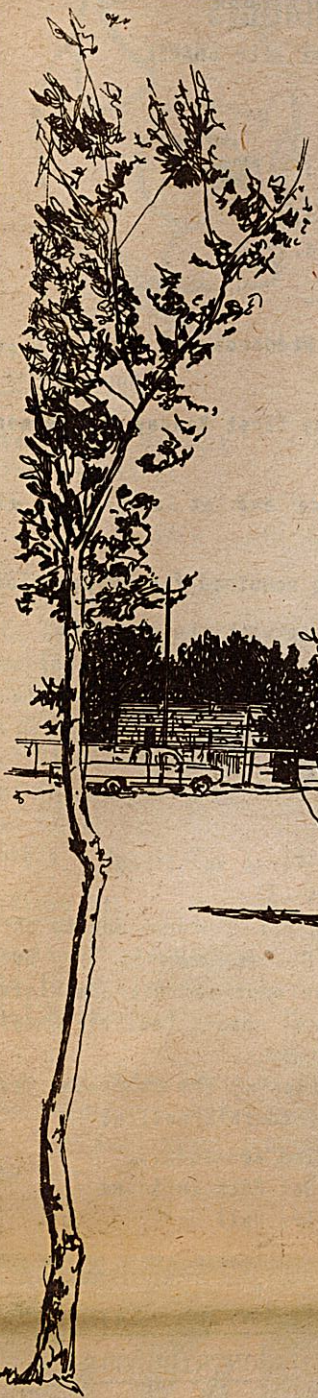


THE PLAINSMAN

Saskatchewan's Military Newspaper
Le Journal Militaire de la Saskatchewan



NATIONAL SAFE DRIVING WEEK DECEMBER 1st to 7th, 1981

THURSDAY, NOVEMBER 26, 1981—VOL. 2, NO. 13

"Dapper Dan" Hodgert Conducts Training Seminars

By Capt Black

"If you think managing money is difficult with a budget, without one it is impossible." According to "Dapper Dan" Hodgert of the Directorate of Social Development Services (DSDS) in NDHQ, the absence of budgeting personal or family income is the most salient symptom of what he considers poor consumer credit knowledge in society today.

Within DSDS "Dapper Dan" is both the creator and administrator of the Financial Counselling Program which has been in existence since 1967. "Mr. Hodgert is a WWII Veteran and a long time member of DVA who has recently completed 41 years service in the CF and the Federal Government. In recognition of his contribution to the welfare of our personnel Mr. Hodgert was awarded the Queen's Silver

Jubilee Medal.

Mr. Hodgert is well known as "Dapper Dan" for his series of newspaper articles on financial management. Years of experience has made him an authority on consumerism and financial management, and his views and expertise have been sought by the credit unions movement, organized consumer groups and other government departments" (From: Second Career Assistant Network - Charting Your Financial Future, 1980).

At the request of the Base Financial Counselling Committee, "Dapper Dan" recently conducted two financial counselling training seminars in the CFB Moose Jaw Base Theatre on 16 and 17 Nov. The seminars were attended by approximately fifty base supervisors and managers. Subjects covered



"Dapper Dan" Hodgert pointing out some of the finer points of financial planning to Capt Gene Black.

were Money Management, Budget Preparation, Interviewing, Counselling, Consumer Credit Problems, Financial Counselling Resources, Investments and the CF Financial Counselling Program of the future.

Inflation, high interest rates, increasing costs and inadequate consumer know-

ledge have greatly contributed to strained personal and family incomes in the early 80's. In response to a corresponding demand for financial counselling and/or assistance, the financial counselling program at CFB Moose Jaw has undergone a recent reorganization. Although financial counselling

remains the responsibility of the Base Financial Counsellor, Capt Gene Black, he is now assisted by branch representatives (Capt Bob Barclay - BTSO rep and Capt Tom Evers - BOpsO rep), and a newly formed small loan committee comprised of Maj Dennis Manning and WO Mike Leonardo. Together these personnel comprise the Base Financial Counselling Committee. Additionally the committee will rely heavily on the input of the approximately 50 supervisors/managers who received financial counselling training from Mr. Hodgert.

The overall purpose of the seminar was to prepare first line supervisors and managers to effectively and compassionately commence the financial counselling process at CFB Moose Jaw. So if you are experiencing problems with financial management, the wolves are at your door or you simply need advise on basic budgeting, confide in your supervisor - he or she will know where to get the assistance you need.

Red Cross Water Safety Program

We are commencing a Red Cross Water Safety Program on Saturday, 16 Jan 82. The program will consist of 11 Saturday sessions, ending on 27 Mar 82. See end of article for schedule timings. The "New" Red Cross Water Safety Program consists of 8 levels ranging from yellow up to the white level where swimmers become proficient at all strokes, safety knowledge, and survival.

The new program features a system of continuous evaluation. Therefore advancing from one level to the next no longer requires a final examination. Instructors now assess their students individually, step by step, during the entire session. Badges are given out whenever participants successfully complete all items at a level.

The cost of this program is \$9.00, an increase of \$1.50 over the registration fee for last session. Remember, that amount is less than \$1.00 per lesson.

Give your child an opportunity to obtain the benefits of fitness, social activity and a fun learning ex-

perience in this excellent aquatics program. We hope that by instilling safe-mindedness in, on and around the water; and teaching swimming skills, we will drastically reduce the number of water related accidents and deaths each year in Canada. Qualified Water Safety instructors will provide the expertise necessary to advance your child/children along in the Red Cross Program.

Registration for the January session will be held at the Rec Centre during normal working hours, Monday through Friday commencing this date.

For more information please contact Cpl Williams at Local 470.

Tentative Schedule, Saturday Morning:

White	0900-0940
Grey	0900-0940
Green	0950-1030
Blue	0950-1030
Maroon	1040-1120
Red	1040-1120
Orange	1130-1210
Yellow	1130-1210

Letter To The Editor

Cher Rédacteur en chef

C'est avec joie que je vous félicite pour votre début d'un coin Français dans votre journal (The Plainsman, jeudi 15 octobre 1981 page 5).

J'espère que vos efforts et ceux de vos collaborateurs réussiront à stimuler votre minorité Francophone à participer dans (leur) journal.

En terminant, encore mes sincères félicitations et puis-je ajouter mes souhaits que le groupe Francophone de Moose Jaw vous soutienne en vos efforts.

Bien à vous,
Lieutenant-Colonel J.A. Belanger, CD



KEN THOMPSON PRINTS

AVAILABLE AT CANEX

Ken Thompson produces The Plainsman mastheads depicting scenes around CFB Moose Jaw. These scenes will be available as art prints at the Canex Retail Store in early December. They will be sold singly or as a set of six at the special introductory price of \$4.99/set. So for that unique gift or souvenir of CFB Moose Jaw these prints may be the answer.

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

ATTENTION PLAINSMAN

CONTRIBUTORS

The reproduction of colour photos is costly and involves special processes. To obtain good quality prints is very difficult, therefore we ask all our contributors to submit only black and white photos with their articles.

Suggestion Award Certificate



Pictured above is WO Frank Kearns of the BAMEO Safety Systems Section having been presented with his Suggestion Award Certificate. Along with the certificate, a cheque for \$335.74 was also presented. Making the presentation was LCol JDG Delorme, BISO and Chmn of the Base Suggestion Award Committee. Present as well is Capt RM Barclay, Sect Base Suggestion Award Committee.

The award was made to WO Kearns for his suggestion to manufacture blanking plugs for the stowage of ballistic hoses, electrical leads and the disconnect assembly after the ejection seat has been removed from the CF 101 Voodoo. This suggestion, submitted while Frank was serving at CFB Chatham, solved a long standing problem by providing protection for the ballistic and electrical connections, preventing FOD from entering the ballistic

line and locating the equipment in a secure place. The estimated savings to DND, prorated over five years, is \$2839.40.

The conscientious efforts made by WO Kearns netted him and the CF substantial savings. Examples such as this, serve as a reminder to all that the Suggestion Award Program is viable and can provide conscientious personnel, military and civilian alike, with financial dividends.

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., S0H 0N0. 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
	-
	- 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 numéro 221, quartier-général de la BFC Moose Jaw. L'adresse de correspondance est Boîte 240, Bushell Park, Sask. S0H 0N0. Service en français disponible.

TELEPHONE: 693-6711

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



The Devil's Trident



RETIREMENT

Bon Voyage to Mr. Fred Talock, the backbone of our Commercial Receipts Section for the last 15 years. Fred retired on 6 Nov 81 after 35 years as a civil servant employed by DND. Fred started his illustrious career at 16 Repair Ordnance Depot Regina in 1946 and moved to Moose Jaw in 1966 where he was employed in Commercial Receipts until retirement. During this time he saw numerous changes within Base Supply and the Canadian Armed Forces and being the quick witted and friendly type that he is, adapted to all these new phases admirably. He will be missed by the Supply Section and all his fellow workers. Best of luck in your second career.

Moving around:

Pte (W) Bennett - to Clothing Stores
Pte Burton - to POL
Pte (W) Beaudry - to a/c Maint Supply
Pte Canam - to LPO
Pte (W) Siver - to Customer Services
MCpl Isberg - to Rations
MCpl Lea - MCO (Projects)
Cpl Clow - to POL
Cpl (W) Jackson - to CSO/MUX
Cpl (W) Jacobs - to CE Supply

Welcome to:

Cpl Lewis - Customer Service
Pte (W) MacDonald - Commercial Receipts

With all these moves everyone should be well settled in for Christmas and the New Year.

Junior Ranks News

Hi everybody, this is just to disprove the vicious rumour that the Junior Ranks had died and been buried. Actually we are doing fine and we are finally getting some participation in our events, as witnessed by the Grey cup weekend.

To start the weekend off, Saturday was the dance with Katamaran (formerly Laguna) and the Miss Grey Cup Contest.

The contestants were all gorgeously attired (shades of Rocky Horror) and the judges had a really difficult time deciding the winner. After much deliberation the choice was between Miss Hamilton Tigercat and Miss Sask. Rough Rider. Miss Hamilton Tigercat (alias Grub) was chosen as the winner by audience applause. Miss Hamilton was gorgeously attired in a leopard skin dress slit to the hips which gave you a great view of a curvaceous pair of legs encased in black fish net stockings. What really topped the outfit were the shocking pink high top running shoes. Congratulations Grub and thanks to everyone who participated and made it a night to remember.

Sunday was our Mini Grey

Cup. The players were a little rocky from the night before but after a few swigs of Moose Milk they were ready and raring to go. The west did better than the real game with a final score of 21-7. It was an entertaining game with only a few stray handfuls of snow going where they weren't supposed to (depending wether or not you were on the receiving end). After our grey cup we all trooped over to the Jr Ranks to watch the real game and indulge in more Moose Milk. All during the game you could hear the easterners cheering like crazy except for the last 3 minutes. The only time everybody cheered was the last six seconds when the referee decided to do some acrobatics. Well no matter who won or lost everybody had a good time.

The next couple of weeks we are going to have DT's on Friday night along with TGIF sports. This weekend, 28, 29th is the Jr Ranks Curling Funspiel, get a team together and participate or just go to cheer your favorite team on. The season of Xmas parties is here so everyone have a good time and drive carefully.

THE PLAINSMAN - THURSDAY, NOVEMBER 26, 1981 - PAGE THREE

14.2% FOR UP TO 48 MONTHS

GMAC financing on all remaining new & demo 1981 cars & trucks, from today until November 30th only . . . where?

BAND CITY CHEVROLET OLDSMOBILE CADILLAC LTD.

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1788 Main St. N.

Hello again, hoverlovers! Since our last article Base Rescue has been a 'whirlwind' of activity, and as the posting season closes the final score is pilots two, flight engineers three.

In the pilots' box we gained Captains Bob Grant and Keith Keevill.

Bob came to us from 424 SAR squadron in Trenton however just as we had him trained as Ops Officer, he was pulled back and we don't expect to see him again until February. Just the same, the Huey crew welcomes Bob and Gail to Moose Jaw.

Keith completed a tour in Saskatoon recruiting before attending the helo conversion course in Portage and is now on the CH118 OTU. He is also an ex jet jock now turned rotorhead. Welcome to the Cyclone family to Keith and his wife Donna.

In the flight engineer shop we've lost two and gained three. Sgt. Bob "Aardwark" Ardellian comes to Base Rescue from 442 SAR

Comox. Bob is one of the original members of the first Base Rescue Flight established at Moose Jaw in June 71. Welcome back to Bob and his wife Edith.

From 413 SAR Summerside we gained Master Seaman "Mick" McGuire. Mick is a popular outdoorsman and swimmer who doesn't seem to mind an occasional "dunk". Mick, wife Janice and family are in MQ's and we hope enjoy their tour with the Cyclone.

