



# Voxair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

25 Jun 80

Issue No. 12

Vol. 29

## Minister Accepts Aurora



The Honourable Gilles Lamontagne signs a commemorative scroll as he accepts the first Canadian Forces Aurora aircraft at Greenwood, N.S. At left is Mr. Roy Anderson, President of Lockheed Aircraft Corporation and at right is Admiral R.H. Falls, then Chief of the Canadian Defence Staff and now Chairman of NATO's Military Committee. (CANADIAN FORCES PHOTO)

## Voxair Honoured By CCNA

air's August 15, 1979 issue which contained several stories on women in the military. Especially interesting in that issue was a story called, "Operation Eve". This was a story written by SGT Sue Maxwell which outlined the events of a "female only" excursion of portaging across northeastern Manitoba in the summer of 1979.

Awards given by CCNA are for excellence in reporting, editing, layout and general readability of community newspapers. In August of this year, further details will be released by the CCNA on standings

achieved by all the community newspapers in all categories of competition, seven of which were entered by Voxair.

To belong to such a prestigious organization as the CCNA is an honour for any military newspaper, but to win an award is more than an honour, it is a privilege excelled by none other in the newspaper business.

Military newspapers, more often called "base newspapers", reflect our Canadian military community as a whole, not just as a parochial and geographical entity such as Winnipeg, Comox, Halifax or Petawawa.

But, despite this major difference between civilian community papers and military base newspapers, philosophy is basically the same.

One often hears comments about the way base newspapers are operated. There is the comment that "our paper is not like so-and-so base", or who cares about general what's his name, or why don't we have more cartoons. It is a never ending stream of critical commentary. Another favorite is the one where a particular section or unit feels that they do not get enough coverage, or that another is getting too much coverage — the

editor and staff never win.

One must remember that each base is different in some way and that difference will always be reflected depending on the needs of the base, the type of units on the base or just the type of people stationed at the base at any given time. Sameness may be good for some things, but not necessarily for base newspapers. What is more important is that a high standard of communicative journalism be imparted to the reader, no matter what the message.

The Editor



Voxair, Canadian Forces Base Winnipeg's newspaper has just been honoured by an award from the Canadian Community Newspaper Association (CCNA), a 550 member organization representing communities all across Canada and the Canadian Armed Forces. The award, second place in the Best Women's Content category was won for Vox-

## Air Command Headquarters Appointments/Promotions

WINNIPEG — New appointments and promotions involving four air force generals will bring about a change in the executive echelon of Canadian Forces Air Command headquarters here, between mid-June and early September.

Taking over the top airman post on a full-time basis July 3 will be LGEN Kenneth E. Lewis, 51, of Wood River, Alta. Since mid-April he has held the dual responsibilities as deputy commander-in-chief of the North American Air Defence (NO-RAD) Command, with headquarters at Colorado Springs, Colo., and as commander of Air Command. He succeeds LGEN G.A. MacKenzie in the Winnipeg post, who retired to enter private business.

The number two spot at Air Command headquarters will be vacated Saturday, June 21, by MGEN Kenneth T. Thorneycroft, 52, of Swift Current, Sask., who leaves for NO-RAD headquarters in Colorado Springs to succeed GEN Lewis.

The new deputy commander of Air Command is MGEN Roy Sturgess, 51, of Toronto, who served at Air Command as chief of staff for operations, in the rank of brigadier-general. He takes up his new appointment June 23.

