



# Cosair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

31 Jan 79

Issue No. 2

Vol. 28

## GOVERNOR-GENERAL ON HIS WAY



Mr. Ed SCHREYER, his wife Lily and son Toban board a Canadian Forces aircraft at CFB Winnipeg for the journey to Ottawa where Mr. Schreyer was invested as Canada's 22nd governor-general. Governor-General Edward Schreyer, a former Manitoba farm boy, took the oaths of office on Monday, 22 January 1979.

(BASE PHOTO)



## MORE SATELLITES, LESS JUNK LAUNCHED INTO SPACE IN 1978

**COLORADO SPRINGS** — Satellite-launching nations of the world cleaned up space a bit during 1978, according to tabulations here at the North American Air Defense Command.

NORAD's Space Defense Center keeps the books on man-made hardware put into space; where it is and when it comes down.

The center's year-end accounting just released shows that more instrumented satellites were shot into space during 1978 than during the previous 12 months, but fewer pieces of space junk went along with them.

The same number of launches — 124 — was made in both years. But last year they carried 161 payloads — the satellites with functioning instruments — compared to 136 the previous year.

New pieces of space debris counted by NORAD last year totaled 468, down from the 766 to 1977.

Debris includes spent rocket motors and other parts that go into orbit with the payloads, as well as fragments produced when satellites come apart in space.

Fewer satellite breakups in space apparently accounted for the lower debris figure. NORAD noted only one major breakup in 1978 — a Soviet vehicle that yielded approximately 40 pieces — while several satellites shattered in 1977, leaving more than 300 fragments to be tracked.

In addition to the satellites going up, NORAD reported that another 520 objects came out of orbit during the year, most of them disintegrating as they passed through the earth's atmosphere on the return trip.

Probably the most notable of the returning satellites was the USSR's Cosmos 954, which NORAD tracked to a re-entry point last January over northern Canada where pieces were recovered.

The heaviest vehicle dropping out of orbit in 1978 was the United States' 23,000-pound Pegasus spacecraft, which re-entered the earth's atmosphere near Africa in September. There were no reports of sightings of the return or recovery of pieces.

Nine nations or organizations are listed as the owners of last year's 161 new payloads.

The Soviets fired off the first, last and most for the year — 119, compared to 30 for the United States.

Of the others, two belong to the European Space Agency, four to Japan, two to the International Telecommunications Satellite Organization, and one each to Canada, the People's Republic of China, NATO and Czechoslovakia.

Czechoslovakia joined the satellite-owning countries when its space vehicle, called "Magion," rode as a piggyback passenger aboard a

Soviet launch in October.

NORAD's Space Defense Center, which is inside Cheyenne Mountain near Colorado Springs, uses information from radars and other satellite-tracking sensors around the world to catalog satellites and plot their orbital paths.

Space objects counted in 1978 boosted the catalog over the 11,000 mark. That came Aug. 7 when the Soviets launched a cargo transport, Progress 3, to link with its manned Salyut 6 orbital space lab.

By the end of 1978, the space traffic count had reached a total of 11,117 man-made space objects recorded since the first one, Sputnik 1, in 1957.

But more than half of those — 6,548 — have fallen out of orbit. That left 4,629 still out there as the year came to end. So the net gain in space population over 1977 was only 109 objects.



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

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## LETTER TO THE EDITOR

### DOG CONTROL

A letter concerning lack of dog control in the South Site MQ area appeared in the 17 Jan 1979 edition of VOXAIR. It mentioned that some dogs are permitted to wander on their own throughout the community, that these animals tear apart garbage bags as a matter of routine and are responsible for other damage to private property.

Base Married Quarter Orders have a few things to say on this matter. In part, the Orders State that . . . "dogs, cats and birds may be kept in PMQs, provided they do not cause damage or become a nuisance. Dogs in particular must be kept under close control . . . Owners shall be held responsible for any damage or any nuisance caused by their pets . . . Complaints about stray pets are to be directed to the City Pound (nuisance type) or the SPCA (sick or hurt) as appropriate."

If any MQ resident is bothered by non-controlled dogs, and if you do not get results by calling the pound (or if your conscience will not permit you to call the pound), please

contact your ward community councillor. Of course you will have to know who the offending pet belongs to. Appropriate follow-up action is guaranteed.

If you do not know who your councillor is, phone local 541 during working hours.

Mayor  
South Site Community Centre

Dear Sir,

Since reading the letter objecting to the Voxair pin-up photo I have been expecting opposition to it. I regret the opponent was not content to state a liking for photos and refrain from "militant feminists" clichés.

The writer of the original letter is hardly a person with "so little to offer they begrudge those that do". She is, as are many women, both "pleasing to the eye" and intelligent. She gives a great deal to our military community. The packaging of supplies for Lac Brochet, the Christmas Carol Festival, and the creating of a joyous liturgy at the RC

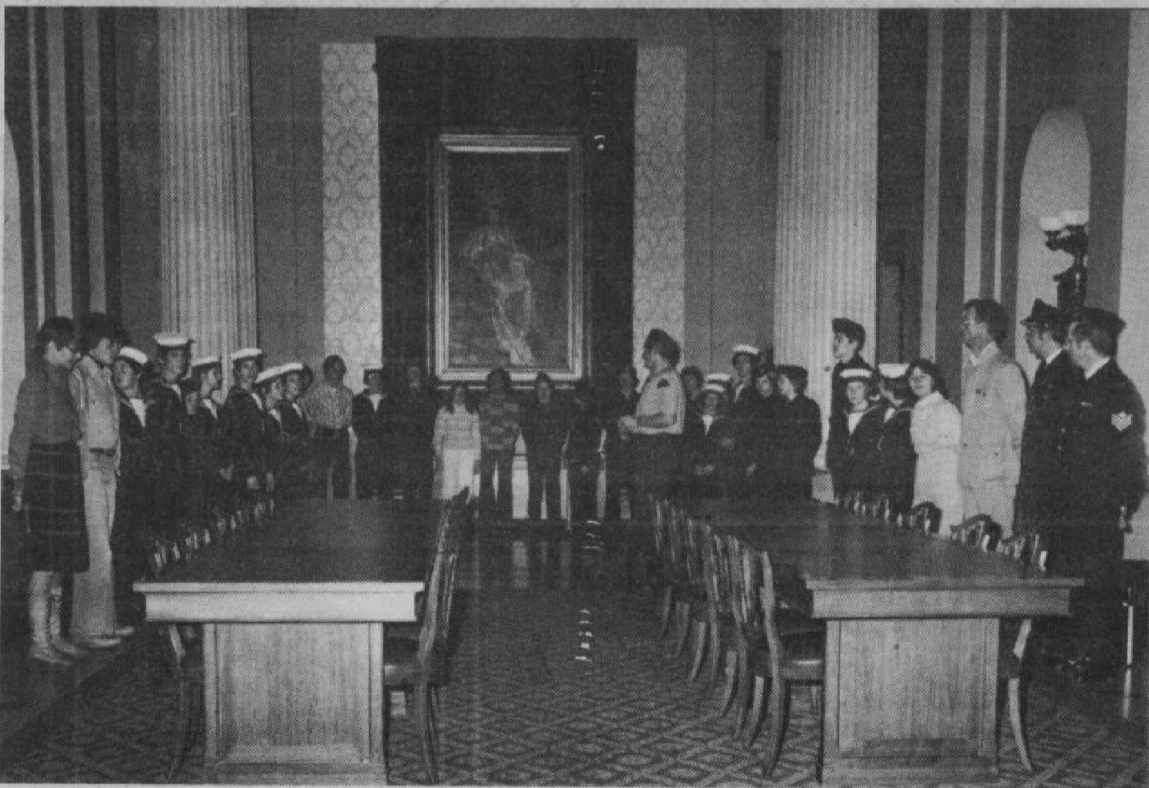
## FLIN FLON CADETS VISIT WINNIPEG

During the period 7-10 Dec. 78 a group of Sea and Air Cadets from Flin Flon visited Winnipeg. They were hosted by the Cadet Liaison Officer for Sea, Army and Air Cadets for Flin Flon, SGT Harry Sentner of the Base Orderly Room Staff.

The Cadets tour of Winnipeg included tours of CFB Winnipeg, the Richardson Building, the Planetarium, Museum of Man and Nature and the Legislative Buildings. The highlight of the tour was a visit with the Premier of Manitoba, the Honourable Sterling Lyon. Premier Lyon, in an impromptu talk, related his experiences as a former Cadet and stressed the importance of the Cadet Movement in the development of today's youth. The young cadets and conducting staff were very impressed with the manner in which they were received by the Premier and the staff at the Legislature Building.



Premier Sterling Lyon addresses an informal gathering of Sea and Air Cadets from Flin Flon. The Cadets were hosted by CFB Winnipeg during their recent citizenship training visit to the Winnipeg area. (BASE PHOTO)



A tour guide explains the history of the Manitoba Legislature to Flin Flon Sea and Air Cadets during their recent visit to Winnipeg. (BASE PHOTO)

chapel are just a few of the recent projects she has assisted.

She just doesn't like pin-ups in community magazines. Voxair let her say so. Her critic could do the same.

R. Hogan

Mr. Editor:

Concerning the VOXAIR article on the graduation of P/O Alamqir in your 17 Jan 79 issue I believe a word has been left out of the last sentence which should read "he is the only good navigator ever trained by the Canadian Forces." Keep up the fair work. "Hired Killer"

BY LAND —  
BY SEA —  
BY AIR —



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## UNDE Locally Yours

Receipts for 1979 union dues are being processed February 17-18, distributed to components by February 21 for further distribution to locals. It is estimated they should be available for handout at the local level by March 1. Members not receiving their receipts by March 23 should contact Mr. E. Ogren at 889-9174.

Proposed changes in the staff relations act — members are urged to study the recent handout by Treasury Board, also the various items that have been published in the Argus Journal and PSAC Weekly News Letters pertaining to the same proposals. Once the amendments have become law it is too late to object. If you feel the changes are detrimental to your working conditions or benefits, now is the time to make your views known to your local M.P. by phone or in writing.

The Argus Journal is a publication put out by the Public Service Alliance of Canada for its members. It contains a variety of information on bargaining news, government policy affecting public servants and other information of interest to members. There is no charge for the publication, and those members not presently receiving it on a regular basis should contact E. Ogren at 889-9174.

Congratulations to the following members on receiving a 25 year service plaque: Tony Bator, Walter Gidyk, John McIntosh, John Krezanski, Ross Lough.

PSAC Newsletter should be posted weekly in every section. If they are not being delivered to your section see your shop steward or contact D. Johnston at local 225.



### SANC 7901

Back Row (L-R) CAPT's JLLM Gagnier, AM Shurson, VJ Hamilton. Front Row (L-R) CAPT's CW Jacobson, ML Muzzerall, DL Thompson, RH Hysert. Missing - LT JB Christie. (BASE PHOTO)

The solar eclipse on February 26, 1979, which has a path of totality through Winnipeg, and which can be viewed in its partial phases throughout the rest of Canada, can present a hazard causing blindness or severe retinal damage if attempts are made to photograph it or view it directly.

## SOLAR ECLIPSE WARNING

Danger is caused by infra-red rays which are strong enough to burn the retina of the eye before the visible rays give the eye warning that there is dangerous light.

Do not use sunglasses, photographic filters or smoked glass for direct viewing. You can however use two superimposed thicknesses of completely exposed and developed black and white film. The safest method of viewing is an indirect one

such as making a pin hole in a piece of cardboard and projecting the sun's image onto a piece of paper.

A particular caution is to avoid looking through camera viewfinders or any similar enlarging augmentation system which, because of their magnification, would increase the burning effect of the solar rays on the retina. Direct photography should be avoided also because of damage to shutters

caused by the lens imaging the sun in a concentrated area of the focal plane.

Additional guidance on precautionary measures to be taken in viewing this once in a lifetime phenomenon should be available from medical and photo specialists.