Our latest arrival is MCpl Woody Ellsworth who has just completed his FE training. We look forward to flying with Woody and meeting his family.

Posted out are Sgts Rick Cooke and Rick Kidlark. Rick Cooke, now on the FE CC130 Hercules course in Trenton will be moving to 429 Squadron in Winnipeg.

Rick Kidlark is attending the FE course for the new Aurora LRPA in Greenwood and will be joining 407 Sqn in Comox.

Base Rescue Flight

Both individuals have been with Base Rescue for the past three years and we certainly have enjoyed the professional as well as social relationship established with them and their families. Goodbye and good luck to the Cooke's and Kidlark's in your new postings.

Just recently Base Rescue was involved in a civilian mercy flight operation that was mentioned in the local paper. While on a cross country training mission, Lt Scott Miller, Maj Bob Cuthill and Sgt Larry Larrivee overflew an automobile accident on highway #1 just west of Portage La Prairie.

Investigating closer they found no ambulance on the scene and elected to land and offer assistance.

Lt Miller surveyed the scene and decided that one young man required transportation to a hospital immediately. Sgt Larrivee and Lt Miller loaded the

man on board the huey and minutes later he was in hospital at Portage.

Sadly, the young man did not survive the night however Base Rescue takes pride in knowing that our crew acted promptly and accordingly to a crisis.

As everybody knows Base Rescue is part of that elite branch on base known as Base Operations, which also includes Met section, Base Security and ATC.

On Friday 13th November, Base Rescue Flight hosted the BOps Branch Badminton Bash; a continuation followed with a social lunch. It turned out to be a lucky day for ATC, as MWO Kincaid and Sgt Gerstheimer walked away with the title. The

winners of the consolatory prize were WO Wood and Sgt Chiasson of Met. There was an excellent turnout from all sections; including Moose Jaw's rain maker, Harold Austin dancing his way to defeat.

A great time was had by all except for the "bird bashing" team of Cuthill and Sjolie, who were thoroughly thrashed during practice leaving the honour of Base Rescue to its' three, young, star lieutenants. It is rumored that Rescue's "Titanic Trio" had to turn down professional engagements following the competition because of flying commitment.

We look forward to the next BOps sports day to be hosted by ATC, which we understand to be, yodelling atop the Cactus Hills.

With all our helicopter training trips to the hills we should be able to practice and cause a sweeping victory for Base Rescue. Wait for it ...

That's all from the "rotary club". No. 1 Pole Hog.



BOps0 presenting Trophy to Badminton Bash winners, WO Kincaid and Sgt Gerstheimer.



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 p.m. Weekly
Phone 692-1286
 Evenings

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**[AUTO REVERSE]
UNDER DASH
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- Locking fast forward and rewind with automatic replay at tape end
- Channel changing button
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Features:
- Suitable for all 8-Track tape decks, car and home
- Miniature size - approximately the same size as an 8-Track cartridge
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SYSTEM 11

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- 60 Watt Equalizer Booster
- 60 Watt 6x9 2002 Magnet Speakers


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SYSTEM 111

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- 60 Watt Equalizer Booster
- 60 Watt 6x9 2002 Magnet Speakers

288⁰⁰



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WATCHES**



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TYPE CUBE**



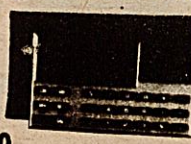
3⁹⁹

PEN WATCH




16⁹⁹

**CREDIT CARD
CALCULATOR
AUTO OFF FEATURE**



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**MUSICAL ALARM
LCD WATCH**



21⁸⁸

Bushell Park Scout Troops

Early October was a momentous occasion for the Bushell Park Scout Troop. Four scouts returned to start their second year having achieved Pioneer Scout status. These scouts were Jeremy Harvie, Jeff McLellan, Rick McDonald and John Stuart. Three new scouts, Chris Graham, Duane Harvie and Chuck Keefe were invested by the Scout Leader Lindsey Harvie.

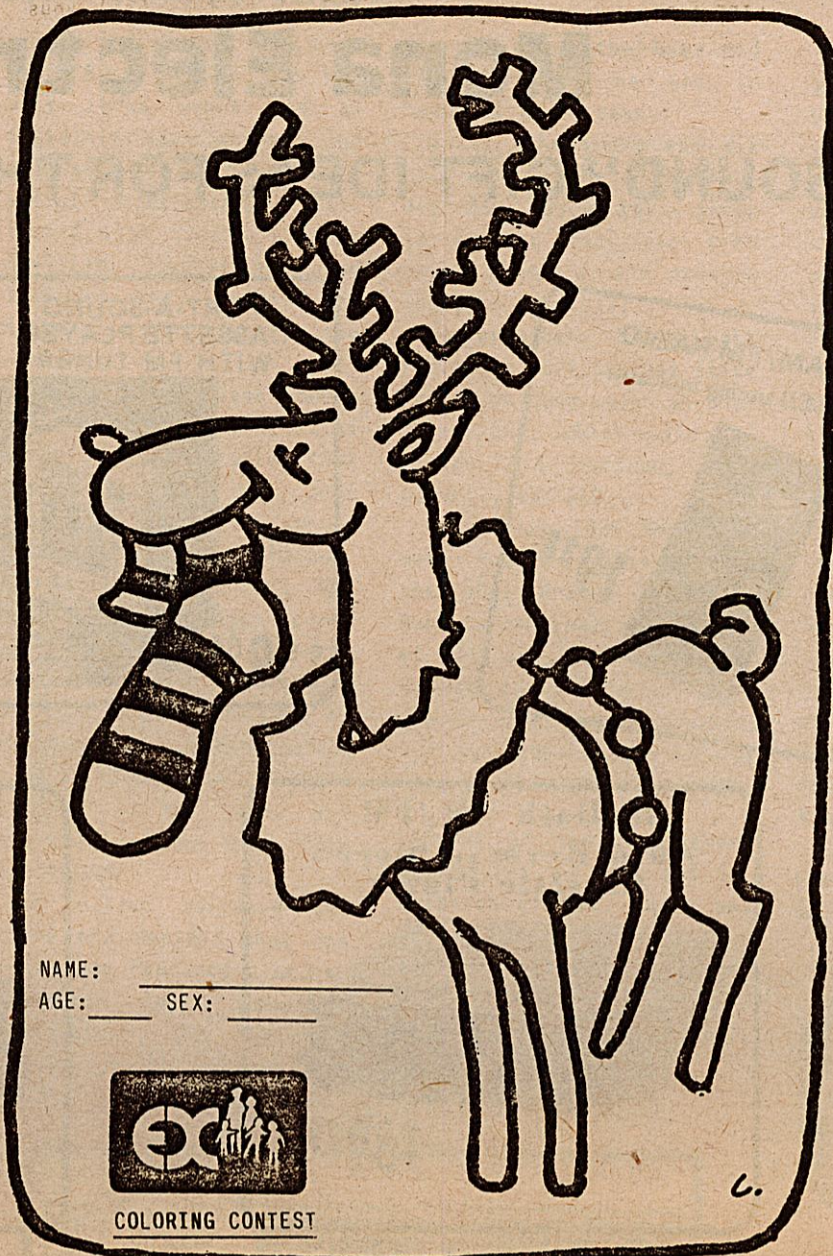
The scouts have embarked on an active program for the next few months and by the Christmas break hope to have completed all requirements for their Arrowhead and Swimming badges. They will also have at least half of their requirements completed for their citizenship badge as well so that the majority of the period

Jan-Jun can be devoted to winter and camping activities.

The scout troop and their leaders hope to take part in a South Saskatchewan Regional camp during the long weekend in May and then go on to attend Wilderness Rendezvous Camp in the Cypress Hills in July.

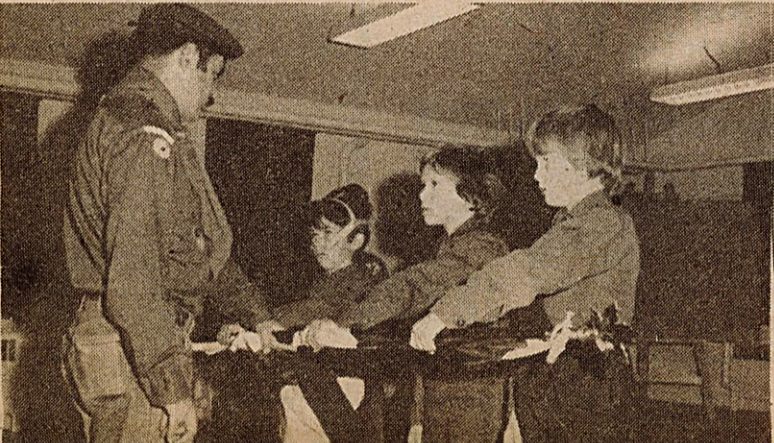
One of our scouts, Jeff McLellan has earned the gold challenge award which is the biggest challenge award to be earned. He completed all 16 requirements for this award and is the first of the troop to do this.

Scouters Lindsey Harvie, Wayne Keefe and John Stuart welcome any boy between 11 and 15 years of age to become a member of the troop. We meet each Tuesday evening at 7 o'clock.

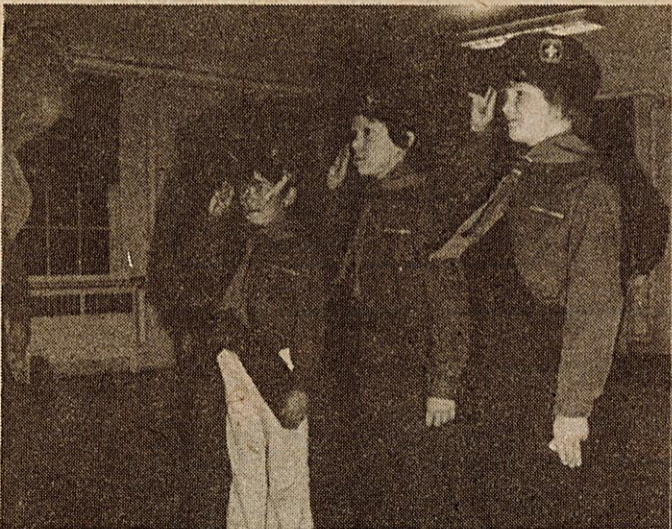


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Left to right: Scout Master Lindsey Harvie, Scouts Dwayne Harvie, Chuck Keefe and Chris Graham. New scouts being invested.



New scouts Dwayne Harvie, Chuck Keefe and Chris Graham.



Scout Jeff McLellan on being awarded the Gold Challenge Award for achievement.

ENTRIES TO BE IN DEC. 21 TO CANEX OFFICE. PICTURES WILL BE JUDGED BY AGE GROUPS AND WINNERS WILL RECEIVE A VISIT FROM SANTA ON CHRISTMAS EVE AND BE PRESENTED WITH THEIR GIFT. ONLY ONE ENTRY PER CHILD. TO BE DONE IN CRAYON ONLY.

CHILDREN LEARN WHAT THEY LIVE

- IF a child lives with Criticism, he learns to Condemn.
- IF a child lives with Hostility, he learns to Fight.
- IF a child lives with Fear, he learns to be Apprehensive.
- IF a child lives with Pity, he learns to feel Sorry for Himself.
- IF a child lives with Jealousy, he learns to feel Guilty.
- IF a child lives with Encouragement, He learns to be confident.
- IF a child lives with Tolerance, he learns to be Patient.
- IF a child lives with Praise, he learns to be Appreciative.

- IF a child lives with Acceptance, he learns to Love.
- IF a child lives with Approval, he learns to like Himself.
- IF a child lives with Recognition, he learns to have a Goal.
- IF a child lives with Fairness, he learns what Justice is.
- IF a child lives with Honesty, he learns what Truth is.
- IF a child lives with Security, he learns to have Faith in Himself.
- IF a child lives with Friendliness, he learns that the World is a Nice Place in which to Live.



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FETE DE NOEL A REGINA

Vous vous souvenez dans la dernière édition je vous disais de ne pas oublier le "Festival Fransaskois" du 5 décembre. Ouf, je pense que j'avais mêlé mes notes. Le Festival Fransaskois, c'est au printemps. En décembre, même en Saskatchewan, c'est Noël qu'on fête.

J'avais la bonne date, mais l'ACFR a dû changer ses plans; la fête de Noël, c'est pour le samedi 12 décembre. Ça se passe dans la Paroisse St-Jean Baptiste sur la 25ième Avenue.

Il y aura, si on a de la neige et du froid, du ski de fond, du patin et d'autres activités organisées pour le monde jeunes ou moins jeunes. En plus, pour finir la journée, il y aura un souper et de la dance toute la soirée.