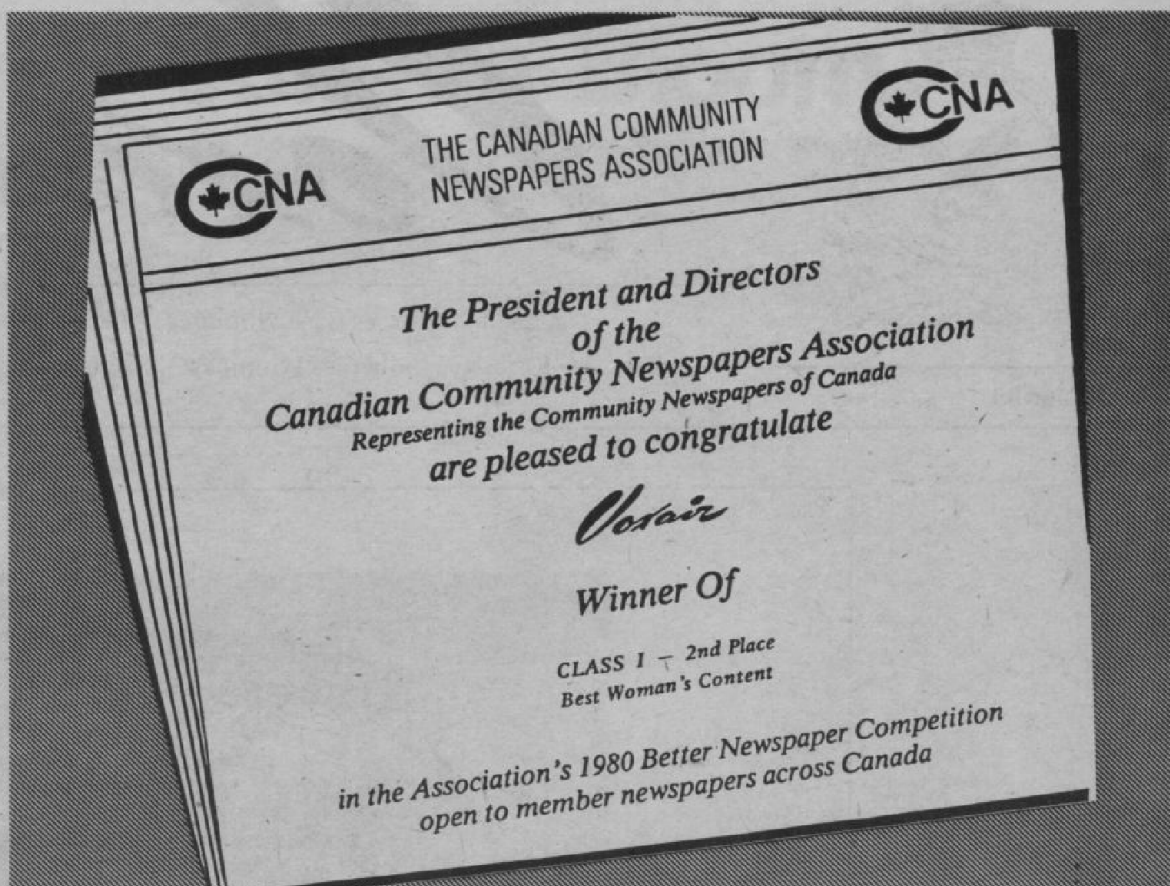
Succeeding GEN Sturgess in early September will be BGEN William G. Paisley, 50, of Nipawin, Sask. who comes to Winnipeg from Germany, where he commanded 1 Canadian Air Group, Canada's air force formation on NATO duty in Europe.

Air Command headquarters controls all the aviation resources of the Canadian Armed Forces, comprising 37 bases and stations across Canada, 22,684 military personnel and 7,780 civilian employees.

The role of Air Command is to provide operationally-ready air forces to meet Canada's national and international defence commitments. The command exercises jurisdiction over military air doctrine, common air policy matters, training standards and flight safety in the Canadian Armed Forces.

The commander of Air Command also has an additional role, as commander of Prairie Region, involving regular and reserve elements of the armed forces and cadets in the three Prairie provinces and north-west Ontario.

In this capacity, the command provides aid to civil powers, and assistance to civil authorities.



## Sky Hawks Start Tour

OTTAWA — The Canadian Forces Parachute Team — The Sky Hawks — commenced their country-wide series of precision free-fall parachute jumping demonstrations on May 6 at Fort Simpson, N.W.T.

During the season they will be featured at more than 50 exhibitions, festivals, and airshows between then and the end of September. In the past nine years they have performed before an estimated 15,000,000 spectators.