**Take precaution — protect your eyesight.**

(AIRCOM DCOS MAINT)



While ASC 31 still plods along (will they ever graduate) a new group of SANC course members has arrived. Swiftiness must be a function of age as this youngest SANC course ever (average age 28) promises to be out of here within three months - quite a bit faster than the old folks on ASC 31. However, SANC 7901 is far from perfect as their expertise and stamina at floor hockey as yet leaves much to be desired.

The new arrivals are solidly split between Air Defence and Navy. The Voodoo GIBs are Jim Christie from 416 Sqn, Chatham (the tall blond fellow not in the picture), Michel Gagnier from the Saguenay Valley (425 All Weather Fighting Regiment) and from the land of the setting sun, "Jake" Jacobson of 409 Sqn. Dave Thompson is our course senior - one of those naval aviators from 415 Sqn located on that little island to the east. From the bigger island in the west comes Al Shurson who also aligates the Argus, for 407 Sqn. Mike "Muzz" Muzzerall is on R and R with us for three months recuperating from sea sickness and the nausea of the Italian airplanes of HS423. CFANS has kindly donated Ron Hysert who will drop in on us occasionally in between taking a masters programme at the U of M and defending the rights of consumers in the law courts. Finally, John Hamilton, the man without a ship, is on his way to the Navigation Squadron from HS443 via the Aerospace Squadron.

The course members of SANC 7901 all have varied and interesting projects including target identification, navigation, missiles, computers, electronic warfare and modification of the C-130NT. To SANC 7901, the AS staff wish you welcome and good luck!

All our comments on ASC 31 cannot be derogatory since some of them are visiting the hospital - not of old age - but due to the spark of life. Along with Randy and Carol Gauzen we welcome ASC's newest Canadian - a healthy young girl! Our congratulations and best wishes to the proud parents and a cold Winnipeg winter welcome to the newcomer!

#### THRIFT SHOP HOURS

Effective February Open Every First Saturday Of The Month  
11:30 a.m. - 2:00 p.m.

Will be open weekly:

MONDAY: 6:30 - 8:30 p.m.  
TUESDAY: 6:30 - 8:30 p.m.  
WEDNESDAY: 6:30 - 8:30 p.m.  
THURSDAY: 1:30 - 3:30 p.m.

HALIFAX — Canadian Forces ships and aircraft will take part in maritime exercises off Puerto Rico from mid-Jan to mid-March.

Called CARIBOPS '79, the exercises have been designed to provide combat readiness training in stable weather conditions for surface, submarine and air forces in all aspects of maritime warfare.

Sailing from Halifax will be the destroyers ATHABASKAN, ALGONQUIN, MARGAREE, OTTAWA, SKEENA, NIPIGON, FRASER, AND SAGUENAY, the

fleet diving support ship CORMORANT, the operational ship PRESERVER, the submarine ONONDAGA and the auxiliary vessels ST. CHARLES and BLUE-THROAT.

Maritime Air Group units participating include 443, 423, and VU 32 Squadrons from Shearwater.

For the first half of the deployment the senior Canadian officer afloat will be CAPT D.N. Macgillivray, of St. John's, Newfoundland and Halifax, Commander of the First Destroyer

Squadron. From the 26th of February, CAPT John Harwood, of Burlington, Ontario and Halifax, Commander of the Fifth Destroyer Squadron, will be in command.

The Canadian units will operate primarily from the U.S. Naval Base at Roosevelt Roads, Puerto Rico.

Prior to returning to Halifax the ships will visit a number of Caribbean ports in support of Department of External Affairs programs.

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# cfans news corner

NAV By CAPT. R. E. ALP SQN

Well, it's over. The season to be jolly has come and gone bringing us a New Year, some resolutions, some hangovers and lots of bills and leaving in its wake an Old year, some resolutions, some hangovers and lots of bills. We all managed to come through the festive season relatively unscathed and so far nobody has left us for warmer climes although the temptation certainly is there with the present cold snap causing no end of grief to man and machine. Stranded vehicles are a common sight around the city and the base these days. My normal thirty minute drive across town to work has developed into a real test of endurance and patience nowadays as I crawl along our main thoroughfares at little better than walking pace, picking my way around stalled cars and trucks, wondering where all the tow trucks are when we need them. Jumper cables, frost scrapers, extension cord, boots, mitts, parka, change for the 'phone and leave early enough to have any hope of getting there on time; the list is almost inexhaustible.

Speaking of lists, I see from the news that the powers-that-be have come up with a short list for our new fighter aircraft. We have been following the developments in this affair almost as closely as the pilots — we have a good number of 'old' AP's who have been - and still are - wondering whether or not they will be getting involved or whether it will be a pilot-only type aircraft. They are still wondering. So are we. It may be necessary to revamp our training somewhat to accommodate the needs when a final decision is made. We await that day with bated breath.

I noticed a couple of weeks ago we had come up with our own short list. Gord Whitson, Barry Stannard, Noel Funge and Al Kohli are all still in the running for whatever it is and we'll keep you posted on future developments. 429 Sqn were hoping to get into the act with a list of their own but didn't have enough room to put up their nominal roll for consideration. Ah! Well, when we get our first lady pilot in the CAF some things will have to change and who knows where or how it will all end? One change we are witnessing at the present is the introduction of our first course of NCO student navigators now just beginning the course. They are all from the Maritime environment where they flew as Observers and their presence here is a direct result of some of the recommendations made by the study group which last year reviewed the entire navigation profession. We wish these NCO's well in this new endeavour. Further possible changes are imminent in the not too distant future, also stemming from that same study. The school was host a short while ago to a group of senior navigators representing the Standards cells of all our user commands who were here to help us implement some of the recommendations brought down, and to discuss the feasibility of, and problems associated with, these possible changes.

Changes. They come and go but we press relentlessly on, going around, over or through most of them in order to get the job done. One thing that doesn't change however is the standards meeting in the coffee shop every day. Keith Hiley has proved to be an outstanding replacement for Gerry Kingwell, keeping Gerry's coffee break schedule religiously since he took over his chair. Well done, Keith! Brian Handley changed his goalie pads last week and promptly let in six goals. Well done, Brian! And Rick Alp has changed, too. He was an easy going, devil-may-care-AI type but since talking with - or listening to - his career manager he has become very moody and withdrawn, going along the halls muttering something about voodoo. I didn't know he had been on holiday in Haiti! Come to think of it, most of the chaps who had a session with the CM have changed. I'm glad I didn't visit with him this time around.

Bert Proulx is away on a management course, Ed Palmer is away on a SIT course, Cal Dessureault is away in the Arctic and Ivan Hawley is away to the races as our new programming person, grease pencils flying, schedule sheets flying and even the odd C130NT flying. Most people haven't yet realised that Ivan changed the desks around in the office and they keep calling him Bev. He says he doesn't really mind so long as we are all nice to him.

Keep smiling, keep warm if you can, and keep on truckin'; someone has to keep Canada going!



## TOASTMISTRESS INVITES YOU

It's our 40th anniversary and Toastmistress invites you to be somebody — realize your full potential and open up new vistas through self-improvement. Toastmistress training instructs in method, provides an opportunity for performance and reinforces learning through constructive evaluation. In Toastmistress, major emphasis is placed upon communication and speaking, leadership training and skill in organization techniques, including parliamentary law.

In addition, Toastmistress membership offers many opportunities for stimulating exchange of ideas and experiences that foster creative living. Training is made easy by

following a carefully designed developmental sequence. Each member learns by doing and progresses at his or her own rate of speed. What a golden opportunity to meet new friends especially if you have just arrived in Manitoba.

Clubs meet twice a month on different days of the week, each club varies its program to suit the needs and aspirations of the members. Be the best YOU! Individuality adds that special ingredient that makes each club unique. Further information will be supplied to you by phoning our Council President at 889-9728.

YOU ARE SOMEONE, SO BE SOMEBODY.

## LES FORCES REÇOIVENT DES FÉLICITATIONS

OTTAWA (PFC)—Quand le Canada s'est engagé à accueillir 604 des 2500 réfugiés du Hai Hong, en novembre dernier, les Forces canadiennes ont apporté un soutien au ministère de l'Emploi et de l'Immigration en assurant le transport et en fournissant des soins médicaux, le gîte et le couvert.

Quatre Boeing 707 de la 437e Escadrille de transport, de Trenton (Ont.), ont transporté les réfugiés de Kuala Lumpur (Malaysia) à l'aéroport de Dorval. De là, les réfugiés furent conduits aux installations du Commandement de la Force mobile, à Longue Pointe, où le personnel de la BFC Montréal a fourni hébergement, nourriture et vêtements pour l'hiver. Les soins médicaux furent donnés à Kuala Lumpur, pendant le voyage et au Canada.

Le 11 décembre, l'amiral Robert H. Falls, chef de l'état-major de la Défense a adressé aux commandants du Commandement aérien et du Commandement de la Force mobile, le message suivant:

"Le soutien que les Forces ont assuré pendant l'Opération Magnet a, à juste titre, suscité l'admiration des autorités gouvernementales et celle de tous les Canadiens. Grâce à cette opération humanitaire, on a pu porter secours à 604 Vietnamiens voués à un destin incertain à bord du cargo Hai Hong.

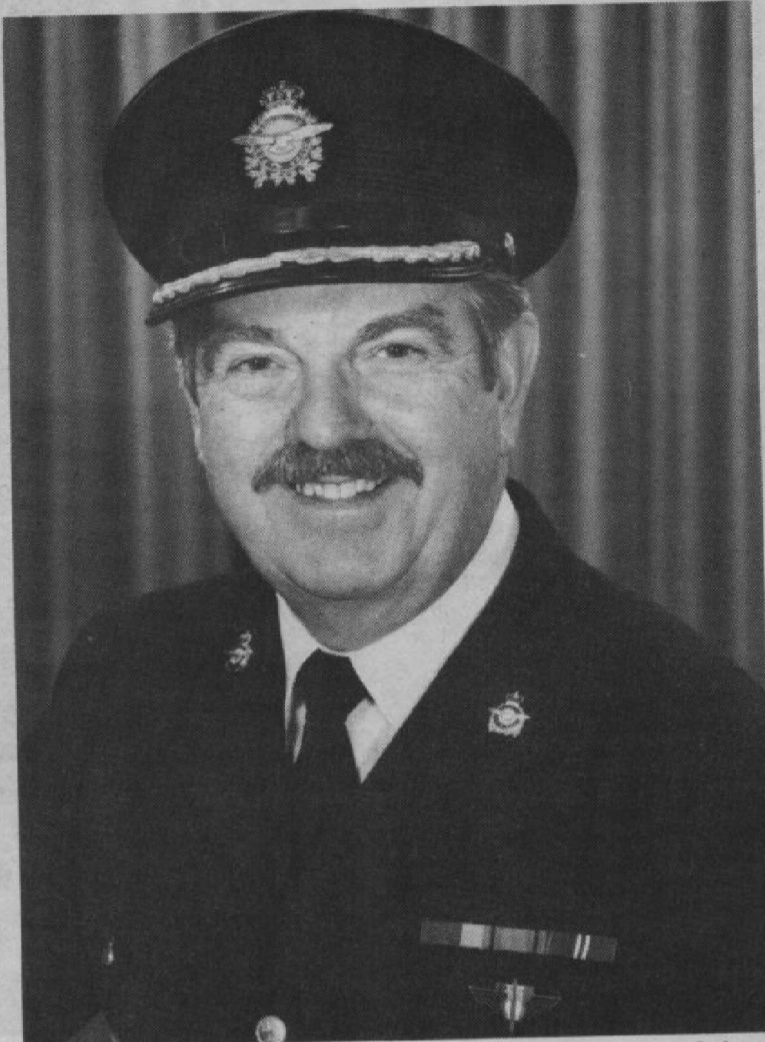
La diligence et la compétence avec lesquelles cette opération a été menée ont montré encore une fois les capacités des personnes et des commandements qui y ont participé.

Veuillez transmettre mes félicitations à tous les intéressés, car ils se sont montrés à la hauteur de la tâche." Signé par R.H. Falls, chef de l'état-major de la Défense.

