new bride!" Good Luck!

### HOUSEHOLD HINTS

Do your little neighbours ring the door bell at inconvenient times? Eg - baby napping or during meal time? As this group of citizens cannot read - it's difficult to make them understand. But there is a way! Cut out an appropriate picture - eg: baby napping or a picture of a family at meal time. Paste it on a bright color of construction paper. Then take the culprit/s aside and explain to them that when this picture is in the door not to ring. They can come to call after it is removed.  
It Works!!

### Officers Wives Club

Wednesday, Sep 16th was a "Winederful" success as far as Wives Club is concerned. Seventy-three women turned out to enjoy the wine and cheese. New and old alike enjoyed the warm atmosphere. Congratulations to those of you who went home with door prizes.

Officers Wives Club will be offering a demonstration in emergency first aid and heart saving techniques by Dr Barry Armstrong on Tuesday, Oct 27th from 7-10 in the Mess. Please contact Mrs. Maggie Napper 693-5925 to register.



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### SINGLE PARENTS SUPPORT GROUP

Every Wednesday 7 pm at 665 Fairford E., both men and women are welcome. For further information call Elaine at 693-6020.

# KITCHEN KORNER

## CAKES

Cake is a festive food. We serve it at weddings, birthdays, and during religious holidays. However, it may also be used to spruce up an otherwise ordinary meal. In the days of George and Martha Washington, it was known as a "Great Cake", to distinguish it from cookies and French pastries, and also because it was baked in a deep pan, layer cakes being unknown at that time.

The variety of cakes ranges from the fluffy angel food, which should be eaten while still fresh, to the heavy fruit cake, which will keep for months. Some, like pound cake, are plain, require no frosting, and make a pleasing dessert to serve with coffee. Others are created in layers separated by filling, coated with frosting, and decorated for visual appeal.

Since the ingredients listed in recipes for most cakes are expensive, some cooks tend to purchase less costly ingredients. We consider this unwise. Cake is judged by flavor, and the flavor depends greatly on the quality of ingredients - so always buy the best.

The lighter cakes may be improved in flavor by the addition of some sweet spice, such as mace, which is known as "the pound cake spice". In heavier cakes, such as fruit cake and the true spice cakes, the stronger flavored spices - such as allspice, ginger and black pepper may be used. Up to 1/8 teaspoon of black pepper included in the latter cake appears to enhance the flavor of the other spices, rather than impose its own characteristic flavor.

A perfect cake can be made if the recipe and the following basic rules are followed:



Old Fashioned Devil's Food Cake

- 4 squares (4 ozs) unsweetened chocolate
- 1 cup sugar
- 1 cup water
- 2 1/2 cups sifted all-purpose flour
- 1 teaspoon double-acting baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 teaspoon soda
- 2 teaspoons vanilla extract
- 1 cup (2 sticks) soft butter or margarine
- 3/4 cup sugar
- 3 large eggs
- 1/2 cup buttermilk or sour milk

### Chocolate Cream Frosting

Combine the first 3 ingredients in a saucepan and cook over low heat until chocolate is thoroughly melted and the mixture is of smooth custard consistency, stirring frequently to prevent scorching. Cool. Sift together next 3 ingredients and set aside. Cream together the next 5 ingredients. Gradually blend in sugar. Beat in eggs, 1 at a time. Stir in 1/2 cup of the flour mixture. Blend in chocolate. Add remaining flour mixture alternately with milk. Beat batter 1/2 minute.

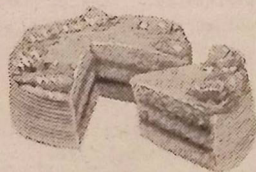
Turn into 2 well-greased lightly floured, 9 inch round layer cake pans. Bake in preheated moderate oven (375o F) 30 minutes or until done. Cool in pans 10 minutes. Turn onto wire racks to finish cooling. Frost with Chocolate Cream Frosting.

Yield: one 9 inch, 2 layer cake.

### Chocolate Cream Frosting

- 2/3 cup (1 1/3 sticks) butter or margarine
- 2 squares (2 ounces) unsweetened chocolate about 4 cups sifted confectioner's sugar
- 5 to 6 tablespoon heavy cream or undiluted evaporated milk
- 2 teaspoon vanilla extract

Melt butter or margarine in a saucepan large enough for mixing frosting. Heat to brown butter lightly. Add chocolate and stir until it has melted. Add sugar and enough cream to make frosting of smooth spreading consistency. Stir in vanilla extract.