ACTIVITE A VENIR

Le 20 décembre prochain à 19:30 (7hr30 pm) à l'Auditorium de l'Université de Régina, on fait place au spectacle. Le Folkguild de Régina, en collaboration avec l'Association Canadienne Française de Régina, présente un spectacle de marionnette pour enfants. La troupe Red-Hard-Puppet de Régina fera des mains (mais pas des pieds) pour divertir vos petits bouts de choux.

Si vous désirez plus d'information sur ces activités et sur d'autres à venir donnez moi un coup de fil à 693-5551 ou 693-5552 (postes 551 ou 552 sur la base).

LIRE A BON COMPTE... ET EN FRANCAIS

Avis aux rats de bibliothèques, aux dévoreurs de littérature et surtout aux lecteurs d'occasion.

Saviez-vous que la bibliothèque de l'école Bushell Park possède quelques rayons de volumes de langue française. Ils sont peu nombreux et aussi, malheureusement, peu utilisés.

Or donc, il n'en tient qu'à vous de les dépoussiérer et de connaître le contenu de ces quelques 200 bouquins. Voici quelques éditions, auteurs et titres qui vous piquent peut-être la curiosité d'aller feuilleter ces livres.

Folio - Kalka - "Le Procès"
- J.F. Rousseau - "Les Rêveries du Promeneur Solitaire"

A Michel - Arthur Hailey
- "Airport"

Super - Virgil Gheorghieu
- "La 25ième Heure"

J'ai lu - Troyat - "Les Ailes du Diable"

- Flaubert - "Madame Bavory"

Presse de la Cité - H.G. Kovalik - "Je réclame la peine de Mort"

- Thor Heyerdal - "Expédition Ra"

- Gallagher-Leightan - "Ma vie avec Jackie Kennedy".

Vous y trouverez aussi les romans de - Pearl Buck - Victor Hugo - Jules Verne - Irwin Shaw - Marie-Louise Fisher - Toffler (le choc du futur) - Robert Crichton (Les Cameron) - George Stone (Blizzard) - Colleen McGullough (Les oiseaux se cachent pour mourrir), et plusieurs autres.

Et dans les roman québécois:

Yves Thériault - "Agaguk"

Felix Leclerc - "Allegro"

Réjean Ducharme - "L'Avallée des Avolés"

Anne Hébert - "Kamouraska"

Marie Claire Blais - "Une saison dans la vie d'Emmanuelle"

Germaine Guivremont - "Marie Didace" (la suite du "Survivant") et quelques autres.

Et si parfois (si) vous avez le goût de lire autre chose qui ne se trouve pas sur les tablettes, le service du prêt inter-bibliothèque se chargera de faire acheminer jusqu'ici la lecture de votre choix (un index classifié des volumes disponibles par ce service se trouve à la bibliothèque... faites-y marcher vos doigts).

Et si la littérature de langue anglaise vous plaît aussi, cette même bibliothèque vous offre toute une période de volumes à tirage populaire tous aussi intéressants les uns que les autres.

Les heures d'ouverture de la bibliothèque de l'école Bushell Park sont: du lundi au jeudi de 1300h à 1630h. vendredi de 1300h à 1600 h.

mardi et jeudi soirs de 1830 h à 2130h.

Pierre Brunet.

CHANGER VOTRE PERMIS DE CONDUIRE, UN PROBLEME?

Vous venez d'arriver à Moose Jaw et vous savez que vous avez 90 jours pour changer votre permis de conduire. Vous pensez que vous aurez de la difficulté parce que les guides de la route et autres documents sont en anglais et que, en plus, le test que vous devez passer est également en anglais. Vous pensez que vous ne pourrez jamais réussir le tout.

Saviez-vous qu'il a une solution à ce problème? Bien oui. Si vous ne pouvez pas lire, écrire ou encore parler l'anglais ou si vous ne le faites qu'avec difficulté; vous pouvez aller au Bureau des véhicules moteur avec un ami bilingue qui peut vous aider à interpréter les questions et à formuler les réponses.

C'est peut-être pas la fin du monde, mais c'est un pas dans la bonne direction de la part du Bureau des véhicules moteur.

Christmas Giving

Christmas shopping time again and what should we buy as gifts. It seems that everything is more expensive every year and shopping can become such a chore. But gifts don't have to be expensive. It really is the thought that counts.

Think of each person for whom you want to buy a gift and see if he has some special interests. It's always easier to buy something for someone who is interested in a particular hobby or pastime.

If that doesn't produce gift ideas maybe you can find some nice souvenirs of where you live. Locally-made products might help take care of your shopping list.

A bookstore may be the answer to your problem. If a person can read certainly there has to be some type of book which would be of interest to him. Even if it's a recipe book. Or woodworking ideas. Or...the list is almost endless.

Of course, a gift doesn't have to be bought. Think of what you can do. What can you build, or paint, or knit, or bake, or... another endless list. Gifts you make yourself are often the nicest ones of all.

A gift doesn't have to be a thing that is gift-wrapped. It can be that special note added to your Christmas card to an old friend. It can be answering

all those letters which you've meant to do for so long. It can be a visit to a lonely person. Or a thank-you to someone who has helped you in some way. Think of something nice that you can do for somebody. That's a gift.

How about sharing a special time? Quiet get-togethers with friends. Letting children help with baking Christmas goodies. Then they can give some to their friends. Listen to Christmas music. Sing carols with them. Teach them the joy of giving. Give a little gift to someone who isn't expecting it and who won't feel obligated to give you one. Think of what Christmas really means to you.

Make some decorations with your children. Start a tradition. A lovely idea is to make or buy a tree ornament for each child each Christmas. When he is eventually all grown-up and ready to start a new home his collection of ornaments can go with him.

And give yourself a gift this Christmas. Relax. Enjoy your shopping. Try to buy something which will bring a happy smile to the receiver. Think of that smile. Feel it's warmth. Pass it on to fellow shoppers. Smiles are contagious and there couldn't be a nicer gift.

S. Freeman



"Decorated by Mother Nature!" Photo by Pte Gilles Trottier.

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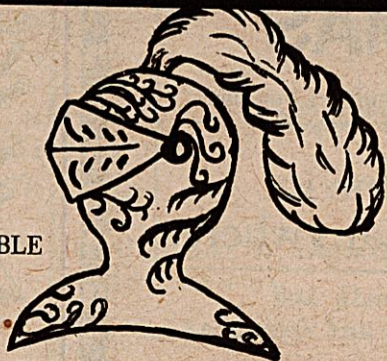
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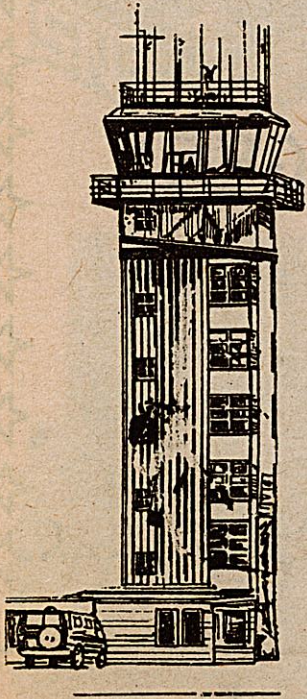
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COLUMBIA
DIAMONDS

ATC NEWS



Last but not least, congratulations to Cpl Al Lapointe on his accelerated promotion. Al is presently working in the Flight Planning Centre.

It is nice to see all these people get recognized for the extra effort they have all put in for both the Canadian Forces and ATC.

Pte's Mary Ellen Penner and Suzanne Rae have both checked out as B stands in the Tower and the Flight Planning Center. Keep up the good work girls.

Welcome to Pte's Laurendeau and Pleau. They will be with us for the next few months for some pre course OJT prior to their TQ3.

Presently away on JLC course is Cpl Karen Stiles. Karen has been working as NCO i/c Flight Planning but since her departure, Cpl Marc Collette has been minding the shop.

Cpl Dan Heaven is doing well in Ratcon checking out as a PAR controller and should be qualified in the near future.

A unique event happened in Regina recently with people from our section involved. MCPl Bob Powe's son joined the Canadian Forces and was sworn in by Major Stariha the BATCO. In addition Capt Andy Tanner the recruiting officer also an ATC type was present. What a gathering.

In section sports WO Kincaid and Sgt Harry Gerstheimer won the BOPsO badminton competition held recently in the base gym. The turnout was great and hopefully we can continue having events like this, not only to stay in shape but to get to know the other sections of the Branch.

Finally section hockey is starting this week and ATC and a couple of other sections will be putting in a team, The Raiders.

TRACS is on it's final testing phase in CFB Trenton and if things keep progressing well, will be completely operational in early 1982. Hard to believe but true! Our TRACS in Moose Jaw has been on several times and appears to be doing well. In a recent flight check we found the mode "C" altitude readouts to be bang on. Also the radar was good enough to pick up a Tutor at 70 miles out at 3000 feet. This is excellent and far surpasses our present Radar. Our last group of controllers will be going on the Tracs course in January and after all that's left is the wait. With any luck, we should be on the air next summer. The section has been busy assigning discrete codes to base aircraft and working on procedures to make the changeover as easy as possible.

Congratulations to WO Harry Caine on his recent promotion to that rank. WO Caine is presently employed as a Radar crew chief and has been employed as Senior Radar controller on several occasions. Well done.

In addition, Sgt Harry Gerstheimer has just been selected for CFR into ATC. Harry will be leaving in January for Chilliwack to attend his "couth" course and after that to Cornwall for his VFR controllers course. Good luck with the hard work that will be required over the next few months.

Air Command Fire Statistics

Air Command fire losses were up from 1980 as there was a significant increase in both the number of fires and dollar loss over 1979. The major contributors to these losses were electrical failures and malfunctions and smokers' carelessness. Overheated grease fires, although not as significant monetarily, more than doubled over the previous year. Unfortunately, there were two fatalities in 1980.

Compared to 1979, the number of fires increased by 24 and the dollar loss by \$592,168. Of these fires, the major contributors were 13 related electrical causes and 27 to smokers' carelessness. Overheated grease fires more than doubled in 1980. Although all fire causes are of concern, these three types are the most significant.

Electrical Failures and Malfunctions. These causes have been analyzed and, in spite of increased preventive maintenance, they continue to happen. Essentially, our plant is aging and safe maintenance standards are becoming more and more difficult to attain. Therefore, it becomes increasingly more important to have a comprehensive and aggressive preventive maintenance program and, where needed, replacement or upgrading program. Electrical fires were not restricted to fixed electrical wiring and equipment as many of them occurred as a result of faulty electrical appliances. Here again, a lack of proper user or owner maintenance was a major contributor.

Smoker's Carelessness. Smoker's fires have always

been and continue to be a problem source. This past year was no exception as the number increased from 14 to 27. Education and publicity programs have been the cornerstone in our fight against these fires. Obviously, we are not getting through to the right people. Smoker's fires are of particular concern in barrack accommodation, the number of fires in our barracks continues to rise, and unless this trend is checked, it is just a matter of time before a major loss of life occurs.

Overheated Grease. These fires more than doubled over 1979 - from 6 to 16. The majority occurred in MQ and in almost all cases the cause was inattention. Obviously, our MQ communities are not paying attention to ongoing fire education programs concerning cooking with grease. There are many examples of inattention in our files but the classic example is a baby sitter who decides to cook chips in a standard type utensil. The rest is history as she was suddenly required by one of the children in another part of the house and upon her return, the hot greased had ignited. Fortunately, she and the children escaped unharmed but considerable fire damage resulted. Similarly, adults are just as ignorant of the hazards associated with this type of cooking. The simple fact is the utensil must be attended at all times when it is on the heating element and the heat must be controlled. The preferred solution is to use thermostatically controlled electrical appliances when cooking with grease.

MAJOR CAUSES OF FIRE 1980

CAUSE	NO OF FIRES	DOLLAR LOSS
Careless use, or disposal of smokers material	27	63,004
Mischief, vandalism or incendiarism	12	1,378
Electrical short circuits	13	687,138
Vehicle/mechanical fires	23	39,022
Overheating grease, oils, cooking material	16	9,276
Natural/propane gas	5	49,540
Miscellaneous (welding, garbage, grass fires)	16	10,427

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

Send you ad to:

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Or bring them to Room 221, HQ Building. For further info contact:
Lt Glen Whittall at
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From The Mayor's Desk

I would like to take this opportunity to first of all, welcome the ninety or so families that have taken up residence in the Married Quarters during the summer months. If you came from MQs on other bases you are probably familiar with the existence of the PMC Community Council and its role in the military community. If not let me explain briefly what it is and what it does.