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## 402 SQUADRON APPOINTE HONORARY LIEUTENANT COLONEL



Sydney J. Chapman was appointed Honorary Lieutenant Colonel (HLCOL) of 402 "City of Winnipeg" Air Reserve Squadron at a 45-minute installation ceremony Tuesday, January 23.

HLCOL Chapman has been associated with the Squadron since 1940 in England when it was the 112 Squadron. He has continued to be closely associated with the Squadron since and has made significant contributions to its development.

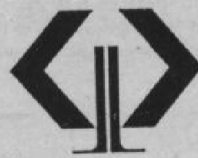
Joining the Air Reserve aircrew of the Royal Air Force (RAF) in England in 1939, HLCOL Chapman served in the Coastal, Bomber, Glider Training and Fighter Commands. He was a member of the RAF liaison party to 112 (402) Squadron Royal Canadian Air Force (RCAF) at Halton, England, in 1940, and later with 408 Squadron RCAF in 1941. He was also liaison to the Free French Air Force, the Polish Air Force and the USA Air Force 8th Bomber Command.

HLCOL Chapman is a staff member of Sturgeon Creek Regional Secondary School in St. James.

(BASE PHOTO)

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**PREPARATION FOR "RAPIER THRUST"**

During the first two weeks of January, 2 PPCLI has been preparing to take part in Ex "Rapier Thrust" in Northern B.C.

Part of this preparation was ensuring the mechanical operation of the oversnow vehicles that would be used. CPL H.J. Barton, ADM Coy, can be seen guiding a Ski-doo onto a truck for transportation to Westwin for airlift. Looking on during the loading procedure is CPL G.J. Burke, ADM Coy, and CPL R.A.L. Moon, CBT SP Coy.

(PPCLI PHOTO)

**Cadenza**

"Top O the morning to you all, from the Music Techs. in building 47."

This writer welcomes the opportunity of contributing to what should eventually become the best service newspaper in the country. Please let me pat the back of the former writer of Cadenza: Larry Crawford, who has graciously allowed the above title to carry on. Larry came up with Cadenza, his boots are going to be tough to fill, but we former "Blue Jobs" always give her a try.

"CADENZA" — definition of: A flourish of thematic ornamentation often improvised, for displaying the virtuosity of a solo performer, (courtesy your local Funk & Wagnalls SDD). Pretty heady stuff eh? What it means in plain everyday talk is: "A Cat Wailing Up A Heavy Line".

The AirCom Band had a very good year in 1978; recapitulating back to 1 July, CANADA DAY was spent quite enjoyable performing an outdoor concert at Stadpark Lahr, followed by the warm hospitality of Herr Burgermeister, and his staff. We did our thing at the different Change of Command Parades, teamed with Cocktail Receptions — Les Dances-ETC.

A very interesting engagement was the trip to Ulm, Germany. A chance to sample the German Forces "R & Q", experience the Barrack Life of a Service Man there, sight-see the city of Ulm (GEN Erwin Rommel rests just outside the city) — play a concert in the City Square directly in front of one of the oldest churches in Bavaria. All in all, a very fine tour.

Thanks to our good ol' 707s and the greatest flight crews in the world, DOM-CAPT Swanwick and Members returned to Winnipeg for a whole long week. Time for some Hercules Travel; off again to Edmonton for the Commonwealth Games. The highlight was, of course, the presence of Her Majesty the Queen. We all sincerely feel it was an honour and privilege to be part of those Games. It made this

writer feel proud to hear an American visitor comment: "Canada did the Games True!"

Back to the 'Peg and one of the most emotional parades we in the Air Command Band have been asked to do. The "TOP AIRMAN" handed over controls. LGEN W.K. CARR who holds a special place in our hearts, retired from the CAF. There were tears Sir; the only thing we would wish in 1979 is: "Lang May Your Lum Reek!"

To our Good Friend and Fellow SNCO, CWO F.S. Dodd: Thank you sir, for attempting to instill "Good Turnout & Bearing". The Techs. from No. 47 salute! Speaking of Mr. Dodd; The Charleswood Legion held an outdoor Parade & Church Service on 24 Sept. And what to our wondering eyes should appear: but good old Freddy, full dress and a \_\_\_\_\_

Annual range qualifications came out of the blue 5 October. Very low ceiling for us. We were fortunate to come out with a few marksmen anyway.

10 October — pack the bags, pat the "missus", and kiss the dog — "way anchor", and off to the balmy climate of Victoria. The 30th RCAF Assoc. Convention honouring AIR-Sea Rescue (SAR). Great to see old friends and associates once again.

Back to Winnipeg's Convention Center and a Royal Banquet in honour of HRH Prince Philip, sponsored by the St. Boniface Hospital Fund Raising Association. This function was attended by approximately 3500 people.

21 October was the day (evening) the patrons of Symphony Pop Music heard the WPG S.O. & Air Command Band give out with a Climax Conclusion; yep, none other than Tchaikovsky's 1812 Overture. Mr. Stanley Black Conductor.

The annual Remembrance Day Services had good weather last year; this was appreciated by our Trumpet Types who play the Last Post in some very trying circumstances at times.

The two Christmas Carol Festivals (Portage la Prairie) and back home were well attended. The poem, Night Before Xmas, recited by Barry Tyson always gets the childrens applause. Our Commandaires did their thing for the Children's Party (WOs & SGTS Mess). Have any of you folks heard this group lately? They even do the occasional Bar Mitzva, so I'm told.

Musicians really enjoy performing before children, the Schools Program throughout greater WPG, and on occasion out of province, gives us the opportunity to show what the CAF is and has to offer today. Recruiting Tours are always a more enjoyable tour.

**CODA BUG:**

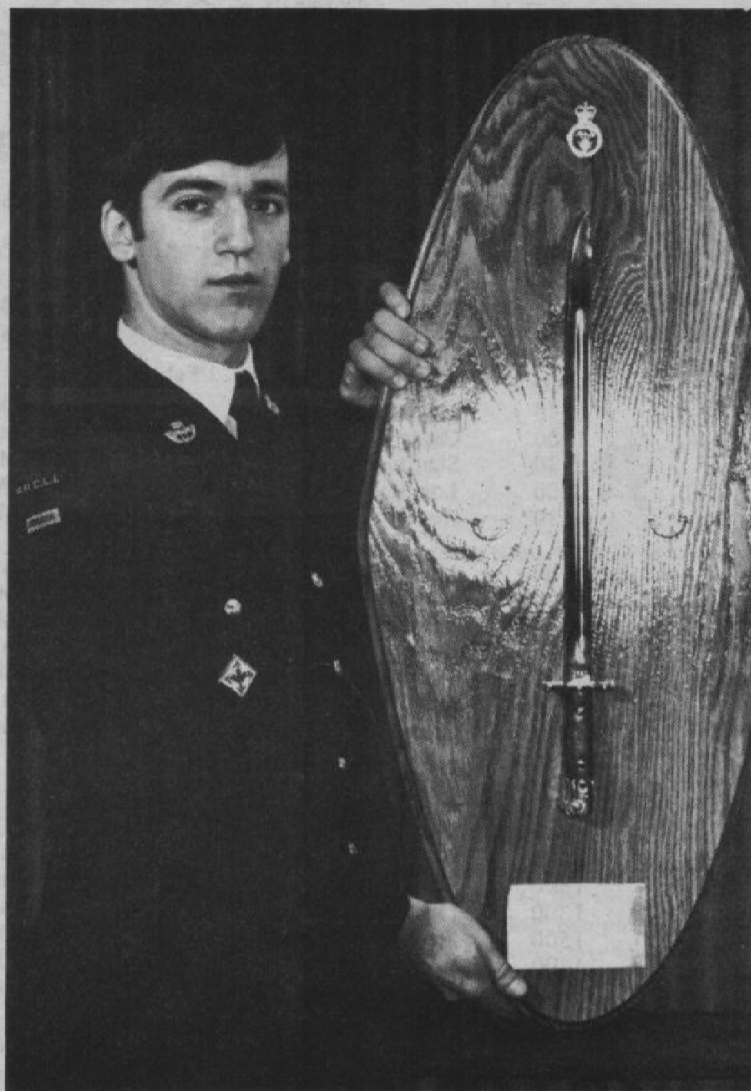
The Air Command Band welcomes some five new musicians to the fold. WO Bob Hall, hailing from the Bandmasters job at CFB Cold Lake. To Ann and Bob; good to have you two back including Suzy. From CFB Gagetown: Oboe-Dave Herd, Bass-Jim Wright, Vocalist and Bass-Jack Wright (Ol' Sea Dog). NEWIES: Privates: Dave Devisscher-WPG on Clarinet, Ray Walkerdine-Vancouver, BC on Trombone, and last but not least; Bob McAndrews-the prettiest Horn player in the unit, from Victoria, BC.

Well, tough to recap six months into one writing. Excuse the writer for being long handed; will attempt to be more concise in future.

'Till Then — The Very Best in '79 — To You All!

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**A FIRST FOR 2 PPCLI**



On 15 December 1978 during the Mens Christmas Dinner the Commanding Officer 2 PPCLI, LCOL W.H. Minnis, CD, presented the 1978 Best Private Award to Private Stephen Bourque of Bravo Coy.

PTE Bourque was born in Halifax, NS on 06 September 1957. He enrolled in the Canadian Armed Forces on 02 September 1976 at Windsor Park Halifax, NS.

He was also the "Top Candidate" for his TQ3 Training in OTD Wainwright, Alberta.

During the year 1978 he attended a Unit Sniper Course and a Combat Leaders Course, attaining excellent results in both courses.

PTE Bourque is single, and an all rounds athlete who has gained the respect of his peers and superiors for his outstanding performance in all fields of military endeavours he has participated in during the short time he has been with the Battalion.

Feb 8, 22

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# Carnival

## CARNIVAL EVENTS

TIME	EVENT	RESPONSIBILITY CENTRE
<b>WED 21 FEB 79</b>		
1630	Sculpture Judging	Carnival Committee
1630	Mess Decorations Judging	Carnival Committee
1630	Ladies Broomball	Jr Ranks Mess
2000	Opening Dance	All Messes
<b>THUR 22 Feb 79</b>		
1630	Mens Blowball	Jr Ranks Mess
1900	Cards	Officers Mess
2130	Skating Party	Officers Mess
2200	Log Sawing	Jr Ranks Mess
2230	Novelty Skating Race	Officers Mess
<b>Fri 23 Feb 79</b>		
0800	Mixed Curling	WO/SGTs Mess
1000	Mixed Toboggan Race	Officers Mess
1130	Ladies Flying Saucer Race	Officers Mess
1300	Mens and Ladies Volleyball	WO/SGTs Mess
1500	Mixed Crazy Carpet Race	Officers Mess
1930	Talent Contest	WO/SGTs Mess
????	Teen Dance (?)	Community Council
<b>Sat 24 Feb 79</b>		
0930	Float Parade	Carnival Committee
1000	Float Judging	Carnival Committee
1000	Mens and Ladies Darts	WO/SGTs Mess
1300	Childrens Skating Party (?)	Community Council
1300	Mens/Ladies Tug-O-War	WO/SGTs Mess
1500	Mixed Snowshoe Race	Jr Ranks Mess
1500	Blind Darts	Jr Ranks Mess
1530	Swooshing	Jr Ranks Mess
1930	Schooner Race	Carnival Committee
2000	Nail Driving	Carnival Committee
2000	Windup Dance Tickets \$3.25 per person Food - Prizes (including Door Prize) Band - "The Brazz Taxx" Place: Building 21	Carnival Committee
2030	Alarm Race	Carnival Committee
2200	Presentation of Trophies and Crowning of Queen	Carnival Committee
(?)	Denotes plans not finalized for event)	

SPECIAL NOTE: Enter Events - See Event Board in your Mess.