Sponge Cake

Sponge and angel-cake batters cling more easily to the sides of an ungreased baking pan if the pan has been rinsed with cold water and well drained (though not dried, of course) just before adding the batter. If you follow these directions, you'll be rewarded with a tall and lovely cake with a tender, golden crumb.

- 6 large eggs, separated
- 1 1/4 cups sugar
- 3/4 teaspoon ground mace
- 1 teaspoon grated lemon rind
- 1 tablespoon grated orange rind
- 1 tablespoon fresh lemon juice

1/2 teaspoon salt  
1 1/2 cups sifted cake flour  
confectioner's sugar (optional).

Beat egg yolks very thick and lemon-colored. Gradually beat in next 4 ingredients, beating well after each addition. Beat in lemon juice. Add salt to egg whites, beat until stiff but not dry. Pile on top of egg-yolk

mixture. Sift flour over egg whites and carefully fold into the mixture. Turn into an ungreased 10 x 4 inch tube pan that has been rinsed in cold water and well drained.

Bake in a preheated slow oven (325o F) 1 hour or until browned and cake pulls away from the sides of the pan. Invert on a wire rack to cool. Loosen cake from sides of pan and tub with a spatula. Invert cake on a wire rack and lift off pan. If desired, dust top with sifted confectioners sugar.

Yield: One 10 inch tube cake.

### Layer Sponge Cake

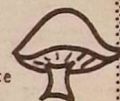
Rinse two 9x9 2 inch layer-cake pans in cold water and drain well. Divide the above sponge cake batter evenly between the 2 pans. Bake in a preheated slow oven (325o F) 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Serve plain or frost, as desired.

### STUFFED MUSHROOMS

by Barbara Vermette

- 1/2 cup parmesan cheese
- 1/4 cup melted butter
- 1 Tbsp green onion

Destem mushrooms (fresh) and chop stems fine. Mix with above and stuff mushroom cap. Broil 3-4 min until golden brown.



## HOW COME?!

What would pop into your mind if you were to think about that phrase? How come?

How come - when you pick up the fly swatter - you can't find a fly!

How come - every week when I vacuum under the couch cushions - there's a cup of sand, crumbs, etc?

How come - you find the perfect outfit the week "before" payday?

How come? How come I have to pick up torn garbage and watch where I step in my own yard ... and I don't own a pet?

# KIDS KORNER



Stories  
Poems  
Recipes  
Ideas  
pictures  
and  
more

TAMMY TURNER

## POEM

Marc Delorme

Once I faced my father  
When I had messed up his den  
I tried to yell or run from him  
But fell and then  
Not fifteen feet away or more  
I heard my mother roar  
I tried to faint and call for help  
Not I! Just as before  
I stood my ground quite shak  
And then I shouted "Hi"  
I believe I scared those people  
To make their hair stand high.

How come - it rains the day after I wash the windows or the car?

How come? Some days the harder I try .... the "behinder" I get.

How come? How come if the chances of having a bird --- on your head in the open are a million to one --- I have to be the one???

If you have a few "How come?" thoughts, jot them down and send them into us. OR, if you should have the answers, PLEASE let us hear!

### BABYSITTERS LIST

- Mrs Jacinthe Abat - French children - Day - Night - Weekends  
562 Hochelaga St 693-8678
- Mrs Brenda Fudge - PMQ 44 - available day & evening 692-9277
- Karen Stratford Age 14 - 819 Athabasca W 693-0310
- Rick Stratford Age 17 - PMQ 226 693-2927
- Chris Hicks Age 15 - PMQ 217 693-6860
- Sean Currie Age 13 - PMQ 217 693-6860
- Peter Van Ek Age 14 - PMQ 693-5300
- Alysia Sharp Age 12 Babysitter's Course 693-0797
- Kari Fountain Age 14 1/2 Babysitter's course 694-0649

If you are concerned about someone with a drinking problem, the Al-Anon program can help you.

If so consider coming out to one of our meetings.

AL-ANON Meeting  
CFB Moose Jaw

Protestant Chapel Annex  
Monday, 8:00 pm. Weekly

Phone 692-1286 Evenings.



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**MOOSE JAW PUBLIC LIBRARY**

In beautiful Crescent Park in downtown Moose Jaw stands a very impressive building - the Moose Jaw Public Library. This building was designed and built as a library and it had its official opening on Friday, August 15, 1913.