Formed on a voluntary basis each year, team hopefuls are drawn from a wide variety of ranks, trades, and classifications in the Regular and Reserve forces. They aim for a team composition of 10 regular members and five reserves. Their program consists of three descents (passes) from an altitude of 3,000 metres involving up to 45 seconds of free-fall and reaching speeds of up to 180 kilometres per hour.

The most experienced parachutists in this year's team is Warrant Officer Tom Holland, 39, of Elliot Lake, Ontario. He had logged over 1,500 parachute descents and competed with the Canadian Parachute Team in 1965. He is currently on the staff at the Canadian Airborne Centre. In addition there is one Reservist on the team, CAPT Paul Smillie, 25, of Victoria, B.C. He was a member of the Canadian contingent that competed in the Interallied Confederation of Reserve Officers, in the 1979 NATO Pentathlon at Fontainebleau, near Paris, France.

Since its formation in 1970, the team has performed annually. Each

member is an expert parachutist with levels of experience ranging from 150 to 1,500 jumps. However, parachuting is not their only job as each member of the team has a different primary occupation. Some of them serve as parachute instructors, parachute riggers or test parachutists. In addition to these duties, team members also assist in the development of parachuting techniques and in the training of military free-

fall parachutists, at the Canadian Airborne Centre, located in Edmonton, Alberta.

Military free-fall, the technique demonstrated by the Sky Hawks, is used in wartime to secretly insert small groups into hostile territory. Such operations are normally carried out at night with the aircraft flying too high to be seen or heard. The falling human bodies are almost impossible to detect on radar.



NEW CDS TAKES OVER FORCES... GEN Ramsey Withers, the new chief of defence staff, recently signed the handover certificate in the office of the outgoing CDS, Admiral Robert Falls. General Withers officially took over command of the Canadian Forces on May 31 while Admiral Falls will become chairman of the NATO Military Committee in Brussels on July

LE NOUVEAU CHEF DE L'ÉTAT-MAJOR DE LA DÉFENSE — Le général Ramsey Withers, récemment nommé chef de l'état-major de la Défense, signe le document de passation du commandement en présence de l'amiral Robert Falls auquel il succède. Le général Withers a officiellement assumé le commandement des Forces canadiennes le 31 mai, alors que l'amiral Falls deviendra président du comité de l'Otan à Bruxelles le 1<sup>er</sup> juillet.

(CANADIAN FORCES PHOTO)



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VOXAIR offices are located in Building 52 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

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Les bureaux du Voxair sont situés dans l'édifice 52 de la BFC Winnipeg. Voxair, BFC Winnipeg, Westwin, Man. R2R 0T0

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**De-Energize The Bath Tub**

For those of you who don't like to take a bath, even if you need it, here are four easy ways of reducing the amount of heat used and wasted in a bath tub.

1. Choose between a bath and a shower. One uses less water and it's easy to find out. Just take a shower and leave the bath plug in and see how much water you have used. It will either be more or less than your regular bath. If the tub overflows you'll know without measuring.

2. When you are finished taking a bath, don't pull the plug immediately. Wait until the water is cool. The heat will go into your home instead of down the drain. In the summer, however, pull the plug quickly to get rid of the heat.

3. Don't be a 'hot bug' when you bath or shower. Use cooler water. It saves energy and is better for you.

4. Don't bath so often. Don't worry about it. Your friends will soon tell you if you need another



bath and look at all the water and energy you'll save ... you'll be a hero!

**The Cost Of A Bath**

The cost of a bath is determined mainly by the energy used to heat the water. The water itself is very cheap. The amount of energy used will depend on the amount of water used and the temperature of the water.

The table below assumes you have a standard bath. The volume is related to the depth of the water (before you get in). It is assumed that the water is heated by electricity at a cost of 2 cents per kilowatt hour (kWh).