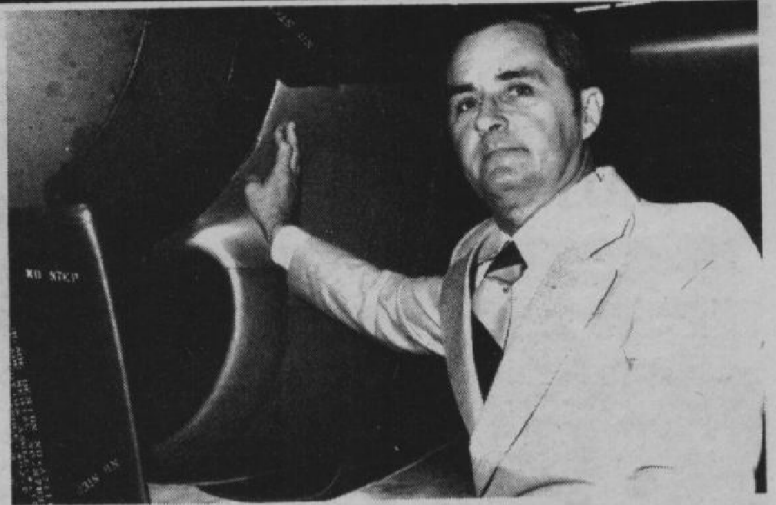
## COMMUNITY COUNCIL (SOUTH)

Activities for the South Side Community teens are picking up. There will be a drive for new Teen Town memberships at the upcoming dances on 26 Jan and 9 Feb. For those DND dependent teens attending on either night, admission to the dance and membership may be purchased for the low price of \$2.00. Over the next few weeks, Teen

Town dances will be held at Lipsett Hall from 7:30 to 11:30 p.m. on 26 Jan, 9 Feb and 23 Feb. The gymnasium will be open every Sunday from 1300 to 1500 hours for those dependents holding a dependent I card, a Community Council Membership or a Teen Town Membership card.

The South Side outdoor skating

rink is open for skating at anytime for all those who enjoy fresh air and exercise. The "Shed" at the rink, will be open so people can change and warm-up, Monday through Thursday from 6:00 to 9:00 p.m., and on Saturdays and Sundays from 1:00 to 4:00 p.m.



## SUGGESTION AWARD

In April of 1977 Mr. G.T. (George) Lefebvre of 401 CFTSD suggested rework of the propeller shaft seal on T56 engines instead of scrapping the seal at each engine overhaul. At that time George was a WO AVN TECH at 401 CFTSD, employed at Standard Aero Ltd as a Canadian Forces Quality Assurance Representative.

It was estimated that his suggestion would result in saving of approximately 46,000.00 dollars over a two year period. He was recently presented with an Award Certificate and a cheque for \$1,020.00 by MAJ A.V. Milani, Detachment Commander 401 CFTSD. Congratulations George! (BASE PHOTO)



Born again is Studio 22. At the initial organizational meeting on January 22nd a good nucleus of talented people showed up to enthuse over the prospect of establishing a meaningful Base Drama Club. A second meeting is planned for February 5th, at Building 22 at 8 p.m., and anyone interested in theatrical activities is urged to attend.

CAPT Terry Lawrence, the new President of the Club, hopes that a play can be staged in early May. The Club is now going through the process of choosing a suitable vehicle. Terry leans toward a comedy, possibly an old favourite. For more details, be there on February 5th.

Studio 22 has a long history of service to the local community, as well as providing fun for its members. Let's all hope it can stay alive and well for a new long run.

\*\*\*

As predicted, the current Manitoba Theatre Centre play *How the Other Half Loves* proved itself to be a wonderful cure for the cold weather chills, mid-winter blahs, frostbitten tongue, or whatever ails you. A fast paced farce that only the Brits seem to be able to mount, it is based on perfect timing. The sure hand of director Richard Digby Day produced a near miracle, due to help from several fine actors. The schizophrenic set, designed by Maxine Graham, was able to convince the audience that you can be in two places at the same time or even in the same place at two different times.

Alan Ayckbourn's play deals with the lives and loves of three couples, and in a plot that defies brief description manages to mix them together in a tight comedy. As the action takes place in the living rooms of two of these couples, we get action in two places at the same instant, and due to interaction between the families, it becomes a single entity. If this is not clear, go and see for yourself.

Actor Basil Hoskins, playing a combined cuckold, stuffy boss, yet sympathetic gentleman, nearly stole the show. But the other five members of the cast, in particular Ann Firbank as his wandering wife, were able to keep pace and put things in balance.

Until the end of the run on February 3rd it may be hard to get tickets, but if you can, this one is recommended unconditionally.

\*\*\*

Footlight footnotes . . . to-night, January 31st, at the Centennial Concert Hall the Winnipeg Symphony will salute Italian composers, with tenor Rolf Bjorling singing operatic arias, and featuring musical numbers by the native Italian composers Belini and Respighi . . . Les Grands Ballets Canadiens will be at the Hall on February 14th and 15th to offer what is called Hot Ballet for Cold Winter Nights . . . while, back at the International Inn on February 7th a new yet very old event is to be celebrated at the Chinese New Year Dinner and Dance . . . for this the buffet price is \$12.00 per person, and hopefully the food will be different from the normal, not so bad, regular buffet you can get for \$4.95 any Sunday, or \$5.95 any week night.

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### VALENTINE'S DAY TEA & BAKE SALE

Place: Hercules Lounge  
Date: Feb 17, 1979  
Time: 2p.m. - 5p.m.  
Cost: Donations taken at the door  
: Raffle tickets-items donated by local businesses  
Handicraft Table: This tea is sponsored by the ladies auxiliary for beavers, cubs, and scouts.  
Please support your son and attend.



# Harry Sweeney

music reviews and syndicated columnist

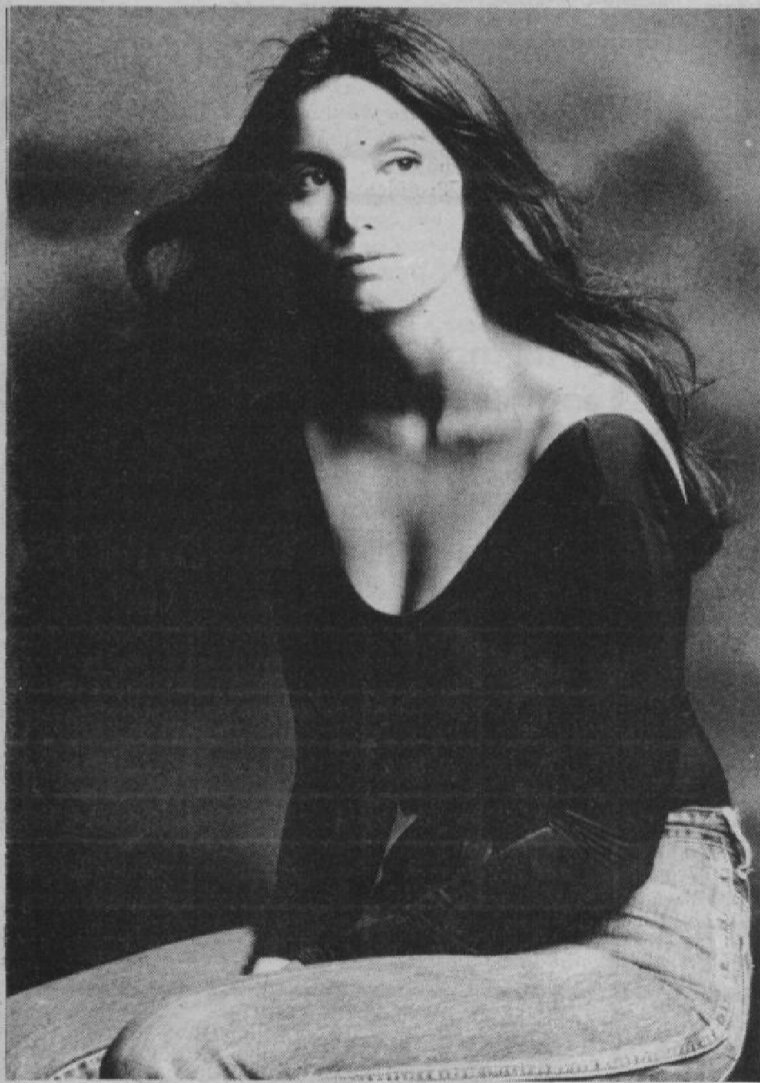
## PROFILE...EMMYLOU HARRIS

By the time that Emmylou Harris was able to rack up her first trade mag chart rider, the Alabama-born singer/guitarist was already working on her career the second time around. In 1969, she signed with Jubilee Records and in 1970 delivered her first album and first child. The co-incidental effects caused Emmylou's premature retirement from active performing. The next step was to work the Washington, D.C. area as a club singer with a folk-country band behind her. She was asked to join the Flying Burrito Brothers ... one week later Emmylou learned that the Burritos were breaking up.

### PIECES OF THE SKY

When the group gave their farewell performance, Gram Parsons was impressed with Ms. Harris and picked her to help on his first album. She worked with him on the 'GP' album, accompanied Parsons on his '73 tour and worked with him on his "Grievous Angel" elpee. When Gram Parsons untimely death shook things up considerably, Emmylou returned to Washington and formed her new group Angelband. Good fortune finally intervened. Warner Brothers heard Emmylou on the Parsons album, worked with manager Eddie Tickner and signed her to the label in mid-1974. Brian Ahern (Anne Murray's producer at that time) was enlisted to produce and members of Elvis Presley's band (Ronnie Tutt, James Burton, Glen D. Hardin) were set to play.

The resulting album, "Pieces Of The Sky" was released in early '75 with material penned by Haggard, Dolly Parton, Jennings and the Everly Brothers, among others. The song that proved to be the sleeper was EH's rendition of the country classic "If I Could Only Win Your Love" a Louvin Brothers song that catapulted Emmylou to high chart honours.



EMMYLOU HARRIS

Her success continued through such winning albums as "Elite Hotel", "Luxury Liner" and "Quarter Moon In A Ten Cent Town". Now as 1979 unfolds, Emmylou Harris is again rocketing towards the top of the chart heap. This time with "Profile ... Best of Emmylou Harris" (Warner Brothers BSK 3258 ... marketed in Canada by WEA Music) the lark has taken the best of her past recordings, and together with some of the best musicians in the business (Albert Lee, James Burton, Emory Gordy, Herb Pedersen and numerous others) brought the listener an album laced with excellence.

From the Parton penned opus "To Daddy" through Chuck Berry's "C'est La Vie" and on to her own hauntingly beautiful "Boulder To Birmingham" this is one of the most highly recommended albums on the charts. Set rounds out with: "Together Again", "Making Believe", "Sweet Dreams", "Two More Bottles Of Wine" and the timeless "Hello Stranger".



## MANITOBA JOURNAL

### CALORIE COUNTDOWN

Show me a person who has not gained a gram during the recent feasting season, and I'll show you a person who is disgustingly thin to begin with. Some of these skinny people can eat (and drink) astonishing amounts, and yet, they don't put on weight. Most lean people, however, do not eat excessively, they are never even really hungry, not the way you and I are hungry — you and I of the massive body of the weight-conscious, the stout, the plump, the chubby, the sufferers from adiposity.

You have made your perennial New Year's Resolution, haven't you? This time you mean it. This time you will lose not only the eight-and-a-half pounds that are the result of the annual year-end binge of nibbling, munching, savoring, dining, wining, guzzling, and imbibing. No, this time you are going to drop the other fourteen or thirty-nine pounds that the ideal-weight tables claim are excess weight for your body frame. Two, three months from now, you will be trim and slender, maybe even "lean and hungry-looking."

You can start with "hungry" right away. Don't believe those who claim you can eat lots and lose at the same time. It can't be done. But there is consolation in being hungry. Think of it this way: every time your stomach grumbles and demands that you feed it, but you don't, you are losing a little bit of weight. Maybe an ounce, maybe a gram, but every time to refuse to give in to that growl, you win a small victory.

Picture the workings of your inner self as a production system in a manufacturing plant. The food you eat first goes down to "Receiving", your stomach.