It is well worth your time to make a visit even if only for the purpose of enjoying the architecture and the pleasant location of the building. Before you enter don't miss looking at the richly carved, semi-circular arch over the door.

Inside, a visual delight awaits you. Marvellous staircases, lovely marble columns, and, best of all, an exquisite stained glass leaded dome. Everything is so interesting - arches, windows, floors, the second floor balcony, etc., - a visitor could easily forget the main purpose of the library and just appreciate the beauty of the building.

But there is much more to the Moose Jaw Public Library. It has a friendly and very helpful staff and it offers many services. There are, of course, books for everyone depending on your interests, magazines, paperbacks, and newspapers. Books are available in 22 languages. Also, there are large print and "talking" books for people who have

difficulty reading regular print. Books may be borrowed for four weeks and they may be renewed.

A special shut-in service is available to Moose Jaw residents who are unable to get to the library due to illness, physical handicap, or age. These people can phone the number for this service and once a month books will be selected for them and delivered to their homes.

Besides books, you can borrow cassette tapes and records. The music available is classical, light-classical, opera, easy listening, and some country and western.

Also there is a reference service and the library can help you find information on any topic. A local history room contains photographs, newspaper, etc. If the material you want is not available at the Moose Jaw Public Library it can be borrowed for you from another library.

Of special interest to students would be the computer search service which has access to more than 250 data banks. For research purposes there is a microfilm/microfiche reader/copier. Microfilm can be ordered from various sources - for example, of old newspaper from the National Archives in Ottawa. If by using the microfiche reader you find on the tiny

microfilm some information you want reproduced the copier can do it in regular print size. This service makes available current and historical information on almost any topic.

For preschool children there is a story hour with crafts, games, and stories. Children must be pre-registered for these story hours which begin at 10:30 am on Tuesday and Friday mornings.

With the exception of the photocopier which costs 10¢ per page, all these services are free to members of a regional library system. There are nine public library systems in Saskatchewan. Moose Jaw is a part of the Palliser Regional Library.

A library card from this region enables you to borrow books from any public library in Saskatchewan, including Regina and Saskatoon. You can then return those books to the Moose Jaw Public Library and they will be mailed back, free of charge, to the library from which they were borrowed.

It must be a source of great pride for a city the size of Moose Jaw to have this beautiful library which has so many services to offer. It really is a pleasure to visit there.

Library hours are:  
Monday - Friday 9:30 am - 9:00 pm.  
Saturday 9:30 am - 6:00 pm.  
Sunday - Closed.

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**The Cannabis Hypocrisy**

Health Minister Crombie acknowledges that cannabis use has bad effects and believes the public should be concerned about it.

At the same time, he is still considering legislation to reduce the penalties for possession of the drug.

The fundamental flaw in logic won't escape drug users and drug sellers.

Nothing will stop pedlars from taking advantage of people who can use cannabis with little legal risk. Light punishment is a licence to break the law.

Politicians who want to remove the deterrent penalties for cannabis possession have piously insisted that they aren't condoning drug use. That, of course, is undisguised hypocrisy. They know that if there is a demand, there will be a supply. Their threats of heavy penalties for drug importing and drug selling will mean nothing if their

legislation makes it easy for the market to expand.

It is not possible to separate the drug user from the drug seller. But the politicians, including the health minister, are saying, in effect, that drug using isn't so bad but drug selling remains a serious crime.

The politicians know more about cannabis than they did a couple of years ago when the decriminalization proposals surfaced in Ottawa. Then, the effects of marijuana were considered debatable. It hadn't been established, beyond argument, that cannabis was harmful.

Now it has been determined that marijuana damages lungs, affects hormonal balances, lowers resistance to disease and accumulates in tissues of the body, brain and reproductive organs. There is a strong onus on the nation's medical and scientific communities to make sure that the politicians

know exactly what they're dealing with.

Responsibility and common sense leave no room for equivocation. Drug abuse is either good or bad and the law should reflect that reality. A law that decrees cannabis sales are bad but use isn't bad is hypocritical, and balantly so.

The government is under great pressure to relieve courts of their burden of drug cases. Weakening cannabis controls might abate that problem but it would create far greater ones.

If the government wants to discourage the use of marijuana, as Mr. Crombie says he does, it will impose penalties that discourage drug use. Lightening the penalty will encourage its use and no amount of political semantics will invalidate the simple equation: Lighter penalties = more drug use.