Administrative orders dictate that the Commanding Officer of a Base, Station or other element of the Canadian Forces where MQs are located, establish an MQ Council. An MQ Council is a representative body that works for the general betterment of life in the area it serves. It brings together all segments of MQ community interest and provides a medium for co-operative study, planning and action to enhance the life of the MQ community. More specifically the MQ council should:

- a. Identify and study community needs and coordinate and plan programs and projects to meet these needs;
- b. Sponsor and promote new committees, clubs and interest groups as the need arises; and
- c. Plan for the effective and equitable use of existing facilities and services and for improvements and extensions to facilities where required.

The administration and organization of the Bushell Park Community Council is detailed in the Council constitution as approved by the Base Commander. It covers such items as powers of the council, its composition and function, and the election procedures. The Bushell Park Community is divided into nine Wards each represented on Council by a Councillor and a Deputy Councillor. Since I have a feeling that most

residents do not know which ward they are in, following is a list of ward/ MQ/Councillors:

- Ward #1: 1-40, 177-180; Capt Bourassa
- #2: 89-114
- #3: 69-88, 129-136
- #4: 47-68, 121-128; MCpl Shaw
- #5: 41-46, 115-120, 137-152 Cpl O'Rourke
- #6: 153-176; Pte Fehr, Sgt McLellan
- #7: 181-208, 275-280; MWO Gallant, Capt Turcotte
- #8: 209-230, 265-274; Lt Ryan
- #9: 231-264; Capt McConnel, MCpl Clavet

The above mentioned councillors are approaching the end of their term and unless they volunteer for another term, they will be approaching residents of their ward to take up their seat on the Council. If there is one volunteer in the ward he will automatically take a seat on the Council pending approval of the Base Commander. If there is more than one volunteer or if there are not any, then the election procedure takes place and the residents elect their representative on the Council. One point to underline at this time is that all MQ residents 18 years of age or older are eligible to volunteer to serve on Council or to stand for election. So the wives and older children are most welcome to offer their services to the community.

On a closing note I might add that the success of the Community Council in working toward the well-being of all MQs residents depends largely on the dedication and energy put out by their representatives. So if you feel you have these qualities please come forward and put in some work for the Bushell Park Community.

J.Y.C. Perras, Mayor



Sgt D. Kitchen is shown receiving his promotion and congratulations from the Base Commander, Col. Van Ek.



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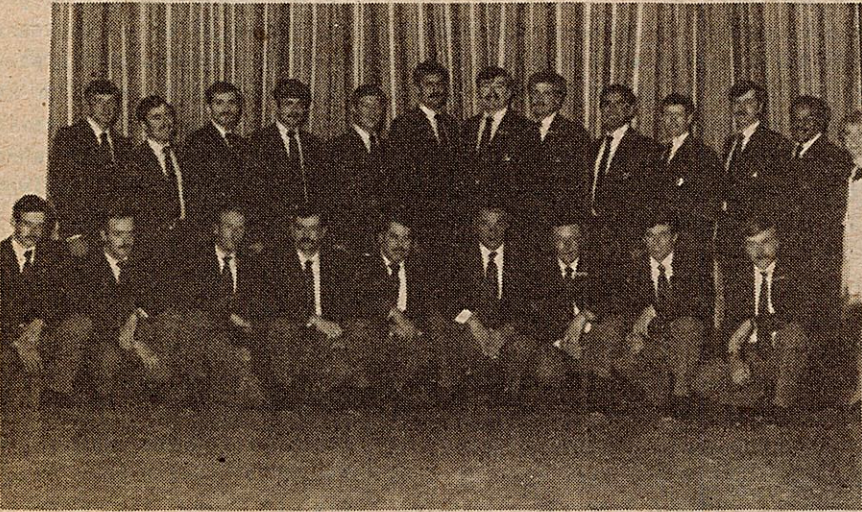
* Easy Dealin' *

<p>1980 MERCURY CAPRI : 6 cyl, PS, PB 2 door hatchback, Auto trans, fully gauged +AM radio approx 54,202 km. \$6995.00</p> <p>1980 DATSUN 310 GX : 2 door, deluxe sport interior, 4cyl, 5 spd trans, AM radio, good radial tires, fully gauged. Approx 56,897 km. \$5995.00</p> <p>1977 PONTIAC TRANS/AM : PS, PB, 6.6 litre motor, buckets, console, good tires air cond, AM/8 tracks stereo. Approx 36,419 miles. \$6995.00</p> <p>1980 TRANS AM PONTIAC : PS, PB, Auto trans, AM/FM cassette stereo, fully gauged, tilt steering, good tires, Approx 86,443 km. \$8995.00</p> <p>1976 DODGE ASPEN WAGON : 4 door wagon, PS, PB, AM radio, cloth seats, 6 cyl, in good shape for 1976 Approx 66,000 miles. \$2995.00</p> <p>TRUCKS:</p> <p>1979 GMC SIERRA : PS, 6 cyl, excellent tires, AM radio, two tone paint, Had good previous owner. Only Approx. 35,392 km. \$5995.00</p>	<p>1978 MERCURY MONARCH : Ghia Model 2 door PS, PB, Michelin radial tires, factory mags, Auto trans, buckets, console, AM/FM stereo 8track, air con, cruise control, approx. 74,683 km. \$5695.00</p> <p>1978 CAMARO Z28 : 2 door 350 cu-in, 4 spd, tilt steering, air cond, cruise control, power windows, AM FM cassette radio. \$7995.00</p> <p>1980 OLD OMEGA : 2 door Brougham, PS, PB, 6 cyl. front wheel drive, Deluxe interior, AM radio, good tires, two tone paint, tilt, cruise, Only 58,329 km. \$8395.00</p> <p>1979 MERCURY MARQUIS : 4 door, V8, PS, PB cloth interior, AM radio, good plain family car. \$4995.00</p> <p>1978 DODGE D100 : Adventure PK, PS, PB, AM radio, new tires all round, fully gauged, Approx. 69,058 km. \$4995.00</p>
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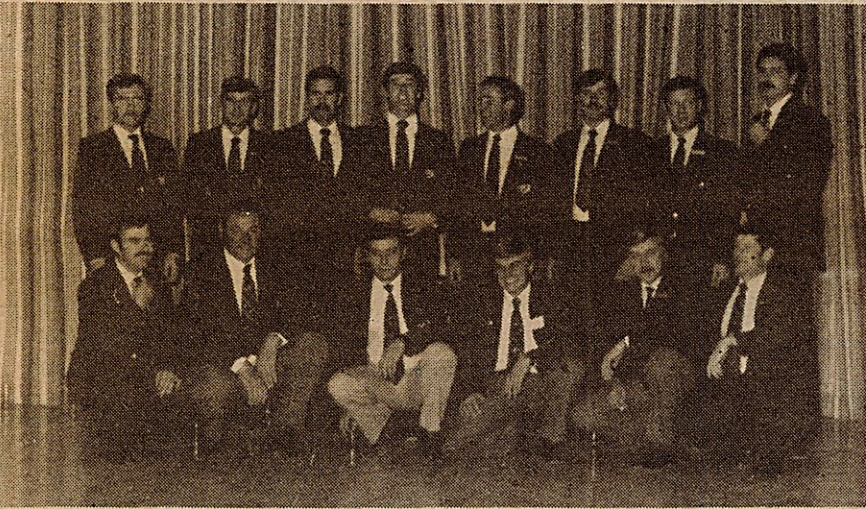
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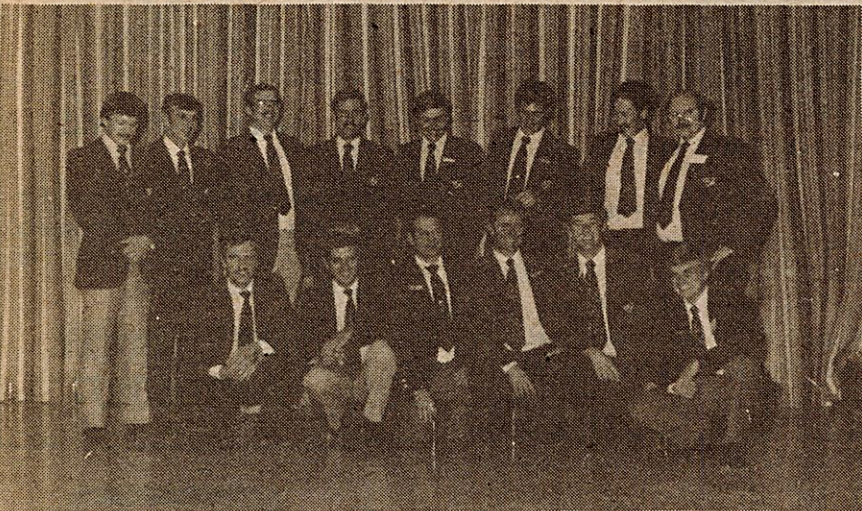
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1981 TEAM



1980 TEAM



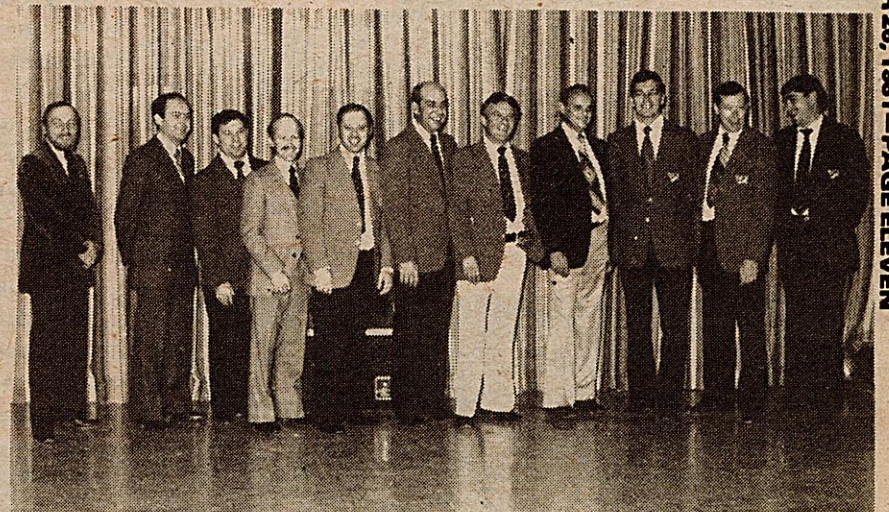
1979 TEAM



1977-78 TEAMS



1976-77 TEAMS



1975-76 TEAMS



1974-75 TEAMS



1973-74 TEAMS

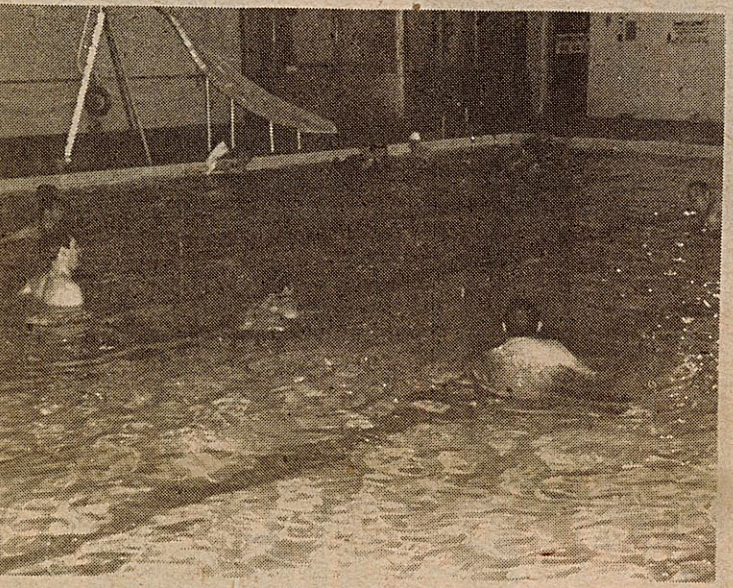
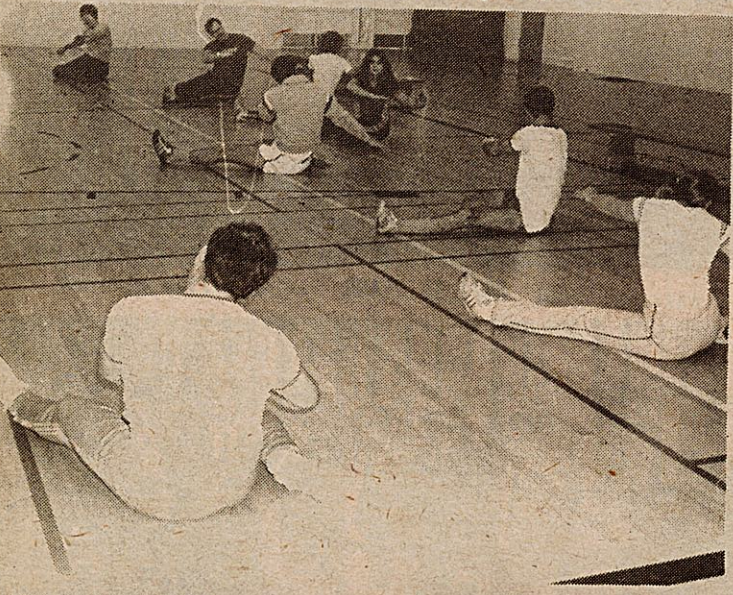


1972-73 TEAMS

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SPORTS PAGE

Base Comptrollers Exemplify Fitness



Over a year ago the Base Comptrollers began a program of fitness given by various members of the BPERO Staff. The classes commence bright and early on Tuesdays, Thursdays, and Fridays at 8:00 a.m. At this time we do a variety of limbering up and stretching exercises to warm up the muscles prior to our run.