"What have we here?" says the dispatcher. "A turkey leg with crackling skin, thick gravy, potatoes. Okay. Next — a big slice of rich Christmas cake. Wait, that's not all. A double scotch. Again! Hey, Frank, break this stuff down. Send some to the Liver department, this lot to the Muscle section, and the rest goes into Storage. What's that? Fat storage is full? Make room, or else we'll have to expand again. What else is new!"

In the Liver department, they are groaning. "There we go again; this is the fourth double scotch today. So help me, a few more and we'll seriously consider strike action. I'm warning you Joe, we can take only so much!"

But now, all that has changed. Down there in Receiving, the growlers are changing shift. "What's going on up there?" they wonder. They have had five requests today from the Muscle section to supply some necessary building material.

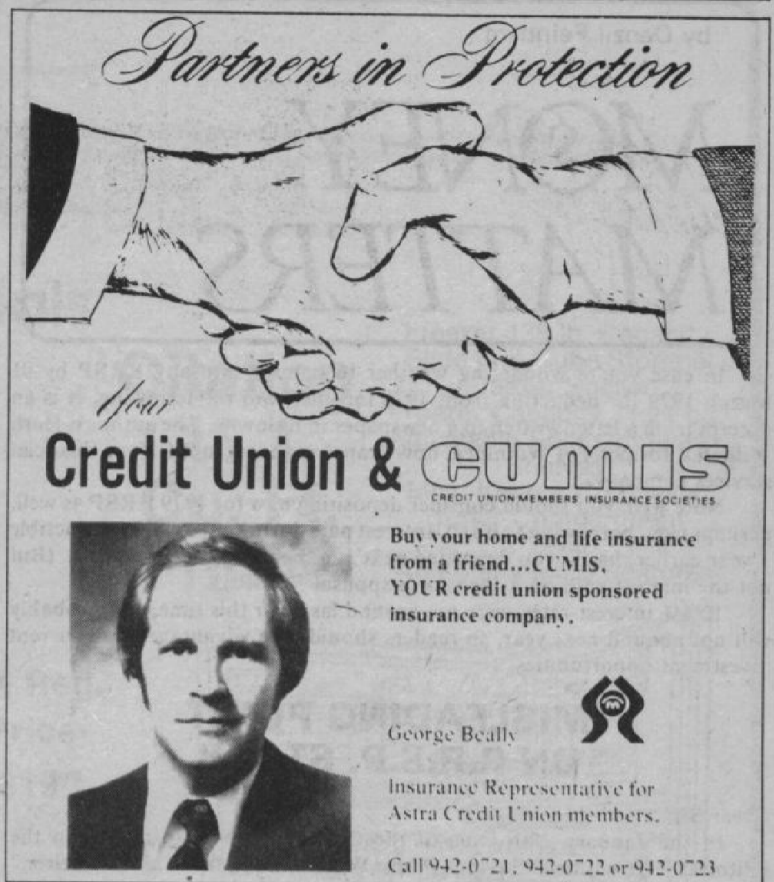
"Sorry, you'll have to go to Storage. No supplies are coming in."

"Storage? We can't go to Storage! We haven't touched Storage in years! They won't give us any material without a big fight."

"Sorry about that. I'll try growling again. That should get some results."

But you just smile and refuse to give in. Send down a glass of water maybe. Or a carrot. Or some diet pepsi. That'll throw production into a panic. They'll scream:

"Muscle section needs those materials. Blood is getting low, too. We'll have to invade Storage. I don't know why they want to hang on to the old stuff so much; they've got lots and lots ..."



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In the Liver department, they are heaving sighs of relief. "Hey, isn't it nice to have a day off! We can sure use the rest. That last binge was too much. All that rich food! And those double scotches. Nice to see Storage getting rid of that old fat stock."

In order to diminish the storage of your ample and bulky self, you need a plan. Read books on the subject. Launch into an exercise program: running, yoga, cross-country skiing. Pick a diet that suits your needs. According to Canada's Food Guide, you can have balanced nutrition and still lose weight. Have your cake and eat it, too? Not really. Remember the old saw, "You are what you eat." *Calories do count.*

But you are tired of calories. You have had it with the very word, right? Good news: the calorie is on its way out! Just as you said "Good-night to Fahrenheit" several years ago, you can soon bid "Farewell to the Cal." That's right. The calorie is going to be replaced by the *kilojoule*. Now, isn't that good news! Some people will groan, no doubt. They have barely adjusted to the fact that -35° Celsius is only 32° below Fahrenheit, and now they are expected to watch their *kilojoules*? But look at it this way: one calorie equals 4.184 kilojoules. So, if you are on a 1500-calorie diet, you can now consume 6276 kilojoules. (By the same calculation, a 460-cal steak now counts 1924.64 kilojoules.)

One of the rituals of reducing is the daily weighing on the bathroom scale. Every diet book tells you not to weigh yourself daily. Some say once a week, others suggest only once every two weeks. But you don't follow that advice. I have yet to see a portly person who isn't also a masochist. You traded the compulsion to

eat for the compulsion to weigh and torture yourself. You weigh every morning, sometimes also in the evening. (At that time the scale really taunts you.) You try to outwit the machine. One trick is to place your feet as far to the edge as possible and then turn them over so they rest on the sides of the soles. You can lose two pounds that way. You can also move the scale around to find the best spot — if your floors are not level, you can get as many as three different readings. Pick the lowest to enter in your chart. You have made a chart, of course! If, after two or three weeks of suffering hunger pangs, denying yourself the pleasures of chocolate bars, donuts, third and fourth martinis, your graph shows no definite downward trend but a nervous zigzag of ups and downs, don't abandon ship! Buy a new bathroom scale. The old one is probably worn out, and, besides, you wanted a metric one anyway. Seventy-nine kilograms sounds so much less than 174 pounds. And if the new machine weighs you heavier than the old one, don't throw it against the wall. Simply make a new chart and stop converting to pounds.

If, after another week, the new scale refuses to cooperate as well as you had expected, don't throw in the towel: you have now hit what they call a "plateau". But those guards in your Fat Storage can't hold out forever; they'll have to let go if you stick faithfully to your kilojoules.

To the outside world you may still appear to be corpulent, buxom, gross, or overweight, but wait till they see the *real* you two, three months from now: slim, lanky, slender, willowy, lean ...  
Hang in there!

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by Denzil Feinberg

# MONEY MATTERS

In case you're wondering whether to deposit into any RRSP by 01 March 1979 for deduction from 1978 income, read the following. It is an excerpt from a letter written to a newspaper in Kelowna. The author is Herb Williams, formerly of Winnipeg, now branch manager in B.C. for a financial services company.

**Note well:** you should consider depositing now for 1979 RRSP as well, perhaps even borrowing to do so. Interest paid during 1979 will be deductible 1 year earlier than if you deposited next Jan/Feb and borrowed then. (But not the interest paid on a loan for a spousal RRSP!).

10 1/4% interest-rates were not around last year this time, and probably will not abound next year, so readers should take advantage of all current investment opportunities.

## MISLEADING POINT ON R.R.S.P. STORY

"Dear Sir:

In the January 28th issue of the Courier there is an article on the Editorial Page entitled "Savings Plans: What to Look for in a Tax Shelter." The article is timely and informative. However, it does contain an inaccurate statement that could be misleading to some of your readers.

The inaccuracy occurs in the statement that not necessarily every income-earner invest in an R.R.S.P. For example, if you do not expect to have a lower level of income after retirement than at present, you will not derive any advantage from an R.R.S.P. The facts are quite different.

I refer you to former Finance Minister Edgar Benson on this point. Mr. Benson stated: "even though you are in the same tax bracket in retirement as you were when you made your deposits, you could enjoy twice as much after-tax income by using registration for tax deferral than the person who does not use registration." The extent of the advantage for any taxpayer depends on the tax rates of the taxpayer at various times, the number of years until retirement and the rate of interest earned in the plan.

Unfortunately, many writers miss this important point. They find it difficult to see that if you defer tax at the 50% rate and later pay tax at the 50% rate that you can still make a substantial gain. **The reason for this remarkable result hinges on the fact that during the time the money is in the plan, the earnings compound tax free.** Competent authorities have plainly said a person in a certain tax bracket will definitely enjoy substantially more after-tax income in retirement by using registration even though he finds himself in the same tax bracket in retirement.

The words of Mr. Asper, a noted tax lawyer, are painfully true. Mr. Asper stated in the February 10, 1972 issue of The Globe & Mail: "It has been correctly observed that taxpayers complain loudly whenever they run into an onerous provision of the law, but often fail to take advantage of those rules that are intended for their benefit. This is particularly true of the tax deduction allowed for contributions to Registered Retirement Savings Plans."

Mr. Editor, I think you will see the importance of passing on accurate information on such an important subject. It would be of disservice to some of your readers to mislead them so that they would otherwise miss the valuable tax concession that is available to them."

Herb Williams

## AWARDS NIGHT



For an evening of family entertainment plan on attending the Manitoba Big Game Trophy Association Awards Night to be held in Building 21, February 3 at 7:30 p.m., tickets \$2 each.

There will be one of the largest displays of mounted wildlife and fish species ever assembled in Manitoba. Entertainment will be by the most popular Bruff Bros. of Len Andree Productions Ltd. Don't miss this opportunity to win one of the many door prizes and meet some of the hundreds of big game hunters and outdoor buffs who attend annually.

For tickets or more information call D. Johnston at Local 225 or 832-3809.



## 5 POINT CLUB

5 Point Club meet for lunch at Bldg 61 diningroom, usually the east end of Bldg, 1st Wednesday of each month — Time — 12:00 Noon SHARP.

Be prepared to renew your membership for 1979.

New members are welcome. Further information is available by contacting Mr. Wes Coombe — Local 225.

## CANADIAN FORCES PHOTOGRAPHY CONTEST

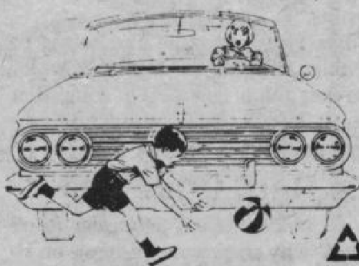
The Canadian Forces Photography Contest will be held at CFB Lahr from 13 May to 19 May 1979. CFB Lahr will be the conducting authority.

Entries may be submitted by:

- Canadian Forces personnel and their dependants;
- members of the Reserve Force;
- civilians employed by DND;
- members of other nations who are attached to, or on exchange duty with Canadian Forces, excluding those who are under formal training;
- members of sea, ar.ny or Air Cadets.

Anyone interested in entering subject competition contact CPL Wills at local 511 or 514 during normal working hours.

FIRST, TEACH THE KIDS. THEN,



LOOK OUT FOR THEM!



## UNCLE VOXS U ENTRANCE EXAM

See if you can qualify for Uncle Voxs U Entrance Exam Honor Roll. Each correct answer will be awarded 5 points. Best possible score is 110 points. The answer to Question 1 is **Sand Box**. Forward replies to Voxair by 6 Feb. The answers will appear in the 14 Feb Issue, also the contestants who qualify for Uncle Voxs Honor Roll.