# Snowbirds in Reno

On the 18, 19 and 20 Sep the Snowbirds flew to crowds of 40,000 per day at the Reno Air Races. The weather was outstanding, in fact it was too warm and the turbulence created some problems for the flyers. The Snowbirds flew immediately following the U.S. and Canadian national anthems and thus were the show openers for an aviation spectacle which was concluded by the U.S.N. Blue Angel Aerobatic team. This provided an opportunity for American audiences to compare one of their national teams with Canada's best.

The Reno Air Races are a unique feature of the aviation world in North America. A large number of unlimited aircraft such as the P-51 Mustang, P-38 Lightning, Bearcat, Sea Fury, Spitfire and other vintage war airplanes come to Reno each year to race around the pylon course either as stock or modified racers. The fans who come to watch them are definitely aviation aficionados. These fans pay approximately \$10 to get on the grounds, another \$20 to get a reserved seat in the best viewing area, and for those true believers another \$20 to get into the pit area to view the unlimited class of racers. Indeed, anyone who is prepared to put up \$50 a day to go to an airshow is truly dedicated. The reaction of these fans to the Snowbird show is unreserved enthusiasm. In fact, many of them return to the Reno Air Races year after year not only to see the unlimited racers but because the Snowbirds

will be there. The Snowbirds have performed at Reno for the past four consecutive years.

These fans regard the type of formation flying done by the Snowbirds as a truly unique viewing experience and they enjoy the thrill of the close formation which stays within view of the crowds at all times. After each Snowbird performance a large number of spectators sought out the team members to congratulate them and among those spectators there were always a number of people who are Canadians or expatriate Canadians. From the very expressions on their face it was obvious that the occasions made each one proud to let their American friends know that the Snowbirds represent their National background.

We at Moose Jaw who support the Snowbirds frequently take the team for granted because we tend to see the workaday side of their business. But after having the opportunity to see the tremendous admiration and esteem with which they are held by audiences throughout the United States and Canada it is easier to appreciate the real value of the Snowbirds to the prestige of Canada, the Canadian Forces and CFB Moose Jaw. It is unfortunate that more of us do not get the opportunity to see the Snowbirds perform in a foreign environment and to hear the praises which are directed towards the snowbirds and thus indirectly to all of Canada.

Best wishes on your 10th Anniversary Snowbirds.

# The Good Samaritan Is Not Dead

WINNIPEG -- Captain Brian Garagan, 46, of Halifax and Winnipeg, was pleasantly surprised the other day when he received a letter from Fullerton, California.

The letter, addressed to National Defence Headquarters, Ottawa begins: "The good Samaritan is not dead! And he is a Canadian. During our recent most enjoyable auto trip through Nova Scotia we stayed in Halifax overnight and as many a motorist can attest it takes just a little bit of frustration in a strange place to change one's attitude."

Capt Garagan was in Halifax in July on temporary duty to attend the Canadian Community Newspaper Association's convention when he came upon the American tourist who was investigating the source of some fluid which had leaked out of his vehicle during the night. Using Capt Garagan's tools the motorist determined that it was a broken gas line and was able to mend it temporarily.

While the tourist was making the temporary repair, Capt Garagan went into the hotel and called several car dealerships to find where proper repairs could be carried out. He made arrangements to have the necessary work done immediately and escorted the couple to the garage, which was across the city. The tourist's letter goes on to say that while the work was being done on the car, Capt Garagan took the couple to a local coffee shop where they enjoyed a pleasant visit and talked about Canada.

The letter concludes, "Brian Garagan was most gracious and my wife and I will remember his kind actions to strangers in trouble. The greatest asset to tourism in Canada is the friendship of its people."

Capt Garagan, commanding officer of the Canadian Forces Training Materiel Production Centre at CFB Winnipeg until June 30, 1981 is undergoing a six-month period of familiarization and assessment with National Defence Information Services.



THE GOOD SAMARITAN IS NOT DEAD -- Captain Brian Garagan, of Halifax and Winnipeg, reads the letter from an American tourist he was able to assist during a recent visit to Halifax. (Canadian Forces Photo by Sgt. L. Tunstead)



At a recent Blood Donor Clinic at the Rec Hall, Mr (Alfie) Alford, a long time employee at the Central Heating Plant, was the recipient of an award for 50 donations of blood to the Red Cross Blood Bank. Alfie is seen receiving the award from Mr. Hub Gutheridge, past President of the Sask Division of the Canadian Red Cross Society.