DEPTH OF WATER		TEMPERATURE OF WATER		
INCHES	CENTIMETRES	WARM • 50°C	HOT • 60°C	VERY HOT • 70°C
4	10	6¢	8¢	10¢
5	13	8¢	11¢	13¢
6	15	10¢	13¢	15¢
7	18	12¢	15¢	18¢
8	20	13¢	17¢	20¢
9	23	15¢	19¢	23¢
10	25	17¢	21¢	25¢

COST IN CENTS

**Press Gang Reactivated**

WINNIPEG — Naval reservists at HMCS Chippawa have come up with a salty twist to mark the 70th anniversary of the Royal Canadian Navy, as well as provide summer employment for about 80 university and high school students.

They went back about 150 years in naval history to resurrect a "press gang, those robust blackguards who once roamed the pubs and back alleyways of old England to "persuade" citizens to enter the navy and army in the service of the sovereign.

About half a dozen members of HMCS Chippawa's "press gang," decked out in period costume, infiltrated the Canada Manpower Summer Student Employment Office, 460 Main St., at 10 o'clock on Friday, June 20.

There they explained to interested students, 17 to 35 years of age, how they can "land" eight weeks employment, July 1 to August 22, for \$154.00 a week. Militia and air force reserve units have similar programs with Canada Manpower.

Activities during the eight-week period will include naval organiza-

tion, customs and traditions; seamanship; boat and rope work; fire fighting and first aid.

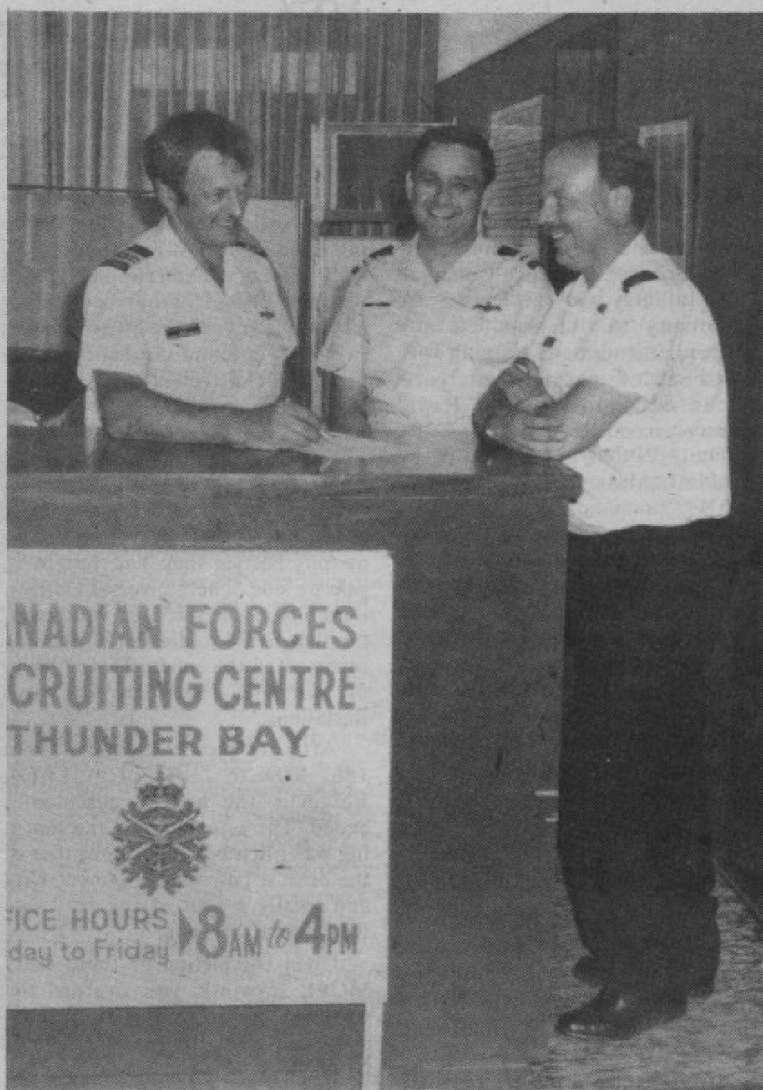
Also included will be sailing on Lake Winnipeg at Gimli; scuba diving familiarization; three days of survival training at Riding Mountain National Park; tours of Winnipeg; a flight in a Canadian Forces Hercules aircraft at CFB Winnipeg; and tours of Kapyong Barracks, where the 2nd Battalion, PPCLI, will demonstrate an armoured personnel carrier, hand-to-hand combat, radio communication and other activities.