A good example of the importance of a warmup was brought forth in an article in the General Safety Digest. In essence it states that when the muscles are stretched and heated, they react quicker and without damage. I therefore ensure that the Base Comptrollers are given stretching of all the major muscle groups, with concentration on areas such as the Achilles tendons and groin muscles.

After this all important warmup of between 10 and 15 minutes, the class is ready to attempt a more vigorous activity. A brisk run of between 1½ and 2½ miles follows. We try to vary the run using a road route one day and a cross country run another day. After our run we do some warming down exercises consisting of situps, pushups, a game and some static stretching. Then its down to the pool for a refreshing dip and a sauna.

I questioned a cross section of the Base Comptrollers regarding the morning fitness classes and here is the response received: Lt Pierre Brunet says that although he keeps himself fit doing other activities, the classes are a good way for him to get going in the morning. MCpl Bob Mc Millan stated that before beginning the fitness classes, he ran the 1.5 mile test in 11:30 while his last time of 9:43 was due to the resulting benefit derived from the class. Bob went on to say that 90% of the section is over 30 and that they all achieved an excellent rating in their semi annual fitness test. All others in the section attained the same superior rating except for 2 who had acceptable times. Cpl Mercy Diaz says the classes help to get her going in the morning. Cpl Gay Haggie enjoys the classes for the benefit she derives from the exercise.

I finally interviewed Maj Manning, the BComptO, regarding his sections participation in these fitness classes. Maj Manning sees that his section has benefited in numerous ways as a result of the classes. He feels that it is the responsibility of all service personnel to attain a level of fitness which enables them to carry out not only day to day tasks but to survive under adverse conditions. Maj Manning feels that his section can carry out their duties efficiently, are happier, healthier, and tend to work better as a unit. Maj Manning notes that during the past year there has only been one release in his section as compared to a considerably higher release rate in past years. He has also noticed a vast difference in personality among his staff. There now appears to be a more outgoing attitude toward other personnel and in some cases a much improved outlook on life. All in all Maj Manning attributes the aforementioned benefits to the morning fitness classes.

I personally enjoy giving physical fitness classes to the Base Comptrollers as do the other members of the BPERO Staff. They are highly motivated in their approach to fitness and therefore should receive the encouragement and congratulations in their quest toward fitness. A personal good show gesture is extended to Capt Hunter, Capt Kaine, MWO Gallant, WO Leonardo, MCpl Davidson, MCpl Malasheski, MCpl McLeod, Cpl Mallette, Cpl Compton and Pte Turner, as well as to those who I have previously mentioned. A special thank you should be extended to Maj Manning for his unfailing support of the fitness program within his section.

Gord Williams

DID YOU KNOW?

If exercise, fresh air, sunshine, good food and adequate sleep sound like boring bits of advice for a healthy and happy life, listen to this: According to Alfred Kinsey's famous study of sexual behaviour, these five timeworn tips are the only true aphrodisiacs known to man (and woman).

Family Health



The calorie-burning effect of exercise continues long after the exercise is over. After a thirty-minute run, the body will burn twice the normal number of calories for the next several hours.

Aviation Medical Bulletin

Dear Coach:

Tomorrow morning my son starts hockey. He's going to step out on the ice and his great adventure, that will probably include joys and disappointments, begins.

So I wish you would take him by his young hand and teach him the things he will have to know. Teach him to respect the referee and that the referee's judgement is final. Teach him not to hate his competitors, but to admire their skill. Teach him it is just as important to be a play-maker and get an assist as it is to score a goal. Teach him to play as a team and never to be selfish. Teach him never to blame his goaltender when a goal is scored against him, because five mistakes were made before the puck got to the goalie. Teach him that winning is not everything, but trying to win is. Teach him it is far more honourable to lose than it is to cheat. Teach him to be a competitor. Teach him to close his ears to the howling mob and to stand up for himself if he thinks he is right. Teach him gently but don't coddle him, because only the test of fire makes fine steel.

This is a big order, Coach, and I place my son in your hands. See what you can do for him. He is such a nice little fellow.

His Dad

Courtesy of The Sealadair

Base Operations Sports Day

During a recent sports day held at the Base gym, various members of the Base Ops Branch show their expertise in a game of badminton. Here, one of the players in a doubles match is looking at his racket in an apparent attempt to find the hole through which the bird was able to pass. Or is he planning to use the racket for some sport other than the one for which it was intended.

Although there can be only one winning team, everyone enjoyed the benefits of a good form of exercise during this successful outing. The BPERO Staff encourages participation by sections in this form of activity. Also during times when the gym is not in use we hope that individuals or groups will take advantage of the facility. For gym bookings or schedules please contact the BPERO Staff at local 470.

Gord Williams



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The human body is the only machine that breaks down when it isn't used. It's also the only mechanism that functions better the more it is used.

Aviation Medical Bulletin

NATIONAL SAFE DRIVING WEEK

ALCOHOL

Drinking and driving don't mix.

One out of every two drivers involved in a fatal crash had been drinking. While not all were legally impaired (with blood alcohol level of 0.08%) many were. However, impairment is a prime factor in predicting a driver's potential for being involved in a traffic accident.

It is fact that 80% of adult Canadians use beverage alcohol. Drinking is a widely accepted social custom and beverage alcohol is used at every kind of social function and for many reasons.

Medical science has proved that alcohol is a depressant. It serves to depress inhibitions, create a feeling of well-being, reduce tensions. But its use and abuse affects judgement, co-ordination and behaviour. Because of that, there is no question that drinking and driving don't mix.

Even if the impaired driver escapes death or injury to himself and others in the crash, there are severe and often far-reaching implications. These include possible arrest, loss of job and driving privileges, imprisonment, a heavy fine, increased insurance costs and the social stigma of a criminal record. Is it worth it?

Misconceptions abound regarding drinking. Black coffee, cold showers or exercise do nothing to burn-up alcohol in the blood. Normal body function and time alone will dissipate alcohol from the body.

YOU AND THE LAW

Section 234. Criminal Code of Canada states:

"Every one who, while his ability to drive a motor vehicle is impaired by *alcohol or a drug*, drives a motor vehicle or has the care or control of a motor vehicle, whether it is in motion or not, is guilty of an indictable offence punishable on summary conviction and is liable

- (a) for a first offence, to a fine of not more than \$2,000.00 and not less than \$50.00 or to imprisonment for six months or both;
- (b) for a second offence, to imprisonment for not more than one year and not less than 14 days; and
- (c) for each subsequent offence, to imprisonment for not more than 2 years and not less than 3 months.



Holiday Safety Punch

1 drink
1 hour
Cabs or cars as needed

Mix well and serve. It usually takes the body about one hour to eliminate the alcohol in one drink. But be careful with this recipe—it's tricky. You can increase the time all you want—but not the alcohol. Use cabs or cars as needed for guests who have had too much.

Tip on serving:

Close the bar an hour before you expect guests to leave. Finish with coffee. It won't sober anybody up, but it might gain the extra time they need to get safely behind the wheel.

CARBON MONOXIDE "THE SILENT KILLER"



Carbon monoxide can be lethal at any time but during the winter months the chances of exposure to the gas are greater. At this time of year the human animal seeks warmth and car windows go up, home windows go down and furnaces go on. All too often the search for warmth leads to fatal poisoning by inhalation of "THE SILENT KILLER — CARBON MONOXIDE."

Each year some 200 Canadians are killed by this gas and more than 1,500 others are exposed to levels so dangerous that medical attention is required.

Carbon monoxide results from incomplete combustion and is odourless, colourless and tasteless. Here's how to protect yourself against carbon monoxide poisoning.

SYMPTOMS OF CARBON MONOXIDE POISONING

- Low concentrations;
 - shortage of breath on moderate exertion
 - slight headache
- Higher concentrations;
 - severe headache
 - mental confusion - dizziness
 - impairment of vision and hearing
 - collapse or fainting on exertion
- Extreme concentrations;
 - unconsciousness or death.

FIRST AID TREATMENT

At the first signs of any of the symptoms move immediately to fresh air. If necessary to remove an unconsciousness victim to the outdoors, exercise caution on entering enclosed areas or buildings that may contain high concentrations of carbon monoxide. Open doors and windows for maximum ventilation. Until the doctor or emergency vehicle arrives, the patients should be kept lying down and every effort should be made to keep them warm by wrapping in blankets. Rest is absolutely necessary. Under no circumstances must the patients be allowed to walk after regaining consciousness and they should rest for two hours, if possible. In all cases where breathing has ceased, artificial respiration should be applied immediately. A knowledge of some efficient method of resuscitation is necessary.

**We
need
your
help.**

“ I can't reach things in the car. ”

SEAT BELTS

Every year, nearly 6,000 Canadians die from traffic accidents. The two major causes of such deaths are occupant ejection and collision of the occupant with the vehicle's interior.

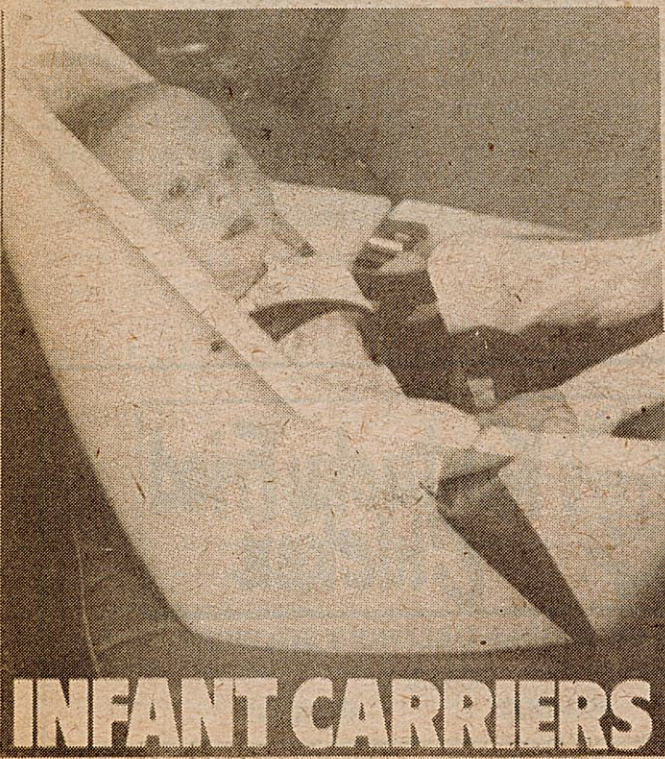
Yet half of these lives could have been saved if the occupants had worn seat belts. The restraint system, more commonly named seat belts, helps to reduce injuries in two ways. By keeping the occupant securely within the vehicle and by reducing the severity of the body's collision.

All cars made after January 1, 1974 must be equipped with three-point seat belts. While most people know the benefits of buckling-up, many haven't formed the habit. Worse, they feel that accidents only happen to other people.