- |                                  |                                                    |
|----------------------------------|----------------------------------------------------|
| 1. SAND                          | 12. ii ii<br>oo oo                                 |
| 2. MAN<br>BOARD                  | 13. CHAIR                                          |
| 3. STAND<br>I                    | 14. DICE<br>DICE                                   |
| 4. READING                       | 15. T<br>O<br>U<br>C<br>H                          |
| 5. WEAR<br>LONG                  | 16. GROUND<br>FEET<br>FEET<br>FEET<br>FEET<br>FEET |
| 6. R<br>ROAD<br>A<br>D           | 17. MIND<br>MATTER                                 |
| 7. CYCLE<br>CYCLE<br>CYCLE       | 18. HE'S HIMSELF                                   |
| 8. T<br>O<br>W<br>N              | 19. ECNALG                                         |
| 9. LE<br>VEL                     | 20. BA NANA                                        |
| 10. O<br>M.D.<br>PH.D.<br>L.L.D. | 21. DEATH/LIFE                                     |
| 11. KNEE<br>LIGHT                | 22. ESGG<br>GESG<br>GGES                           |

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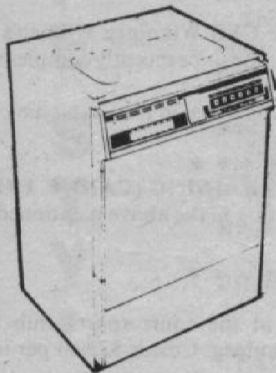
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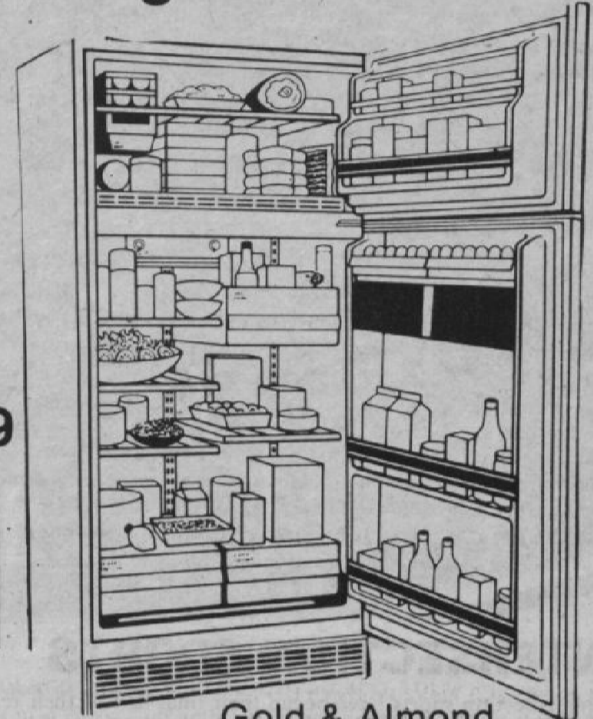
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w/White Rally Stripes  
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Lining 100% Nylon  
BX Reg. Price \$29<sup>99</sup>

Sale Price **23<sup>77</sup>**  
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**Men's Down Filled Jacket**

BX Reg. Price \$43<sup>99</sup> Sale Price **35<sup>17</sup>**

**Mountaineer Style**

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**Just Arrived**  
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Tall **39<sup>99</sup>**  
Limited Quantities

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**NOTICES**

**GENERAL MEETING — CFB WINNIPEG WILDLIFE ASSOCIATION**

This meeting will be held in the Master Corporals/Senior Corporals Lounge in Building 61 at 7:00 pm on the 2nd February 1979. All members are encouraged to attend. Interested personnel may contact the club president, MCPL Carter, at local 404, or the secretary PTE Sharon Muir at local 375.

\*\*\*\*\*

**WOMEN'S BOWLING**

Word has just been received that the CFB Winnipeg Women's Bowling team has won the Prairie Region Championships recently completed at CFB Cold Lake. A more comprehensive report will be inserted in the next issue of Voxair. All details are not available at this time.

\*\*\*\*\*

**SERVICEWOMENS ADVENTURE TRAINING (CANOE TRIP)**

Servicewomen interested in participating in the above mentioned activity, contact SGT MacAskill at 888-5021.

\*\*\*\*\*

**SQUASH AND RACQUETBALL**

A corporate membership package at the court sports club has been arranged for the personnel of CFB Winnipeg. Cost is \$25.00 per individual plus court fees. Membership application forms are available at the Westwin Gym now. For details contact the BPERO at local 509.

\*\*\*\*\*

**CFB WINNIPEG TO HOST PRAIRIE REGION BASKETBALL CHAMPIONSHIP 7-12 FEB 79**

Six teams have indicated they will compete and a seventh team is possible. CFB's Portage, Calgary, Cold Lake, Winnipeg, Shilo, and Moose Jaw will compete, Edmonton is still undecided. All games will be played at the Westwin Gym. Spectators are welcome.

\*\*\*\*\*

**CFB WINNIPEG TO HOST AREA ONE SERVICEWOMEN'S VOLLEYBALL CHAMPIONSHIPS 22-24 FEBRUARY 1979**

Seven teams from Winnipeg to Esquimalt will compete for the honour of representing Area One at the Canadian Forces National Championships to be held in Penhold, Alberta, 12-15 April 1979. Spectators are more than welcome. All games will be played at the Westwin Gym.

\*\*\*\*\*

**DRAMA CLUB MEETING**

Monday 5 Feb 79 8:00 p.m. Studio 22  
Plans to produce a three act play will be discussed. Former members and new members are welcome. Please don't be shy, join us and bring a friend.

**INTERSECTION SPORTS**

Inter-Section sports have begun their final half of their respective seasons. The Inter-Section Hockey League has proven to be very competitive. All but three of the games have been extremely close. Teams have had an ample supply of players and for a change there have not been any forfeitures. Calibre of play and sportsmanship has been high. If things continue along the same lines the play-offs should prove very exciting. The Men's and Ladies Base Volleyball teams will soon begin the second half of their schedules. On completion of the first half of their schedules, the men's team was fifth in an eight team league, only five points out of first place. The Ladies team plays in a four team league and at present find themselves in third spot, only two points behind Air Canada, now in second spot. First place is occupied by the girls from Seven Oaks. The men's action can be viewed Wednesday evenings at Lipsett Hall at 7:30 p.m. while the ladies can be seen at the Westwin gym on Tuesdays at 8:00 p.m. beginning on the 30 of January. For an evening of entertainment — come out and view some good volleyball.

**CFB WINNIPEG HOCKEY LEAGUE**

Standings as of 22 JAN 79

TEAM	PLAYED	WON	LOST	TIE	PTS	GF	GA
BRAVES	15	9	3	3	21	47	25
ARROWS	15	6	5	4	16	46	49
DOLPHINS	15	6	6	3	15	45	34
CANUCKS	15	3	10	2	8	24	46

**WO'S/SGT'S MESS CURLING BONSPIEL**



**Friday — 9 Mar 79**

(FIRST DRAW — 0830 HRS)  
ALL GAMES WILL BE CURLED AT THE WESTWIN RINK.  
ENTRY FEE \$3.00 INCLUDES:  
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**YOUR LIFESTYLE**

**The Choice is Yours!!**

Are you overweight? Do you smoke or drink too much? Do you know that being overweight, that smoking and drinking are harmful to your health and can shorten your life!!

Your state of health is a direct result of your present lifestyle. If you are unhappy with your physical looks, if you are always tired or short of energy, then try examining your lifestyle. Perhaps you should become involved in more active pursuits rather than watching TV with a beer and potato chips. Take the family out for some cross-country skiing, snow shoeing, jogging, cycling, swimming as the season and your taste dictates.

The PERI staff are presently planning a Life Quality Improvement Program (LQIP) Activities course which will begin in spring 79. The course will not consist of the normal conditioning classes. Course personnel will be introduced to many sports/activities.

Demonstrations and clinics in "life sports" snowshoeing, cross-country skiing, hiking, jogging, basketball, volleyball, soccer, bowling, golf, swimming, tennis, badminton, and other activities/sports will be given. The aim of the course will be to interest each individual in at least one activity and in so doing encourage the individual to adapt a more active lifestyle thereby improving his/her overall fitness level.

This course will be conducted during normal working hours and will be open to all servicemen/women who can get permission from their section heads to attend.

A similar course may be run over the summer months for dependants 13 years of age and over if sufficient interest is shown.

Personnel who are interested in this LQIP Activities Course are asked to complete this questionnaire and return it to the Westwin Rec Centre.

NAME: \_\_\_\_\_

PHONE NUMBER: home \_\_\_\_\_ work \_\_\_\_\_

**CHECK ONE OF THE FOLLOWING**

- serviceman
- dependant wife
- servicewoman
- teenager (13-21 only)

**MEN'S BOWLING**

The Men's Bowling Team recently returned from CFB Edmonton where they were competing in the Prairie Region Championships. Five teams competed in the championship. Winnipeg's team finished in second spot behind Cold Lake.

PTE Ben Laliberte was the Winnipeg contingent's top bowler. Ben earned his spot on the base team last November during the Base playdowns. Ben's average over 20 games was a whopping 258. Four of Ben's games were over 300, and one game was 415.

At the Championships in Edmonton, Ben once again bowled superbly, finishing with a 243.4 average. This fine effort placed Ben in third spot overall and earned him a place on the Prairie Region Team that will be competing for the CF National Championships, 21-24 February at Camp Borden.

Congratulations to PTE Laliberte and all team members representing this Base. They were:

- SGT Charles Costin
- SGT Glen McGhie
- MCPL John Bonnell
- MCPL Keith Johnston
- CPL Ron Borden
- CPL Ed Derkson

**CERAMIC CLUB**

The C.F.B. Winnipeg Ceramic Club opened the New Year on the 8th of January with its usual good turn out of members.

New shelving was added to our club over the holidays. Many thanks to the husbands who assisted.

A compressor has been purchased for the easy removal of molds. An air brush will be purchased shortly, training will be given to those interested.

So far this year we have had lessons in underglazing, wash staining, eskimo art, wax resist, mother of pearl, gold and decal.

In the month of January we will be doing Blue Mountain pottery, diahe, spill and cascades techniques, with ample time for members to work on their own.

Membership in the C.F.B. Winnipeg Ceramic Club is opened to Service Personnel, dependants, RCHP and limited number of associated civilians. The club is opened for male members also, any men interested in joining are very welcome.

The Club operates from mid September until the end of June. It's open Monday and Thursday from 7 pm until 10 pm. There are only a few memberships left so join now.

**PUBLIC SKATING HOURS  
WESTWIN SKATING RINK**

Monday - Friday 1600 - 1730 Hours  
(Excluding Thursday)

Saturday and Sunday 1100 - 1230 and 1600 - 1730

**ADM BRANCH FUNSPEL**

On Friday, January 19, at 3 p.m., 32 curlers arrived at the Westwin Curling Club fully prepared to display their talents. For many it was a first time experience. What they lacked in skill, they made up for with enthusiasm.

All teams were once again selected randomly by the spel organizer. The object of selecting teams in this fashion was to ensure that rinks were not stacked, plus give personnel in the branch the opportunity to meet fellow workers.

All teams played a total of six ends under G.C.T. Rules.

Big winner for the day was Al Fletcher. Al played on the team tied for first place, plus he was the day's best opposite hand curler. Second best opposite hand curler proved to be Sonora Waite.

Next ADM Spel will be held on the 9th of February. Plan now to attend.

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G.G. Montencko

CAPT.

461

## ENERGY CONSERVATION WEEK IN DND

OTTAWA (CFP) — Canada uses more energy per capita than any other nation in the world. More than the United States and twice as much as Sweden, a country with a similar climate and standard of living.

And within the Canadian federal government, DND uses nearly half of the energy consumed, if you exclude the crown corporations, Air Canada and the CNR.

With DND's third energy conservation week scheduled for February 11 to 16, 1979, it is appropriate to examine what we have achieved so

far in energy conservation.

Since its origin in 1975, DND's energy conservation program has resulted in these accumulated savings:

4,700,000 gallons of fuel  
38,600,000 gallons of heating oil,  
and  
3,300,000,000 cubic feet of gas

However, while there has been a saving in these areas, the consumption of electrical power by DND has increased from 927,000,000 kilowatt hours (KWH) in 1973-74 to 1,045,000,000 KWH in 1977-78.

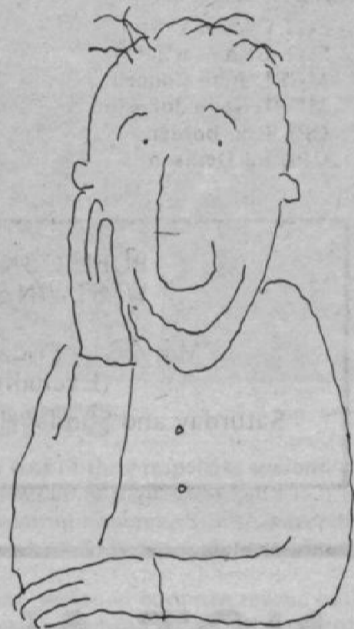
The area that accounts for the largest energy demands in DND is that of utility services. Energy conservation practice, however, resulted in an 11 per cent reduction in consumption by 1977-78. This reduction was a result of the combined efforts of military personnel, their dependants and civilian employees. Also, insulation improvements to buildings helped in the saving.