The Royal Canadian Navy — integrated with the Royal Canadian Air Force and the Canadian Army into the Canadian Armed Forces in 1964 — officially came into being May 4, 1910. However, first stirrings of a Canadian navy date back as far as the mid-18th century. Winnipeg's HMCS Chippawa dates back to 1923.

To mark the navy's 70th anniversary, regular and reserve elements across the country will be staging summer-long events, ceremonies and activities.

**Recruiters Re-Organize**

The Recruiting Detachment in Thunder Bay will close effective 1 July 1980. This is part of a reorganization which will see more emphasis placed on more productive recruiting areas. MAJ A.G. Bonenfant, Commanding Officer of CFRC Winnipeg has appointed CAPT R.E. Alp as the new area officer for the eastern region replacing CAPT G.K. Sykes. CAPT Sykes was recently posted to 437 Squadron Trenton, Ontario. Under the new set-up the Recruiting Centre in Thunder Bay will be open approximately one week per month and mobile recruiting will be carried out during another week thereby giving 50% coverage to the area. It is expected that this reduction will not seriously affect the productivity of this area.



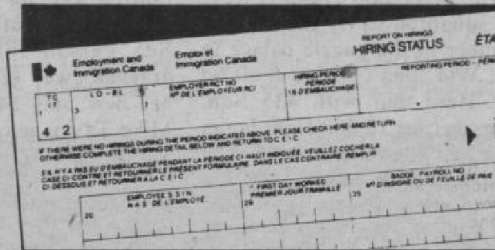
MAJ Gilles Bonenfant, Commanding Officer, CAPT R.E. Alp Area Officer and SGT Jack Bode Mobile Recruiter.

(CANADIAN FORCES PHOTO)

**We're tightening up on people who abuse Unemployment Insurance.**

Most people getting unemployment insurance play by the rules. But some people don't seem to know that they can't take a job and collect benefits without telling us they're working. That's why employers are being asked to send us the starting date and Social Insurance Number or extracts from computer payroll tapes for each employee they hire or rehire. This information is cross-checked with the Social Insurance Numbers of people receiving unemployment insurance benefits. Only cases of potential abuse will ever surface. After investigation, anyone found receiving benefits to which they are not entitled will have to repay them.

It may be an honest mistake. Some people forget or don't understand they must tell Unemployment Insurance and report their total earnings when they start



Social Insurance Numbers of newly-hired employees are now being cross-checked with those of people receiving unemployment insurance benefits. Only cases of potential abuse will ever surface.

a new job. In that case, repayment is all that's required. But, a penalty or prosecution may follow when the new system detects people wrongly collecting benefits.

If you are collecting unemployment insurance benefits, and start a new job, please say so on your UI claimant report card.

**Employment and Immigration Canada**  
Lloyd Axworthy, Minister

**Emploi et Immigration Canada**  
Lloyd Axworthy, Ministre

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**Canada**



# 2 PPCLI Visits R22<sup>e</sup>R

(by CAPT D.P. Wilson)

On the 29th and 30th of April 1980, twenty-one members and support personnel of the Second Battalion, Princess Patricia's Canadian Light Infantry were given the rare opportunity to rub shoulders and compare attitudes and training with their French Canadian counterparts in the Second Battalion Royal Twenty-Second Regiment.

The 2 PPCLI group, headed by MAJ E. L. Markell as representative for the Commanding Officer, were in La Citadelle, Quebec City, to donate a restored Universal (Bren Gun) Carrier to the Commanding Officer and all ranks of the Second Van Doo's.