At a recent Blood Donor Clinic at the Rec Hall, Mr Harold Austin of the Local Weather Office received his award for 35 donations of blood to the Red Cross Blood Bank. Mr. Austin is seen being presented the award by Mr. Hub Gutheridge, past President of the Sask. Division of the Canadian Red Cross Society.

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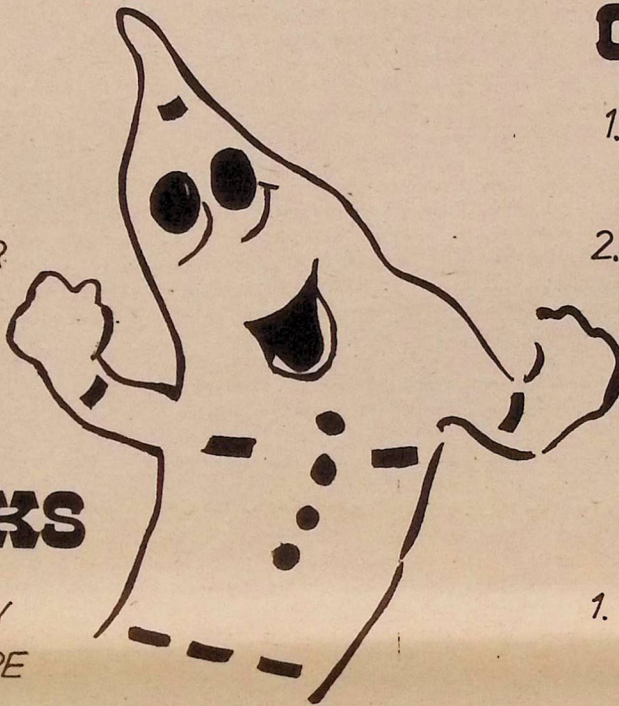
815 Main St. N.



# HALLOWEEN SAFETY TIPS

## MASKS

1. ENSURE THEY FIT PROPERLY.
2. ENSURE HOLES FOR EYES ARE LARGE ENOUGH.



## COSTUMES

1. MAKE SURE THEY ARE FIRE-RETARDANT.
2. ENSURE THEY CAN BE SEEN EASILY IN THE DARK. WEAR REFLECTIVE TAPE.

## FIRE WORKS

1. THEY CAN BE VERY DANGEROUS AND ARE NOT ALLOWED.

## PARENTS

1. ENSURE YOUNGER KIDS ARE ACCOMPANIED BY OLDER KIDS OR ADULTS.
2. CHECK TREATS BEFORE CHILDREN EAT THEM.
3. ENSURE YOUR CHILDREN KNOW WHAT TO DO IN EVENT OF CLOTHING FIRES.



## HAVE A FIRE SAFE HALLOWEEN

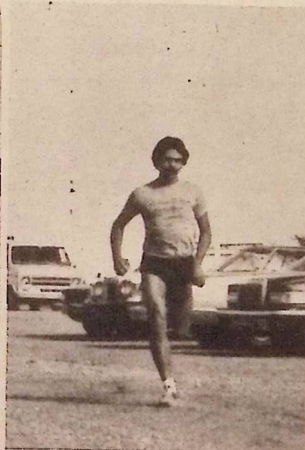
ENSURE YOU TAKE EVERY POSSIBLE PRECAUTION!



# CFB Moose Jaw Mini Marathon



STARTING LINE FOR MINI MARATHON



WINNER OF THE MEN'S 13 MILER  
- GERRY CARDINAL



LINDA NIDESH WINNER OF LADY'S 6 MILE RACE WITH DAUGHTER  
MICHELLE WINNER OF LADY'S 3 MILE RACE



STARTING LINE FOR 3 AND 6 MILE RUN



LADIES WINNER MINI MARATHON  
13 MILES - KAREN WOOLLEY



WINNER OF 3 MILE RACE  
DAVID BOLSTAD

On Sunday, 4 Oct 81, the 1st Annual Molson Mini Marathon was held at the Busnell Park Country Club. The event was broken into four categories with a male and a female winner in each category (except the Mens Vet). We had a total of 32 people, both from our base and from the civilian community, who limbered up on this cool fall day in preparation for the starter's signal to commence the race.