During 1979, government restraint on expenditures may affect energy conservation plans to retrofit

more buildings to make them more energy efficient. With funding restraint for some of these projects, further reductions will depend even more on the efforts of the individual.

This year, the target for the PMQ fuel consumption program is a 15 per cent reduction over the 1977-78 figures. The practice of good conservation habits such as switching off lights, using less light, turning down the thermostat and closing all doors and windows should help to reach this goal.

## Royal Trust has six ways to look at RRSP's.



Come into Royal Trust and let's look at 6 different ways you can work out your future financial security. We can even discuss the possibility of a loan to help you get started.

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no fees to pay at any time
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objective: maximum income  
low administration fee
- 4** **'C' Fund**  
portfolio of Canadian common stocks  
objective: income and capital growth  
low administration fee
- 5** **'M' Fund**  
portfolio of first mortgages  
objective: maximum income  
low administration fee
- 6** **Self-Directed RRSP**  
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Registered Retirement Savings Plans.

### Royal Trust RRSP's Make no mistake about it.

#### HOW TO AVOID RRSP MISTAKES

Between now and March first, hundreds of thousands of Canadians will take steps to reduce their 1978 income tax payments and build a retirement nest egg by investing in registered retirement savings plans (RRSPs). For most this will be a sound investment. But some will be making costly mistakes.

The most common mistake, according to Gerry Smith, Manager, Trust Development, of Royal Trust, Winnipeg, is the failure to shop and compare.

"Many people think all RRSPs are pretty much the same so they simply buy them where it is most convenient. In fact, there is a wide variety of plans offered by banks, trust companies, credit unions, insurance companies and investment dealers. It requires some effort to find the one that is best for a particular individual's circumstances, but the time and trouble are well worth it," Smith says.

He recommends talking to representatives of several financial institutions and comparing factors such as return on investment, management fees, withdrawal and transfer changes and sales commissions.

Paying a sales commission may be a mistake. It is not necessary, Smith says, and money taken off the top in this way means there is less in your plan to grow for the future.

If you are married, it may be a mistake to put money into an RRSP registered in your own name. Under current regulations, you and your spouse will each be allowed up to \$1000 of retirement income after age 65 without paying any tax. Smith suggests you consider making all of your annual RRSP contribution in your spouse's name. You can still claim it as a deduction from your taxable income now, and you may both be able to obtain the \$1000 deduction later.

Another mistake may be putting cash into an RRSP when you have borrowed for other purposes.

"Unlike loans for purchases of things like cars or furniture, money borrowed to buy an RRSP is tax deductible. And the interest rate is usually much lower," Smith says.

"Don't make the mistake of failing to invest in an RRSP simply because you are temporarily short of funds. It is easy to take out a loan and we make loans for this purpose. This is a case where it pays to borrow to save," he says.

The fear of making a mistake should not deter you from putting money into an RRSP. The Royal Trust manager has an answer for this dilemma, too.

"Simply look for a plan with a high degree of flexibility and take the time you need to shop around and see if there is anything better. The important thing is to be sure you make your deposit before the March 1 deadline for the 1978 tax year," Smith advises.

It is wise, he says, to deal with an institution offering several different types of RRSPs. This way you can keep your options open and vary your contributions from time to time within the choice of plans offered.

"Be careful not to enter into a contract which is too rigid. It will be expensive if you have to pay sales charges every time you switch," he cautions.

"Properly handled, an RRSP is a very sound investment — make no mistake about it," Smith concludes.

287 Broadway  
943-0431

Reference: G.R. Smith,  
Manager, Trust Development,  
Royal Trust, Winnipeg,  
943-0431

Grant Park Plaza  
475-2090



**A CENTURY AND A HALF OF COMBINED SERVICE**

It was a happy occasion at the Construction Engineering Christmas party when six members were congratulated for 25 years of public service. Left to right are: Tony Bator, Reg Nelson, Art Marks, Walt Gidyk, Santa Claus, John Krezanski and John McIntosh. (C.E. PHOTO)

**THE WEATHER**

January has trudged right along and although our cold weather through the first three weeks doesn't rate as the coldest or longest it was certainly noteworthy as temperatures remained quite consistently in the -20 to -30 range from the 1-18th. A bit of cheer can be offered with a look at the normal trend in February which just as we'd hope shows an upward swing in the normal curve. Although on a day to day basis you can come away with the impression that the weather is never normal, over the month the change in normals is evident in fuel consumption both at home and on the road, and the increased outflux of skiers, tobogganers, and skaters at your favorite spot on the weekends.

Normal readings for the first day of January are highs near -13 and lows -22 while the real weather temperatures for the day were -25 and -32. The coldest stretch of the normal curve occurs between the 20th and 25th with high values averaging -16 and lows -26 and curve remains fairly constant to Feb. 1. So looking at the overall January temperatures the curve certainly represents the pattern well if not the actual values this year.

indicator in the new year that the January cold isn't a year round feature as the average values are highs -16 and lows -24. By the end of February expected highs are near -7 and expected lows -19, a long way from summer but certainly an improvement.

The main instigator of this changing weather pattern is of course the sun and while it's still across the equator the proof that it's returning again this year is the increasing length of the sun day as the month goes along. The 1 Jan sunrise was 0828 and sunset 1637; on Feb 1 it has improved to sun up at 0804 and sun down at 1722. By the end of Feb the hours of operation for the sun are 0716 until 1808.

The following information on the solar eclipse in February is reprinted courtesy of the AES Winnipeg weather office:

**FEBRUARY ECLIPSE**

On Monday, February 26, the moon's shadow will race across southern Manitoba and a total eclipse of the sun will be visible to most of the residents of the province. A study of past weather conditions indicates that Manitobans probably have the best chance in North

America of seeing this spectacle.

At Winnipeg the moon will first touch the sun at 9:36:16 in the morning and totality will begin at 10:46:56. During the total phase the outer atmosphere of the sun will shine with a pearly glow and tiny pink prominences may be seen glowing along the edge of the pitch black moon. After 2 minutes and 16 seconds the eclipse will come to an abrupt end as the sun's edge reappears from behind the edge of the moon. By 12:03:19 p.m. the eclipse will be over with no other expected over Canada this century.

The total phase of the eclipse can be viewed safely without protection, even with binoculars and telescopes, but no part of the sun's bright surface can be watched without some form of aid. Many devices are available or can be made for this safety, ranging from dense welding glass, through simple pinhole projection viewers, to special aluminized mylar plastic.

Exposures ranging from one-one thousandth of a second up to several seconds can be used to photograph the eclipse. An eclipse is a very versatile event and any camera, film and exposure will serve to capture at least a part of the magic.

**ALCARE**

**THANK YOU**

"ALCARE" - what is it? What does it do? Who is it for? I could fill up this page with the questions that arise when the word "ALCARE" is mentioned. A lot of questions are asked with a bit of fear involved. Why?

I'll see if I can clarify some of those questions. For years I have had a problem with alcohol. I didn't see it or when I did see it I would not admit it to myself. Excuses abounded to rationalize why I drank — "hard day at the office" "the boss doesn't like me" "If I wasn't posted at this base I wouldn't drink" etc. Sound familiar? It should because I've used them all and heard them all.

Finally things came to a head. My health was not what it should be. The doctors warned me that alcohol was the cause of it. How could that be? "I only drank one or two beers a week — maybe a couple of shots of rye on the weekend — they don't know what they are talking about!" Sound familiar again?

Then a year ago after landing up in the hospital (drunk) the doctor laid it out point blank. He recognized the problem I had and said that he was putting me on the ALCARE Program. "Why me? I don't have a drinking problem. I'm not an alcoholic." Still sound familiar?

It was then explained to me by the doctor that placing me on the ALCARE Program was part of the medical treatment. If I refused his treatment I would be out of a job. Just as simple as that.

I started the ALCARE Program full of resentment and convinced that I had no problems with my drinking. After a few days into the Program, my way of thinking was drastically changed. I had been shown how to be honest with myself without rationalizing and was quite shocked as to what I was and also to what was happening to me. It wasn't a pretty picture and I must say that at that point my self respect was at an all time low. I was then shown how emotions are affected by drinking.

- Guilt - usually shows up the morning after, when you realize the friends you have offended/hurt because of your actions while drunk, etc.
- Resentment - because of irrational thinking while the mind is fuzzy with alcohol I had a tendency to resent the system, my job, my bosses, and even my friends.
- Depression - being lonely because nobody wants to hang around with a drunk.

I could go on and on but what I am trying to put across is that through ALCARE I was able to see for the first time in my life just where I stood. The job on hand seemed at first insurmountable, but with rational thinking, willingness to help myself, and the help offered by ALCARE, the proverbial mountain suddenly seemed like a mole hill.

To me, and I am sure that to the majority of people who have attended the ALCARE Program, it turned out to be a valuable education and not a punishment.

Now don't get me wrong. It is not as easy as it sounds. After a year the task at hand is a never ending process. Every day is a new challenge and another day to put into practice what was revealed to me on the ALCARE Program.

As long as you are willing to help yourself there are people to help you along when the going seems to get out of hand — medical officers, ALCARE people, padres, social work officers, AA etc.

I am hoping that this information will be of use to anyone who is wondering about what ALCARE is all about. It's funny — I am not one for putting my thoughts or feelings down on paper usually. Could this be another aspect of my new life-style?

A Thankful Member  
Alcare Course 7801



**1979**



**Renewal**



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# THE ADVENTURES OF SUPERTECK

(Part 4)

by A.C. Eine

When we left our hero last, he was getting over the shock of being introduced to MAJ Snoope, B. Secur.O., as "Ink" Blotter. He hoped that the frantic coughing and the use of his hands had prevented the MAJ from getting a good look at him. As well, E. Bertrum Bignickel wanted to talk with him.

Our hero did what any red-blooded Canadian boy would do, he split!! His heart was still over-speeding, and the only place to calm down was at home...alone!! Besides, he had been at "Bumps" place the night before, and then out with Pearl all day...he was bushed.

He left the copy for the St. Agnes Quilting Bee and Corn-Shucking Festival on the editor's desk on his way out the back door. E. Bertrum Bignickel could talk to him later. In the meantime, out of sight, out of mind.

It was Sunday evening when Superteck returned to the hangar. Being on shift did have it's advantages. For one thing, he could date his girls one week at a time.

SGT McSnarley was waiting for him as he came out of the locker-room.

"Superteck!! Get your toolbox and report to Multi-Engine Snags. See M/CPL Whizzer. Oh! And leave the Mule where it is. Never mind using it to carry your toolbox."

"But SARG!! That box is a brute. Besides, I'm supposed to be checking out that newspaper thing."

"That's tough! You're a tech, not a military cop. You'll be over there as long as Whizzer needs you. Now get a move on."

Superteck looked around for a small pushcart. Orders or no orders, a hernia didn't come with the job. With his scrounge, bits and pieces, and special tools, the box could hardly be lifted. He wasn't ab out to carry it alone. He was getting a bit choked, too. Every time he got nicely settled into a job, they'd shift him to something else. Now he was going back to multi-engined stuff when he'd just got off the darned things. It was supposed to be just temporary, but he wondered.

"Em-shash" Whizzer was waiting for him when he walked into the blister.

"Hey, Superteck, don't sit down. Coffee comes later. I want you to check out a mag drop on Six-one-seven. I'm short of qualified guys, and you've had the course. They need that bird at twenty-three hundred, so you're going to have to hustle."

"Gee, thanks, Whiz!! Thanks for nothing. Do I get any help, or am I supposed to crank it without even a

fireguard?"