The presentation, which occurred on the morning of the 30th, was the culmination of two weeks of long, hard, after hours work on the part of the Battalion's Maintenance Platoon. Working with three hulks in various greivous states of disrepair and neglect, MCPL Jazwinski, the junior NCO in charge of the project, managed to produce an authentic, presentable, albeit non-operational carrier.

The reception of the 2 PPCLI group by LCOL Bergevin and his Battalion was the ultimate in hospitality.

After settling into their quarters, all ranks proceeded to their respective messes. Good humour and fellowship soon flowed as easily as the wine and everyone became quite comfortable in their new surroundings.

A semi formal dinner in La Salle d'Armes for the officers brought to

light such customs as opening champagne bottles with sabres and drinking calvados as a digestif.

The evening entertainment ended with the 2 PPCLI group being given a tour of the local area by our hosts.

Morning found everyone preparing, some more reluctantly than others, for the presentation parade. At 0800 hrs the CO of the 2 R22<sup>e</sup>R, LC Bergevin, accepted the Universal Carrier from MAJ E. L. Markell at this time, he stressed the similarity of the two units history and the numerous battles they had fought in side by side. The Universal Carrier, therefore, as a piece of equipment familiar to old soldiers of both units, represented the solidarity and unity of purposes between the two Battalions.

After the presentation of a Circa 1867 Rifle to 2 PPCLI by LCOL Bergevin, the official ceremonies ended. The remainder of the morning was filled by a helicopter tour of the area, a bus tour of Quebec City and finally a tour of the very fine Regimental Museum.

Upon completion of these tours MCPL Jazwinski was awarded the privilege of firing the traditional noon gun from the ramparts of La Citadelle.

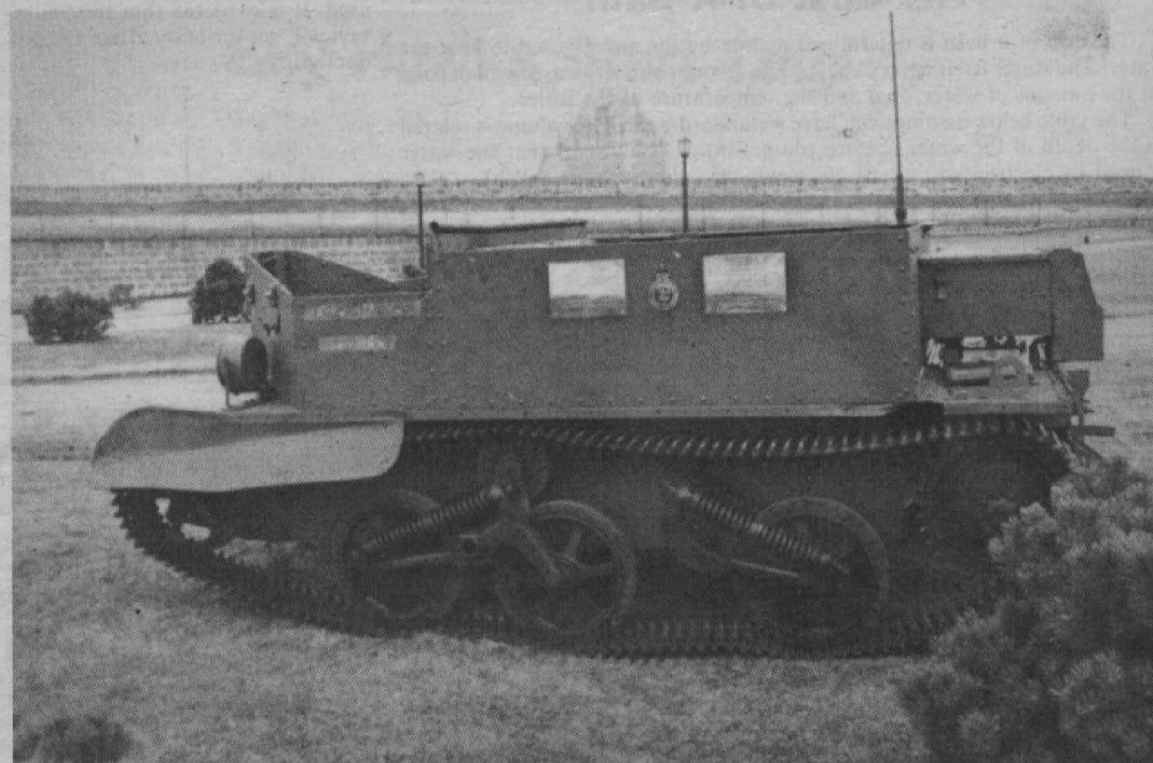
These activities completed, the group was hosted to another fine meal before departing for Winnipeg by Hercules Aircraft.