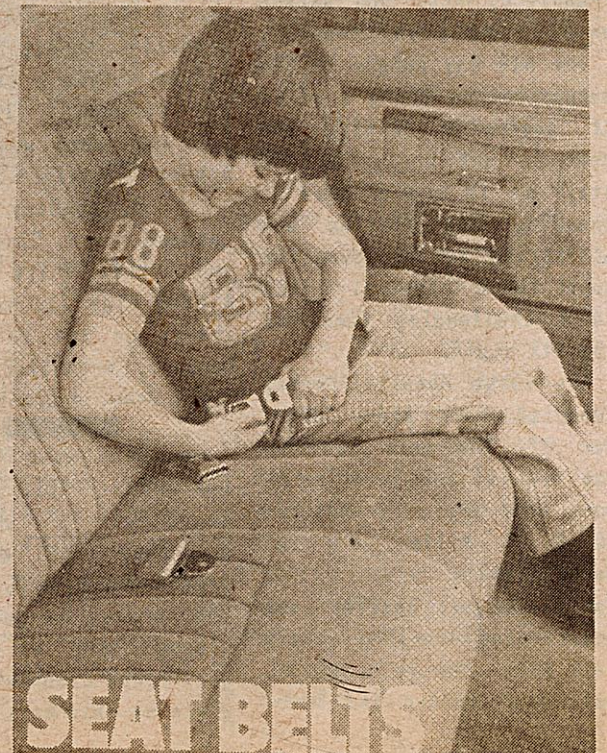
In an accident there are two collisions. One occurs when the vehicle hits a solid object and stops. The other when the occupants strike the vehicle's interior, resulting in injuries or death. (Remember, even though the vehicle has stopped, the occupants continue to travel forward. Wearing seat-belts controls and restrains this body movement, thus minimizing injuries).

The three-point seat belt works in two ways. In a collision the lap belt prevents the wearer from being ejected. Thus the driver, staying behind the wheel has better control of the vehicle. The shoulder belt prevents the head and chest from hitting the steering wheel and dashboard. Injuries to these two parts of the body are the most frequent cause of death in collisions.

“ I don't believe my belt will work in an emergency. ”

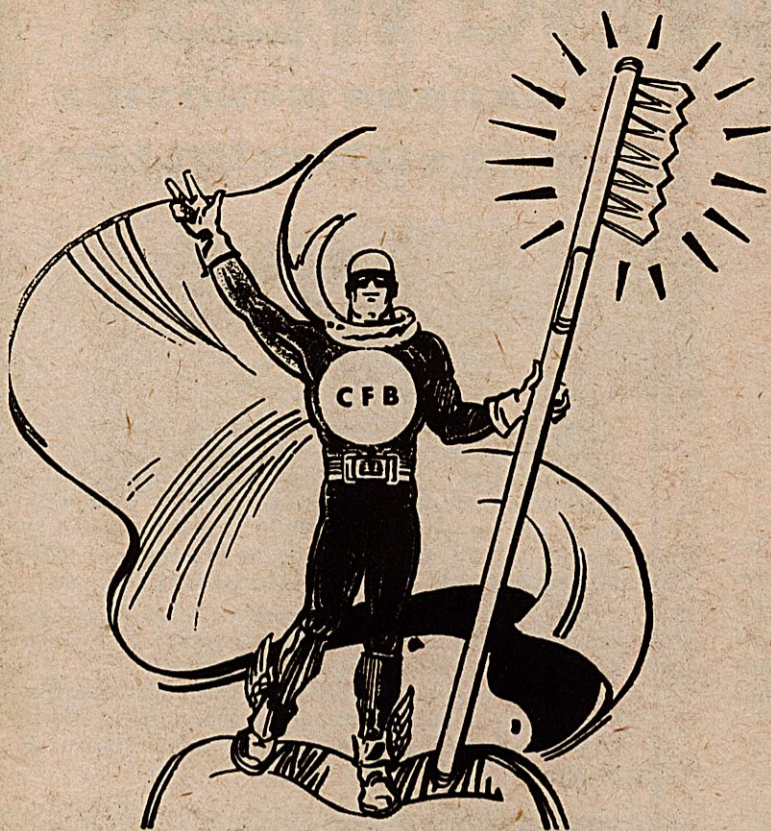


INFANT CARRIERS



SEAT BELTS

YOUR DENTAL HEALTH



PERIODONTAL DISEASE — How to Prevent It. How to Treat It.

The following article is one of a series being presented by The Plainsman in cooperation with the Dental Detachment.

In previous articles, the nature and cause of periodontal disease were discussed. This article will cover methods of treatment, and what is even more desirable, prevention of the disease.

Many people consider loss of their teeth to be an inevitable result of increasing age. This is really not so, however. Most loss due to periodontal disease, which is often associated with increasing age, can be prevented by early diagnosis and conscientious, thorough home care.

As discussed in the last article, bacteria living in a sticky deposit on the teeth called bacterial plaque are the primary cause of periodontal disease. The plaque can be removed by proper methods of brushing and use of dental floss. It must be removed on a daily basis since it requires only about 24 hours to re-form. If this sounds to you like the measures prescribed for prevention

of tooth decay, you are right. Although different bacteria are probably the cause of decay, they all live together in the plaque. So, by removing the plaque each day, you will kill two birds — tooth decay and periodontal disease — with one stone.

If plaque is left undisturbed, it will start to calcify into calculus (tartar) in 2 days to 2 weeks. Your brushing or use of dental floss will not get rid of this calculus. It must be removed by a dentist or a dental hygienist. This should be done every 6 months or so, depending upon how rapidly it forms. The live plaque on the surface of the calculus is very damaging. Because of the rough surface of the calculus, you cannot remove this plaque very well. Again, the best defence against calculus is good daily plaque removal, which will prevent the formation of calculus in the first place.

The dentist may recommend additional measures to prevent periodontal disease, namely, replacement of missing teeth, correction of the occlusion, and also filling of cavities — a cavity can provide a place for food and bacterial

plaque to accumulate; it may also have sharp edges that irritate the soft tissues.

Treatment of periodontal disease in its early stages is simple. It may be sufficient to remove calculus and bacterial plaque on the teeth both above and beneath the gums. If the disease has reached the stage of pocket formation between the teeth and the gums, surgery of the soft tissues may be required to eliminate the pockets. More extensive treatment, including bone surgery, may be necessary if the bone has been attacked. All this treatment can be quite painful. It is also likely to take a lot of time and money. And if it fails, dentures will probably be needed. These are almost never as satisfactory as the natural teeth.

It's easy to see, that prevention is the best policy. Your best chance for preventing periodontal disease — and also tooth decay — lies in good oral cleansing habits and professional care on a regular basis. With such care, the possibility of keeping your teeth throughout life comes much closer to reality.

Next Article: Pregnancy and Baby Teeth.

Medical/Dental News

The weather has been great of late. I wonder is this the year for a brown Christmas?

After a lot of wheeling and dealing — our new BARANY Chair is being installed in the hospital. This new apparatus will provide treatment for personnel with air sickness and is possibly the only one of its kind in Canada.

Women's lib is not dead! While attending her JLC in Penhold, Cpl (W) Cindy Latulippe demonstrated her "gung ho" spirit and made her stand when she refused a bus ride and walked back to camp with full webbing and a radio on her back. When asked why she did this — her answer was that it was a nice day for walking.

On the road — MCpl Tom Reid at home on sick leave, Capt Barry and Jennifer Armstrong on leave in San Francisco, MCpl Bob Watson on HAI course in Edmonton.

The MIR may appear to the outpatient as being a place of confusion lately, but that is not true. The MIR staff is in the process of changing its routine and attempting to introduce the appointment system. This is a challenging time for the MIR staff.

The first Hospital/Dental Funspiel took place on 7 Nov 81. The only no show was Pte (W) Shelly Brightman; late arrivals included Lt Scott Miller, Lt (W) Debbie White and Lt (W) Janice Sawyer. Besides some spectacular curling there were other things to watch. Cpl Glenn Turner and Irene

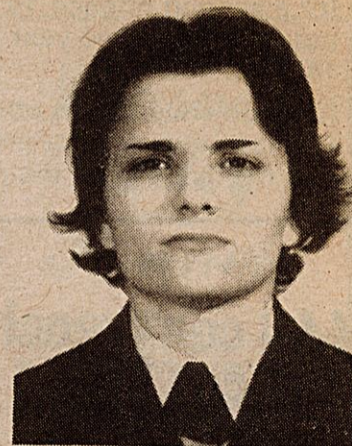
Patterson did some falling on the ice, Irene could be seen trying to figure out how much sick leave she could get. Capt Milo Fink could be seen swinging his broom in the true baseball manner. Major Paul Abbott displayed the latest in curling pants — it is called "the split look". The winners were Bruce Webb — skip, Donna Watson — third, Mike Landers — second, Reine Richer-Laflèche — lead. Second place went to Bob Watson — skip, Gary Patterson — third, Glenn Turner — second, Jan Sawyer and Cindy Latulippe — leads. Third place went to Tom Reid — skip, Luc Latulippe — third, Scott Miller — second, Rosann Ceresia — lead. Fourth place went to Milo Fink — skip, Jan Campbell — third, Irene Patterson — second, Michel Richer-Laflèche — lead. Fifth place went to Dave Campbell — skip, Michelle Abbott — third, Eileen Harvie — second, and Pat Ceresia — lead. Last but not least went to Paul Abbott — skip, Dawn Reid — third, Lindsay Harvie — second, and Cindy Turner and Debbie White — leads. A good time was had by all. Thanks go out to Pte Mike Landers, organizer, and Sgt Bruce Webb, drawmaster.

How is your sense of humour? — "Did you hear about the _____ who: 1. Was so lazy, he married a pregnant woman! 2. Was feeling so low, he got his face slapped and 3. Lost his girlfriend because he forgot where he laid her."

A young man in Spain, ran out of luck last May. He was thrown out of his car when it collided with another car. While he was lying unconscious on the road, he was ran over by a passing truck. And, finally, a car which was taking him to a hospital overturned, killing him. No one else was hurt in any of the accidents.



This is our new boss! Major Pat Ceresia became Base Surgeon 15 Oct 81. Maj Pat and Rosann Ceresia with their children Cara and Jamie were posted in from CFB North Bay. Welcome Pat!



Pte (W) Shelley Brightman is a recent addition to the medical staff at the hospital. She originally hails from Peterborough, Ont. Welcome Shelley!



ARMY, NAVY AND AIR FORCE VETERANS

Moose Jaw Unit No. 252
112 First Ave. N.E.,
Moose Jaw, Sask.

WELCOME TO THE ENSIGN LOUNGE SATURDAY CANTEN DANCES

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W. T. WARD

Secretary-Treasurer and Manager:
O. M. GRASLEY



Col. Sanders
Kentucky Fried Chicken

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BAMEO NEWS

For the past few weeks the personnel in Servicing have been actively reviewing their winter operating procedures. It is an established fact that the winter season is often the most dangerous time of the year in Servicing as aircraft are constantly being towed in and out of the hangars. Technicians involved in towing operations in the winter must remember to use extra caution as this increased activity on the line also increases the possibility of a mishap.

This is also the time of year when the assistance of the contrains is especially appreciated. Their assistance may be taken for granted, but one sure appreciates to be relieved by a contrain after he has been outdoors for half an hour. It has always amazed me to see how quickly the contrains seem to adapt to working in the less than ideal weather conditions in Moose Jaw.

We are well on our way with certain projects in Servicing that have been mentioned in the previous Plainsman articles. The first purchase of T-shirts and crests has been made and is expected to arrive soon. There will be re-orders of these articles every three months. Nevertheless, it should be noted by all personnel in Servicing

that T-shirts and crests will only be ordered if a demand for these items exists. Some individuals may wonder why it takes so long for the T-shirts and crests to arrive; it should be noted that this first order is a special order.

A party is in the process of being planned for Christmas. It is anticipated that this party will enjoy the same success of last year's party. The party will be held at the Pilar and Post Lounge in the Junior Ranks Mess on 16 Jan 82. Entertainment in the form of a disc-jockey will be provided. Lets start the new year right and help make this party an unforgettable occasion.

As it stands, I am no longer in the Tutor Servicing Organization, however, my articles shall continue. In the new year I will inform you on the activities in Transient Servicing and Base Rescue. It is anticipated that my article will present a wide scope of the Servicing Organization.

In this my final article in Tutor Servicing I would like to thank Transient Servicing for allowing me to join their work force and Tutor Servicing for all the support and co-operation they gave me in the past year. I would also like to thank #3 crew for all the fond memories they left me.