CRACK! Came the report of the starter's pistol as the participants received the signal from Maj Keast heralding the start of the gruelling 13 mile race. The time was 10:00 am. As the runners of this event, numbering 17, circled the base airfield via the perimeter road, the 3 and 6 mile runners awaited their signal at the start line. Thus, the participants made their way along the route, which had been measured and marked off weeks before hand by the Base PERO Staff.

While the 3 and 6 mile runners were feasting on the knowledge that they had attained a personal feat in running their race, the 13 milers were still plugging away over hill and dale. And no mean feat it was, for those who had entered the 13 mile race had to con-

tend with the hill before the Valley View Centre. That hill, at about the 8 mile mark, wasn't bad enough, for they had to contend with another hill returning to base on Highway 2. It must have seemed like a mountain after having run such a distance.

Upon completion of all events, Mr Gerry Barber, the Molson Representative, was tasked with making presentations to the winners. One of our local participants, Michele Nidesh, whom I might add was our youngest competitor (age 9), was the ladies winner in the 3 mile run with a time of 25:29, while David Bolstad was the men's winner. His time was 19:28. Michele's mother, Linda Nidesh, was the ladies winner in the 6 mile run with a time of 58:12. The men's winner of the Mini Marathon was Gerry Cardinal with an amazing time of 77:04, while the ladies winner, Karen Woolley ran the distance in 101:35. Capt Guetre and Gord Williams, both of the base, placed second and third respectively with times of 85:29 and 94:23.

Our congratulations go out to the winners as well as to all those who participated. Also our thanks must go to the people at Molson's for sponsoring this event

and providing beautiful athletic bags as prizes as well as refreshments for all participants. For all those people who acted as timers and whom directed runners along the route, we extend our thanks. We particularly wish to give our appreciation to Pl Don Ruston of the Base PERO Staff for coordinating all facets of this event.

All in all a very successful beginning to what is to become a yearly event. See you all at the 2nd Annual Molson Mini Marathon next year.  
Gord Williams.

### REGS AND RESERVES IN TERRY FOX RUN

Although the military contingent in Regina is small, there is a high percentage of enthusiastic and community minded people among it's members. The Terry Fox Run, of Sept 13th brought out this fact as 8 regular and reserve force members ran and walked to help raise funds for cancer research.

Captain Gerry Guetre, O.C. of 731 Communications Det Regina was the first of three hundred participants to cover the 10 kilometre distance. His time of 34 minutes 19 seconds will be hard to beat in succeeding years. Another Captain, "Robbie" Robinson of the Provincial Warning Centre collected the most pledges. A whopping \$315.00!

Others taking part were WO Guy Nagy and MCpl Alec Sidaway both of 734 Comm Sqn in Regina. The Regina Rifle Regiment was represented by four stalwarts in the persons of Major Randy Brooks, MWO Dennis Bone, Sgt Keith Williams and Sgt Russ Phillips. (Phillips walked it backwards naturally)

We are advised that a number of personnel from HMCS Queen took part in the run on their own, but no names or figures were given.

## Prairie Regional Golf Championship

During the Prairie Region Golf Championship held at CFB Shilo 8-13 Sep 81 CFB Moose Jaw was represented by Sgt Norton, MCpl Sauve, Cpl Carrier and two members from Regina WO Musson and Sgt Babuik. The weather was good, golf course in excellent shape and the TREES were plentiful. Although, as Saskatchewan players, not accustomed to seeing large trees, the golf team did fairly well placing fifth in the large base competition only seven strokes out of third place. Sgt Norton placed seventh overall in the individual competition. The team championship was won by the last team CFB Shilo and Andy Anderson, formerly of CFB Moose Jaw, was the individual winner.

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# Abdominal Muscles Important,

SAY PERI STAFF

by MWO John Berman PER SSM

It is important that we have strong abdominal muscles because they support and protect some of our most vital organs. Our abdomino-pelvic cavity contains the liver, gall bladder, stomach, intestines, pancreas, spleen, bladder and kidneys.

Strong abdominal muscles support the all-important membranes that keep these organs in place and enable them to function properly. They give support to the lower spine, and help to avoid or eliminate lower-back pain, and can prevent or clear up some of the complications of constipation.

We can build and maintain a flat stomach by doing a few abdomen strengthening exercises every day. But as with any exercise program the exact amount you start with depends on your age and physical condition.

Start slowly and consult your physical education expert for a range of exercises from very simple to rather difficult. If you can't do them all, do those you can, and don't worry about the rest. If your muscles feel stiff or sore the next day, you did too much.