"Help?? What are you, crippled?? Okay, you can have PTE Hunie. Now get going!!"

"Yes sir. No sir. Three bags full, sir!" He turned and yelled into the crewroom, "Hunie, let's go!"

Superteck turned to go out, then stopped short. "You're Hunie?!"

He spun back to the desk. "What kind of a joke is this? What are you trying to pull?"

The techs in the crewroom started to laugh. "That's right," said M/CPL Whizzer. "You haven't been here for a while. Allow me. CPL Superteck, meet PTE Hunie; PTE Anne Hunie. Pretty little thing, isn't she."

"A GIRL!! A Female!! She isn't even big enough to carry a plug wrench, and she's supposed to help me? I'll have to lift her up onto the ladder!!"

At this, the young PTE blew up!! "Stupidteck, you are nothing but a male cheuvanist slob!! You notice that I didn't say, pig. That would be an insult to the pig. I was top of my course, and I had to beat a dozen males to get there. I'll lay odds I know as much about that aircraft as you do."

The cat-calls started behind him. "Oooo-eeee!! Consider yourself told, Superteck!... Watch it, you've got a live one there! ... Fight!! Fight!!" There's gonna be a fight!! ... and there was always one character, "Go get him, Annie!"

Whizzer broke in, "Listen, you wanted some help, and Anne is the only one who is free right now. She is also a pretty sharp tech, so belt up and get busy."

"Ah ..... Alright!! Hunie, get your coat and let's go!"

Superteck with the young PTE in tow went out. They loaded his toolbox onto the Mule, then hooked up a powercart. He kept muttering to himself through the whole time. This was going to be interesting.

Doing a full power run on a large aircraft is a fairly complicated job. Superteck decided to make her prove just how much she knew, and made Anne do most of the work. To his surprise, the girl not only knew what to do, but did it well. They found the affected engine and he sent the diminutive PTE to get the spares and tools required to fix it. Then he pushed back the seat and lit up a cigarette.

He was willing to accept change, but this one had him on the ropes. The girl didn't look as if she weighed as much as his toolbox, and would need a ladder to climb up on a Mule, but he had to admit she knew the aircraft. He'd just have to watch how

she handled the plug change.

He heard the Mule returning and quickly butted the smoke. Why teach her any of his bad habits; let her learn her own.

He was surprised to see that she hadn't forgotten a thing. A spare set of plugs, wrenches, and a stand to work on. Maybe she even knew enough to bring along a coffee. No! That would be asking too much!

Superteck still wasn't fully convinced, so after they had lowered the cowlings, he stood back and watched her handle the snag. Half-way through the job, she looked down from the stand. "Hey, guy. Your mouth is open. What's the matter, never seen plugs changed before?"

His jaw shut with a snap. "Never mind the cracks, small one. Just get the job finished."

"It would get done faster if a certain male cheuvanist would get off his butt and help."

Superteck silently admitted defeat and climbed up beside her.

"Okay, I give up. How is it you know so much about engines anyway?"

"Easy! My father was a Flight Engineer on Lanes until he retired. He taught me all sorts of good things ... including how to put the stops to wise-apple Corporals."

"Just because your old man was a Flight Engineer doesn't prove anything. Most of them forgot which end of a screwdriver to use the minute they sew up the wings. Talk about prima-donnas! Most of them are worse than the pilots!"

"Watch it, joker, or I'll drop you off the stand. Of course, if you landed on your head, you wouldn't hurt yourself much."

"If you are quite finished, let's get this thing buttoned up and go get some coffee ... and you're buying!"

The little digs continued as they finished up the snag and then cleaned up.

Unbeknownst to Superteck, while he was out on the aircraft, the fates had been setting him up again. When he walked into the blister, the axe dropped from a great height.

"Superteck! I hope your dress uniform is up to scratch. There's a Base Commander's Parade tomorrow afternoon, and you are invited to attend. In fact, all of us are. It's an Identification Parade, and you WILL be there!"

Things are getting a little tight for Superteck, aren't they. Well, is he going to escape this time?? Get the next issue of Totem Times and find out!!! Stay with us for further:

Adventures of SUPERTECK

## BK Says

WHEN WILL WINNIPEG'S WINTER WANE?  
or  
SPRING IS NO ABOUT TO SPRANG

"Go West Young Man" is what I was told,  
You'll soon get used to the bitter cold,  
Your feet might freeze and you'll curse and stamp,  
But one thing's certain, you won't get damp.

And they all said, though the temp gets low,  
Its very rare that you get much snow,  
So I believed what everyone said,  
And went, complete with holes in my head.

I recall my first big prairie storm,  
And futile attempts at keeping warm,  
Not only was I shovelling snow,  
The temp outside was forty below.

Well, I've been here since seventy-four,  
And I just can't take this any more,  
I'm going to phone a local mover,  
And truck on out to mild Vancouver.

B.K.

## Metric Conversion Guide

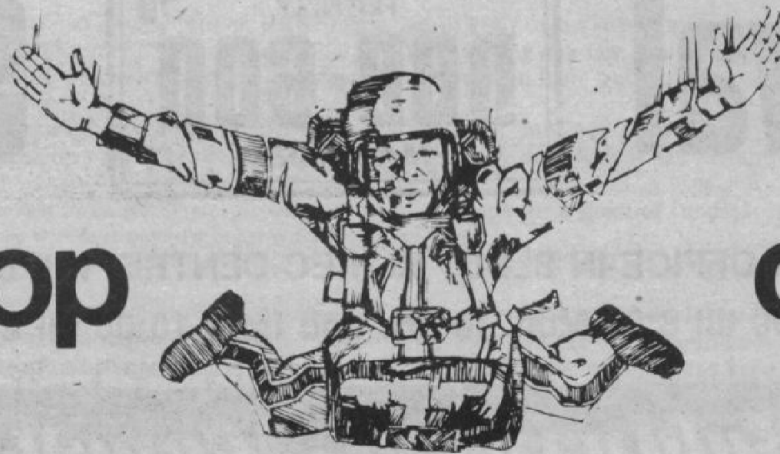
Litres	Gallons	Litres	Gallons
1	0.22	15	3.30
2	0.44	20	4.40
3	0.66	25	5.50
4	0.88	30	6.60
5	1.10	40	8.80
6	1.32	50	11.00
7	1.54	60	13.20
8	1.76	70	15.40
9	1.98	80	17.60
10	2.20	90	19.80

Air Pressure	
Amount	Direct Conversion
24 lb air pressure	165 kilopascals (kPa)
28 lb air pressure	193 kilopascals (kPa)

Price of gasoline per gallon	Price of gasoline per litre
\$0.85	\$0.187
\$0.90	\$0.198
\$0.95	\$0.209
\$1.00	\$0.220
\$1.05	\$0.231
\$1.10	\$0.242
\$1.15	\$0.253
\$1.20	\$0.264

Every drop

counts



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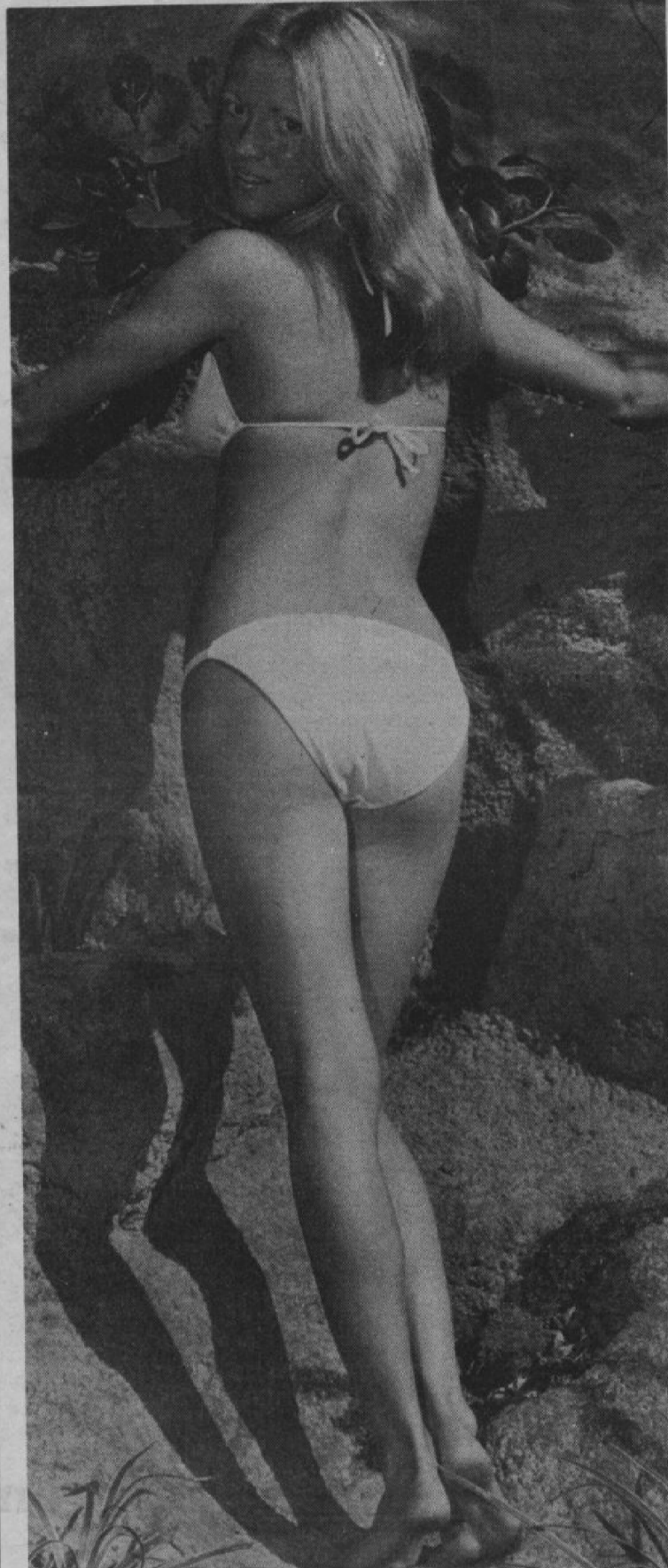
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**FORCES PRAISED FOR EVACUATION OF VIETNAMESE REFUGEES**

OTTAWA (CFP) — When Canada accepted 604 Vietnamese refugees from among the 2500 stranded on a freighter off the coast of Malaysia in November, it was the Canadian Forces who assisted the department of manpower and immigration with the task of flying them to Canada, providing medical care, and rations and quarters.

Four Boeing 707 flights from Air Command's Trenton-based 437 Transport Squadron flew the refugees from Kuala Lumpur, Malaysia to Montreal's Dorval Airport in an operation code named Operation Magnet. The refugees then were transported to Mobile Command's military facilities at nearby Longue Pointe, where CFB Montreal personnel provided personnel accommodation, messing and the much needed winter clothing. Medical personnel provided care in Kuala Lumpur, on board the aircraft and in Canada.

On 11 December, the Chief of the Defence Staff, ADM Robert H. Falls, sent the following message to the Commander of Air and Mobile Commands:

"The CF support to Op Magnet has deservedly earned the praise of government officials and of the people of Canada. This humanitarian operation rescued 604 Vietnamese from an uncertain fate aboard the freighter Hai Hong.

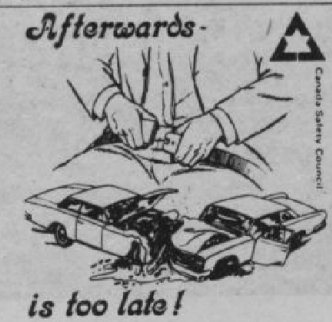
The speed of reaction and the competent manner in which this operation was conducted, once again demonstrated the capabilities of the individuals and commands involved.

Please convey my appreciation to all who participated for a job well done. : R.H. Falls, Chief of the Defence Staff."

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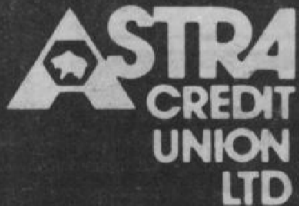


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