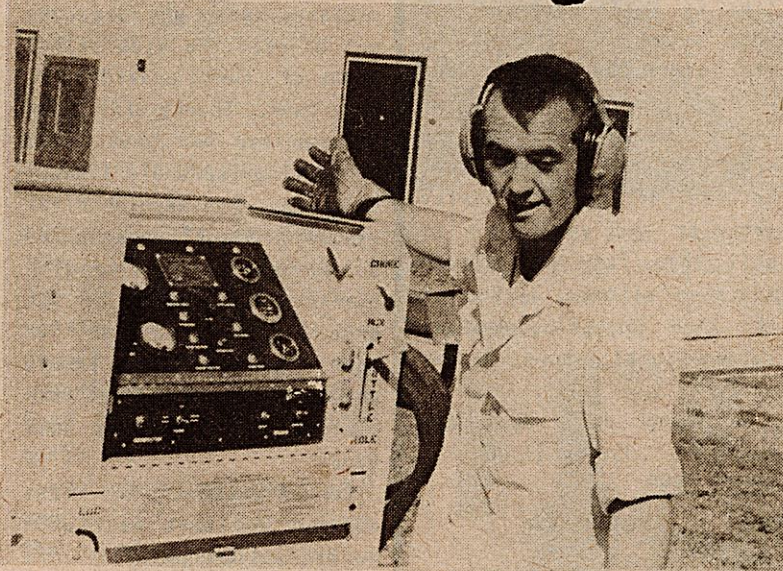


This month I will introduce you to three well known technicians in Tutor Servicing:

Pte James R. Crubb is a TQ3 AE Tech that was employed on #1 crew. To his pals and fellow workers he is known as "Jim". This is Jim's first section at Moose Jaw and he enjoys it a lot.

Jim was born in Ottawa Ont in 1961, he enjoys sports, camp outs, motorcycles and partying but not in any specific order. Prior to the Canadian Forces Jim worked at his father's airport and farm in Qttawa and at Edmonton Alberta as a dedicated partner and farmer.

Jim's comment on the section is as interesting as an old chinese proverb. "My mother told me if I can't say anything nice about something! Don't say anything at all..."



Pte Jeffery Mitchell Edward Wall is a TQ3 AE tech employed in #2 crew. To his friends and fellow techs he is known as "Brik, Wall Banger, Hitler or just plan Jeff".

Jeff was previously employed on #1 crew in servicing, on B crew in Snags and the floor crew on engine removal and installation in 6 hgr. For a period of time he was also a soap monitor in #4 Hangar S.O.A.P. section.

Prior to being posted to CFB Moose Jaw Jeff was at CFB Edmonton, CFB Calgary, CFB Penhold and CFB Shilo.

Jeff is a remuster from RTop 214 TQ3. Before joining the CF as a regular, Jeff was in 745 Communication Sqn (Edmonton), "C.F.C.C. Primary Reserve Radop-Tebp" 3 R.C.L.A., R.H.Q., B. T.Y. Signals troop Shilo Man, Radio Teletype operator field, Mac Tools Calgary as a janitor and at Capital Cable T.V. Calgary Alberta as a TV director, camera operator, soundman and telecine operator. Jeff hobbies include calligraphy, photography, reading, model building, astronomy and racquetball.

Jeff comments on the section are "Nil, nul"...



Now last but not least from #3 crew a TQ3½, an Airframe tech, we have Pte Jon T Harvie, sometimes known as Jonnie or Pongoid to his friends and fellow techs.

He has been known to have been seen at component shop, snags and "on post office walls" in the past before he found his way to #3 crew.

Prior to being a flatlander in Moose Jaw, Jonnie was a West Coaster at CFB Comox B.C. and a midlander at CFB Borden, Ont.

Before he saw the light that brought him to stardom in the Canadian Armed Forces Jonnie was employed as a bartender in Banff, Alta, a waiter in Japer Alta and a AME apprentice in Buffalo Narrows Sask.

John's comments on the section are short. "No names"... Good luck Jon maybe you'll jump out of a serviceable a/c yet; all it takes is some determination.

Pte Eugene Lanteigne

BTELO NEWS EXPRESS

THE PLAINSMAN - THURSDAY, NOVEMBER 26, 1981 - PAGE FIFTEEN

MCpl Dave Lloyd is having a tough time these days. He has the dubious honour of writing P.E.R.'s It must be hard for a person to judge another person's ability. Well the job must go on, so good luck Dave.

Pte Garry Sainsbury has just finished his TQ4 exams. They consist of 5 exams; Basic Mathematics, Physics, Alternating Current, Direct Current, and Boolean Algebra. It's amazing how much information that is forgotten when the TQ3 course is finished. These exams are designed so that the individual does not have to do his/her TQ5 course without a little bit of a refresher. Our TQ5 course is six months of Electronic Theory. It's a tough and long course.

"Christmas Parties", we all have one or two to go to. Ours is on December the 19th, and the schedule is: dinner at the Hopkins House, then dancing at the Red Knight Lounge. A lot of time and effort went into the organization of this occasion, I hope that a good number of people will turn out.

Cpl George Siminot and Pte Garry Sainsbury have left us to go on course. George is on the ILS course and Garry is on the Dictaphone 4000 course. It's getting mighty quiet in the TeleCom section, everybody's leaving.

Things were really hopping at TeleCom during the defense exercise. Antenna were put up at the shelters to improve communications. Also VHF and UHF antenna were put up in the alternate command post. There will be a permanent antenna installation of VHF and UHF frequencies at the alternate command post, in the near future.

Did you know that Pte Dennis Florkiewicz's hobbies are: women, wine and song.

Dislikes: Sarcastic typists.

Likes: Oatmeal cookies, burnt raisins.

Favorite sports: Basket weaving, skating, pin ball.

Dennis, what would you like to be when you grow up? I would like to be 6'5' 210 lbs.

DEPENDANTS PAGE

THE PLAINSMAN - THURSDAY, NOVEMBER 26, 1981

Bulletin Board

Child Health Conference

Bushell Park, Bushell Park School, December 9, 10-12 & 1-3:30 pm.

Moose Jaw Rural, Health Region Office, December 10, 9-12 & 1-4 pm.

Bushell Park, Bushell Park School, December 23, 10-12 & 1-3:30 pm.

Moose Jaw Rural, Health Region Office, December 24, 9-12 & 1-4 pm.

Safe Driving Week

For Safe Driving Week MSE Safety is Sponsoring a Dependants Defensive Driving Course Dec 1st, 2nd and 3rd from 19:00 (7pm) to 22:00 (10pm). All interested persons please contact MSE Safety at Loc 559. Persons must have a valid drivers license or a learner permit.

There are only 25 vacancies on a 1st come basis. Cost is free.

BUSHELL PARK
"NURSERY SCHOOL"

BAKE SALE

Wednesday, Dec 2nd
from 10:00 - 11:30 am.
Rec Center Lobby

THRIFT SHOP

At this point we would like to thank everyone for your support - in getting the Thrift Shop on its feet - Keep coming to visit us - you might come across something you like, want or need. Bring your unwanted articles and we'll try to sell them for you. Almost anything welcome. - Now is the time for skis, skates, skidoo suits, toys, games etc.

We have many donations going for .05¢ to \$1.00.
Hours open

Tues 7 - 9 pm
Wed 1 - 3 pm
Thur 9:30 - 11:30 am

Customers please remember to check your expiry dates. THRIFT SHOP WILL BE CLOSED DEC 18 to Jan 11 and will reopen January 12th. Anyone having expiry dates due during that period - the dates will be extended.

Transferred and would like to bring articles in? - but won't be here to collect? - Leave us a forwarding address and we'll mail your money to you.

If any questions contact Mrs Ida Sauve at 692-7057.
WANTED

One cat, must be good mouser. Contact Ejection Trainer. Local 591 (Must bring own litter box)

BABYSITTERS LIST

Name	Age	Course	Day	Night	Weekends	Phone
Mrs Jacinthe Abat		French Children	Day	Night		
					Weekends	693-8678
562 Hochelaga St						
Mrs Brenda Fudge	MQ 44					
		available day & evening				692-9277
Karen Stratford	Age 14					
Rick Stratford	Age 17					693-0310
		- 819 Athabasca W				
Chris Hicks	Age 15					693-2927
		- MQ 226				
Sean Currie	Age 13					693-6860
		- MQ 217				
Peter Van Ek	Age 14					693-5300
Alysia Sharp	Age 12	Babysitter's Course				693-0797
Kari Fountain	Age 14½	Babysitter's Course				694-0649
Katherine Mulligan	Age 15	Babysitting for 4 years				694-1471

Annual Kids Christmas Party

The Annual Kids Christmas Party is to be held Saturday, Dec 19 at 11:00 hrs at Canex Snack Bar until approximately 15:30. Cost of \$2.50 per child. Maximum tickets sold 100. Limited to ages 3 to 11. Under 3 will be accepted if accompanied by an adult. Purchase of ticket will include lunch, which will be hot dogs, chips, drink and Christmas cookie; free admission to children's matinee; chance to win on ticket draws in Base Theatre. As well, cost will include popcorn and drink in theatre and candy cane and visit from Santa prior to entering the theatre. Entrance only by advance tickets which will go on sale in Canex office from December 1-18.

Officers Wives Club

Although the turnout for our Fur Fashion Show was small due to the road conditions, those who did come out enjoyed the wide selection of furs provided by Fur Town. Thanks to Nolan McLaren for his great help in putting the whole evening together. Ron Meginbir of Keyboard Magic entertained us during the evening with numerous selections on the organ. Thank you Ron for your time. The furs looked wonderful in front of the wintery scene done by Russ Napper.

Congratulations to those of you who went away with raffle and doorprize.

Just a Reminder - the Officers Mess Children's Christmas party will be held on Sunday, Dec 13th. Remind your husbands to return the registration forms to the Mess Manager as soon as possible.

The next meeting will be our Christmas Dinner on Wednesday, Dec 9th. See you there!

WOs & Sgts Wives Club

On the 9th Nov 81 there was a meeting also a draw of our wine basket which was won by N. Brown 819 Atha E. Games were played and lunch served, which was enjoyed by all.

Our next meeting will be Dec 14, 81 which will have a Xmas supper "Pot Luck" exchanging gifts.

Bring a friend!

Come on out and support your wives club.

See you all next meeting.

WISHING

Wendy Morrison, MWO J. Stratford and Karen Stratford all a Happy Birthday and many more, Love Joy and family.

Happy Birthday to CWO Jack McKinney.

Dr. Zed visits Bushell Park Library



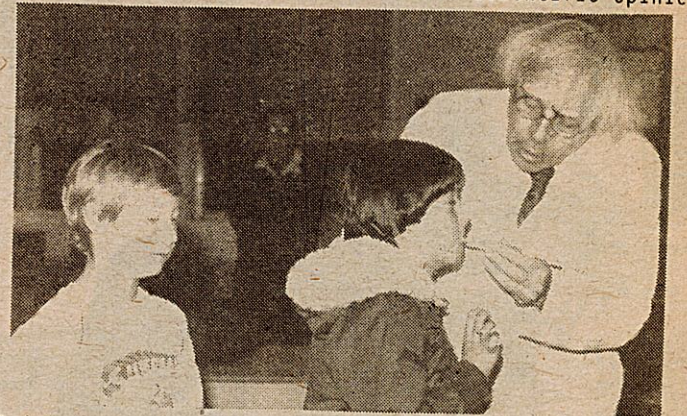
Marlene McBain - Librarian
Anne Warriner - Head of Moose Jaw Public Library
Gordon Penrose acting co-ordinator Branch Service.



Jason Sharp assisting Gordon Penrose in his transformation to Dr. Zed.



Dr. Zed asking his audience for their scientific opinion.



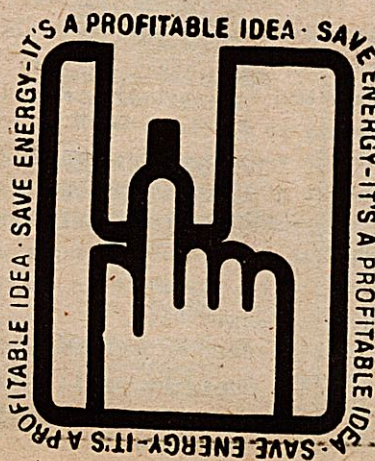
Dr. Zed being assisted by Dana Craig reading the experiment instructions and Leah Bacon participating.

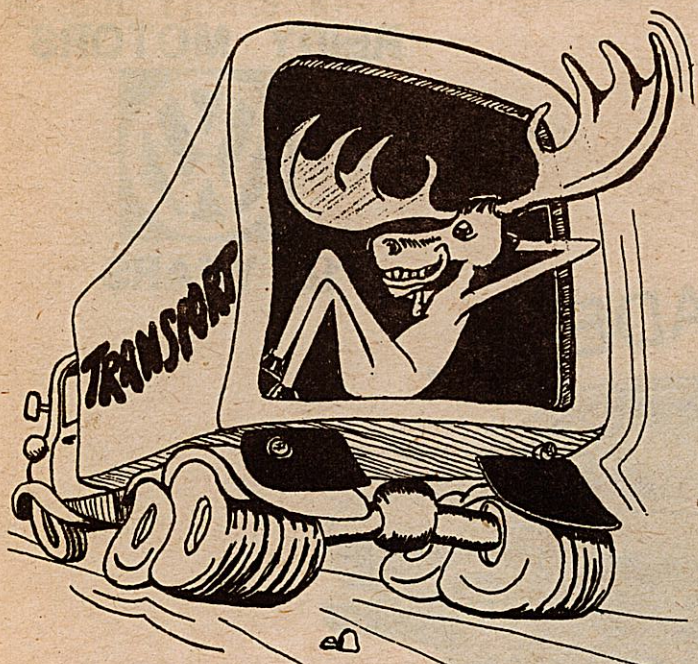
Gordon Penrose, better known as Dr. Zed visited Bushell Park Library on Nov 17th. 68 children watched spell bound as Dr. Zed demonstrated with the children's assistance several science experiments.