Before you begin, measure your girth at the level of your navel with your stomach relaxed. Now pull your stomach in as far as you can, and measure it again. Record both measurements. Do this once a month on the same date. It may be a month or more before you see any improvement. Keep at it. Your looks and your health are important.

CAUTION: In doing exercises that involve the lower back it is very important to keep the curve of the lower back as flat as possible, also try to breathe regularly and slowly as you perform your exercises. Holding your breath while exercising may put an unnecessary strain on the heart.

Here are three exercises to help you get started.

1 Stand, feet placed shoulder-width apart, arms stretched sideward and parallel to the floor, elbows straight. Slowly twist the trunk as far to the right as possible, stretch, pulling the right arm back, and the left arm around to the right, return to starting position, and repeat exerci-

se now twisting to the left. Keep the feet planted firmly.  
2 Lie on your back, legs bent, with the knees pointed at the ceiling, feet flat on the floor, hands on the back of your head, fingers interlocked. Slowly sit up (exhale as you do) and place the head between the knees. Inhale as you slowly lower back to starting position. It may help to place your feet under a piece of heavy furniture, such as a dresser or couch.

3 Stand, feet wide apart (comfortable), arms over head, shoulder width apart. Rapidly swing your upper body forward and down, while bending your knees. Reach back through the legs, and touch the floor as far back as possible (comfortable). Swing your upper body back to the starting position. Increase the repeats to a level that feels comfortable to you. Start slowly not more than ten repeats each exercise. Good looks and health. Have a nice day.  
Courtesy of Gagetown Gazette

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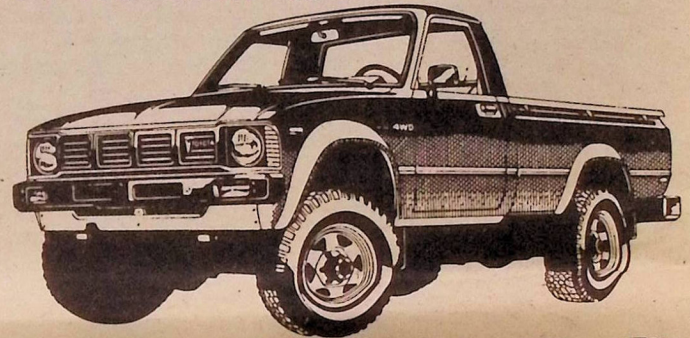
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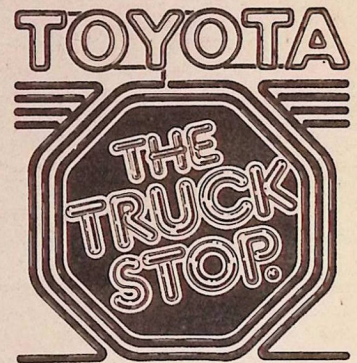
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Following is the list of people who won prizes at the Slo-Birds Septober Fest 81.

- Side of beef - Cpl JI Hilton
  - Texas Mickey - G Smith
  - 40oz perfume - Maj B Richards
- The following door prizes have yet to be claimed and can be picked up at the Comm Cen Bldg 57 rm 110.
- Timex Watch - Ticket #104
  - Coca-Cola Mirror - Ticket #251

Advance ticket holders who have not picked up their mugs may do so by producing their ticket at the Comm Cen Bldg 57 rm 110.

Prizes and mugs will be held until 19th Oct inclusive.

I would like to take this opportunity to thank all who came out and supported the Slo-Birds hockey teams Septober Fest and hope to see you all next year.  
WL Turner  
President

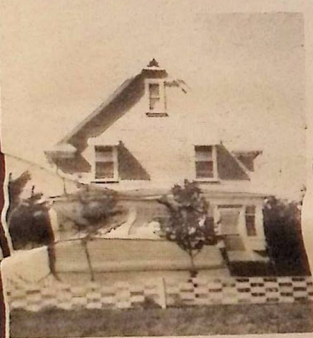
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| Ken Ward 693-4702        | Mary Drackett 693-3805 |
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PLEASE Keep Us In Mind --  
if you want to buy, build or sell -- or perhaps you have a friend that we could assist.

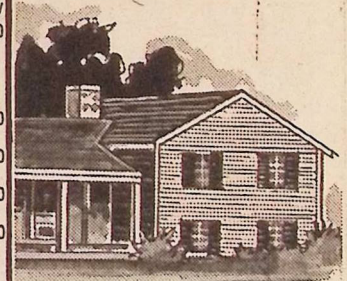
- REAL ESTATE REPS**
- |                          |                       |
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1949 Indian Motorcycle in any condition. Call Jon 692-9493 or Local 522.