Gordon Penrose has earned a Masters Education degree from the University of Toronto. He retired last June from York Board of Education where he was a Master teacher - 40% with children 60% helping other teachers. Nov. 24 he was made Fellow of the Ont. Institute

for Studies in Ed. for his outstanding contributions to the field of Education. He is the first elementary teacher to ever be honoured in this way.

During Children's Book Week in Sask, Nov 16-21 the Sask. Library Association sponsored Gordon Penrose's visit to Sask. to promote a Canadian Children's author. Children in Bushell Park will no doubt be looking forward to trying more of Dr. Zed's experiments found in Owl magazine each month.





Hello again, Sam. How have you been since the last time we met? What! There's another part of the MSE organization you want to know about. The MSE Orderly Room. What about it. You say you heard that all they do is fight, argue, yell at each other, drink coffee and play cribbage. Come on, Sam, sit down; it's time we have a serious talk again.

OK, to start with, let's say that the MSE/OR has 2 major roles: liaison and statistics. Why don't we take them separately.

What is involved in the liaison aspect? It means that they are in constant interaction with different organizations. First, and mainly, with the Base Maintenance (Land) section. As you know, I hope, every vehicle has to go in for servicing at times; it can be for routine inspections or for repairs. Well, the people at the MSE/OR keep records of these things. They know when a vehicle is due in for routine check-up and they have to make sure that it goes in when the time comes. They also have to make sure it is returned when the inspection is over. They have to do this for vehicles here in Moose Jaw, in Regina and in Dundurn.

They also take care of the vehicles going in for repairs. No, they're not mechanics, but they know when a vehicle goes in, what it goes in for, what was actually done on it, how long it took when it comes out. Somebody has to keep track of what happens to all those vehicles; they do it.

But there is more to liaison; they have to keep in touch with the user sections on base, some militia and reserve units and with Camp Saskcadet to make sure that they, too, get their vehicles in for

inspection and maintenance. Most of all, they liaise with the Major Equipment Section of supply; all of our vehicles are signed out of that section.

The other major role of the MSE/OR is to handle the statistics associated with MSE operations. They audit the monthly work ticket of each vehicle and ensure the accuracy of the information it contains (details, mileage, gas used, maintenance done on the vehicle; etc). From these work tickets, they get the information required to prepare the quarterly report on MSE status (dear old 932).

In addition to liaison and statistics, the MSE/OR has other tasks, maybe not of as high a profile as the two others, but they need to be done and they do it well. For example, they ensure all vehicles have emergency equipment; you know - flags, flares, etc... It does not sound like much but tell me about it when you're stuck on the Trans Canada Highway at 3 a.m. on a rainy night. They also hold the credit cards that come with vehicles; they come in handy, on a long trip. The OR personnel also have to submit the bills associated with the cards to the finance people for payment. Another one of their functions is to handle

Oof, I could go on and on but I think that this should give you a pretty good idea of what they do in the MSE Orderly Room. I know, Sam, we don't hear about them very often but if they weren't with us, we would sure miss them.

Well, it was nice seeing you again, Sam. Talk to you some other time.

BTn/BM(L) CHRISTMAS PARTY

You all know, I hope, that this year's Christmas party will be held on 19 December in the Junior Ranks Lower Lounge. We will be joined by the Base Maintenance (Land) personnel. Sgt Don Moore, at MSE Safety, is the one you want to see to get your tickets for this super occasion to have a good time with your working partners.

We'll have beef for supper and we'll dance and laugh the evening away. Give a look at the minutes of the last Meeting of the Recreation Club Executive Committee for more information. I hope I'll see you all there, at 18:30 hrs, 19 December in the Junior Ranks Lower Lounge.

Promotions

The MSE/OR personnel are proud to announce that it recently gave birth to a new sergeant. The Base Transportation organization joins them to congratulate Rick McDonald on his recent promotion.

New Faces
Since our last newscast, the MSE sub-section has had 3 arrivals, all of them directly from the Trucker's Alma Mater, CFSAL, Borden. Welcome to: Pte Frank Banko, Pte Linda Mathers and Pte Cord Neave. the minor travel claims for the drivers of Base Transportation; drivers just love to see them to claim for a meal or two after they come back from a long detail. Who does all this? Well, there are 3 of them: the newly promoted Sgt Rick McDonald, Cpl Wayne Ellsworth, and Mrs Babs Arseneau.



Col G. Van Ek, Base Commander, presenting Sgt Rick McDonald with his new Sgt stripes. Rick is now not only under worked, he is over paid as well. Congratulation from everyone in Base Transportation.



Mrs Babs Arseneau and Sgt Rick McDonald at work; it's a dirty job but somebody has to do it.

GETTING A LONG TERM CAR LOAN? DON'T GET A SHORT TERM CAR.

With interest rates as high as 23%, and car loans running as long as four years, paying one back can look a little like settling the national debt.

Before you sign up for that kind of commitment, make sure you select a car that will last longer than the payment book.

Consider a Volvo. Volvos have an average life expectancy of 18.7 years in Sweden. Of course, driving conditions in Canada differ, so your Volvo may not last as long. Then again, it may last longer.

What's more, Volvo's comfort and performance features make it the kind of car you'll want to keep for a long time.

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REIDY MOTORS



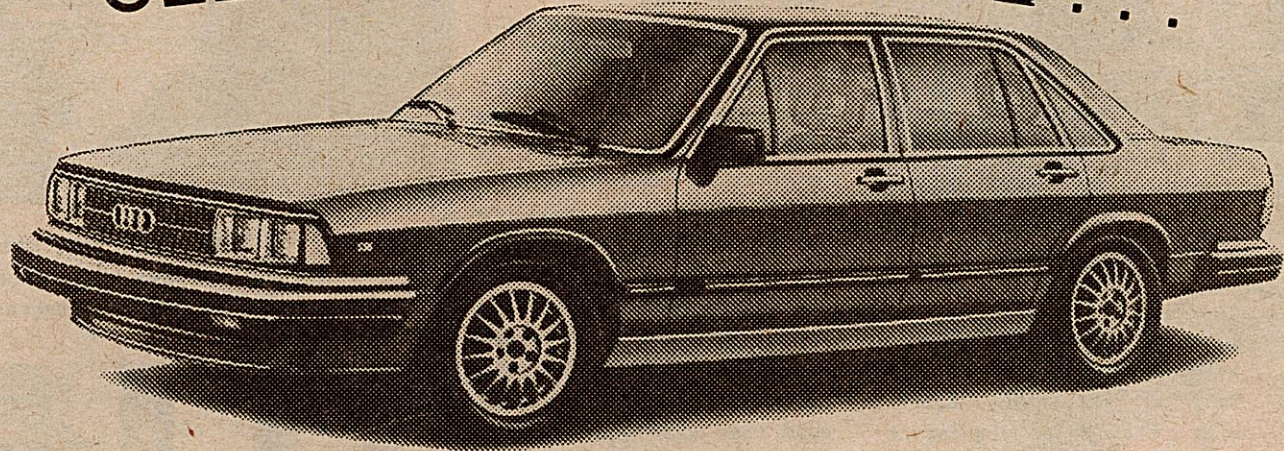
10 YEARS

REIDY MOTORS



10 YEARS

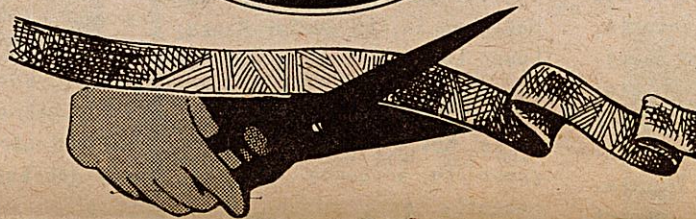
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OPEN FRIDAY
9:00 a.m. - 9:00 p.m.



OPEN SATURDAY
9:00 a.m. - 5:00 p.m.

MR. BRUNO RUBESS, president of Volkswagen Canada, will cut the ribbon FRIDAY, November 27 at 10:00 a.m.

You are invited to meet the president of Volkswagen Canada, have a cup of coffee and doughnut with us and test drive an engineering masterpiece.

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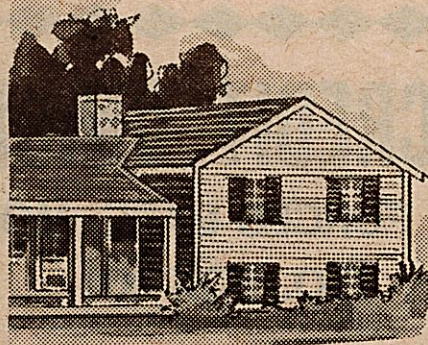
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(a division of C & S Construction)
"Serving Moose Jaw Since 1953"

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... if you want to buy, build or sell — or perhaps, you have a friend that we could assist.

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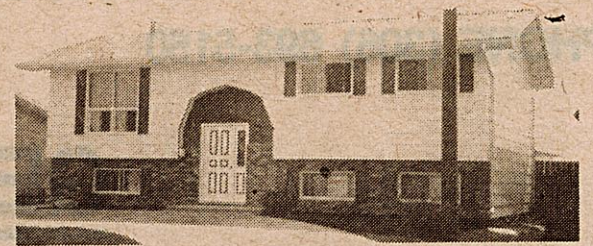
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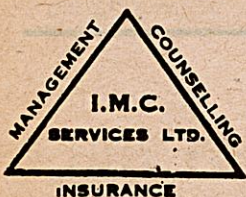
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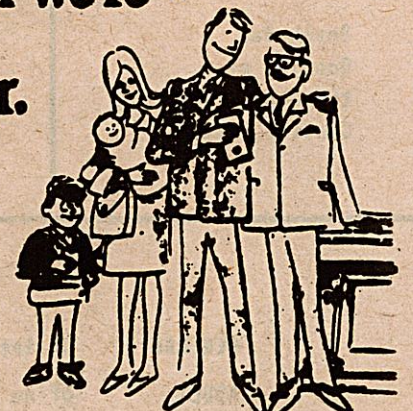
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GENERAL MEETING

A general meeting of the membership will be held on Wed Dec 2, 81 at 20:00 hrs in the Red Knight Lounge to discuss Amalgamation with the Moose Jaw Credit Union.

If you are concerned about the future of your Credit Union please plan to attend.



BASE THEATRE

WHERE ALL SHOWS ARE A DOUBLE BILL - 2 SHOWS FOR LESS

Sat-Sun) 5 - 6 Dec)	TARZAN THE APE MAN THIEF	Bo Derek Miles O'Keefe James Caan Dyan Cannon	Restricted Adult
Sat - Sun)	ARTHUR BACKROADS	Dudley Moore Liza Minelli Sally Fields Tommy Lee Jones	Adult (not suitable for children - language warning)
Sat 19 Dec)	SUPER MATINEE PROGRAM INCLUDING \$120 worth of door prizes. Admission costs only \$1.00 per person. Showtime is 1:00 pm or 13:00 hours for the matinee		Just Great for children
Sat - Sun) 19 - 20 Dec)	DEVIL AND MAX DEVLIN GOING APE	Bill Cosby Elliott Gould Toni Danla	Adult (language warning)

SHOWTIMES 7:30 pm
ADMISSION PRICES Adult - \$3.00
Under 18 - \$2.00
Under 13 - \$1.00

THERE ARE NO SHOWS FROM 21 DEC 81 UNTIL THE FIRST SHOW IN THE NEW YEAR 1982 - 9 JAN 82.

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

SPECIAL
Sat 5 Dec - Adult males with female date/wife pay the under 18 admission for the date/wife.
Sat 12 Dec - A \$25 Door Prize to some lucky adult male.
MATINEE
Sat 19 Dec - \$120 worth of door prizes for under 18 and under 13 customers only.
Sat 19 Dec - A \$25 door prize to some lucky adult female.

10 Minutes
Intermission
Between Shows

FILM CLASSIFICATIONS - Applies to Double Bill

GENERAL Of interest to all ages.
ADULT Of no general interest to children. No age restriction.

RESTRICTED No one under the age of 18
ADULT admitted unless accompanied by a parent or legal guardian.