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3. 1/4 page (or approx. 5 1/2" wide by 7 1/2" long) \$45.00
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5. Full page (or approx. 11" wide by 15" long) \$160.00
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# BASE THEATRE

WHERE ALL SHOWS ARE A DOUBLE BILL

Sat - Sun ) Oct 17 - 18)	Superman 2	Christopher Reeves Margot Kidder	Adult
	First Family	Bob Newhart Gilda Radner	Adult
Sat - Sun ) Oct. 24 - 25 )	Take This Job & Shove It	Robert Hayes Barbara Hershey	Adult
	Dirty Tricks	Elliot Gould	Adult (Violence Warning)
Sat - Sun ) Oct 31 )	Cheech & Chong's Nice Dreams	Cheech & Chong	Restricted Adult
Nov 1 )	Game of Death	Bruce Lee	Restricted Adult

Snack Bar  
Goodies at  
the Door - Popcorn,  
Candies, etc.

10 Minutes  
Intermission  
Between Shows

### SPECIAL S

- 17 Oct - Under 13 and accompanied by an adult get in free.
- 25 Oct - All women over 35 years of age get in free.
- 31 Oct - 30 dollars Door Prize to some Lucky Winner.

**SHOWTIMES** 7:30 pm

**ADMISSION PRICES**

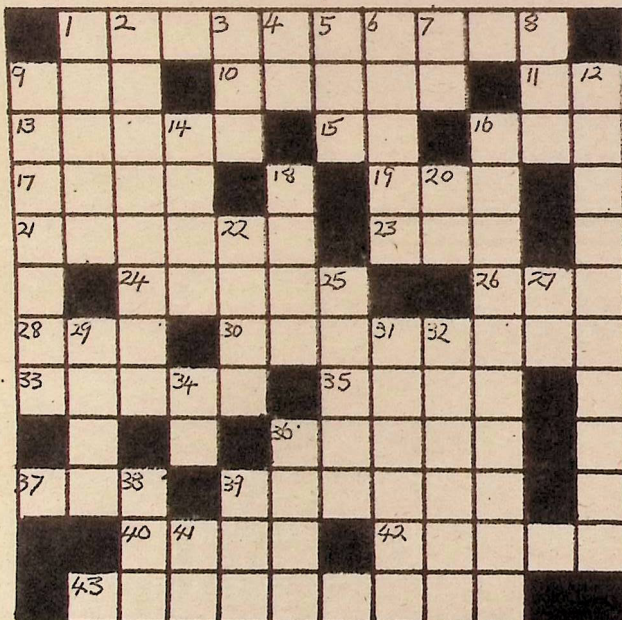
Adult - \$3.00
Under 18 -- \$2.00
Under 13 - \$1.00

**FILM CLASSIFICATIONS**

GENERAL	Of interest to all ages.
ADULT	Of no general interest to children. No age restriction.
RESTRICTED	No one under the age of 18 admitted unless accompanied by a parent or legal guardian.



## Military Crossword by Ann Lloyd



### EXHAUST

### ACROSS

- To bring together
- To be incorrect
- Close by
- Authorized Version (Abbr)
- Heavy inert gaseous element
- Title of woman
- Professional (Abbr)
- Upper part of human body
- Adam's partner
- Regard with approval
- Search and Rescue (abbr)
- Play a part on stage
- Total amount
- Act of transgression
- Exhaust tube
- Carries a load
- Influence with prejudice
- Most important muscle in body
- Automobile
- What may befall (old Eng)
- Killer whale

- Speed of sound
- Not convergent

### DOWN

- System of religious belief
- Thing used to adorn
- Vehicle for vagabonding
- Printers measure
- Essential part of sleep
- Atmosphere make-up
- Erbium (symp)
- Substance to preserve timber
- Expelled gases
- Measurement of air
- Scandanavian God of war
- Continue in spite of opposition
- Meaning ten
- Vice Admiral (abbr)
- Filthy rodents.
- Mongolian country
- Opposite of down
- Ninth Greek Letter
- Contact made between units
- To forgive
- And (Fr)
- Perceive with the ear
- King (Fr)

- Before the Common Era (abbr)
  - Recreational Vehicle (abbr)
- Answers on page 8

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 PLAINS-MAN's classified section?

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