Our visit had been brief and eventful and all ranks left with pleasant memories and closer feelings towards a fellow Battalion.



MCPL B.H. Jazwinski firing the noon gun at La Citadelle, Quebec City.

(PPCLI PHOTO)



Universal Bren gun carrier presented to 2R22<sup>e</sup>R.

(PPCLI PHOTO)

## 429 Squadron

After a couple of pretty hectic weeks with Airstream I and II, all appears to be quiet on the Western front. Service Flight 592 went to Lahr and St Mawgan, UK and the crew enjoyed the fine English hospitality.

CAPT/MAJ Bob Haws is leaving the squadron to fly the mahogany bomber in the puzzle palace in Ottawa. WO John Cocker is off on another Herc tour with 435 Sqn. John may get his 10,000 Herc hours yet. WO Lew Llewellyn is off to 426 Sqn in Trenton to instruct on the Basic Engineers Course. Lew just flew his 5,000th Herc hour with 429 Sqn. CAPT Joe Gottfried (nearly the world's smallest Herc pilot) is off to 436 Sqn. Joe was a little disap-

pointed when he heard 436 works more than two days a week on occasion. SGT Charlie Costin has been searching around for a pace stick the last couple of days. There's a rumour he's off to Summerside as Deputy SWO (that's Deputy Station Warrant Officer, for you non-Air Force types). Last but not least, Master Sea Person Inez Paul is being dragged away (almost in chains) to her new unit 14 Dental Det HQ. Mike Taylor may finally be able to use his parking slot.

3 July, a new regime comes into power with LCOL Armstrong taking over from LCOL King. Best wishes Boss to you and Joan from all of us at 429 Sqn.



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## Change of Command Ceremony

A Change of Command Ceremony of 73 Communication Group was held at the Air Reserve Warrant Officers' and Sergeants' mess at CFB Winnipeg on June 6, 1980. The change of command was between the outgoing commander, LCOL E.M. MacLeod, CD and the incoming commander, LCOL C. Hodgson, CMM, CD. LCOL MacLeod is proceeding on posting to National Defence Headquarters.



The signing of the Change of Command Certificate by BGEN D.P. Harrison, CD Commander, Canadian Forces Communication Command HQ in Ottawa, Ont. with LCOL C. Hodgson (L), incoming Commander and LCOL E.M. MacLeod, outgoing Commander of 73 Communication Group looking on.

(CANADIAN FORCES PHOTO)

## Unification Review Group

OTTAWA — A Review Group has been established in the defence department to examine the report of the Task Force on the Unification of the Canadian Forces and prepare an appreciation so that appropriate disposition of its recommendations can be achieved. The Review Group formation had been promised by Defence Minister Gilles Lamontagne on May 2 after he had tabled the Task Force report in the House of Commons.

The three-man group is headed by MAJ-GEN Jack Vance, an in-

fantry officer, who during his 28 year career has held such senior appointments as commander of 4 Canadian Mechanized Brigade Group at Lahr, West Germany, and chief of staff, operations at Mobile Command Headquarters at St. Hubert, Que. MAJ-GEN Vance has recently been named chief of personnel careers and senior appointments at National Defence Headquarters, Ottawa.

The other two members are Commodore Brian Hotsenpiller, a maritime engineer, and BGEN Jean

Veronneau, a pilot.

Commodore Hotsenpiller's appointments include commanding officer, Ship Repair Unit (Atlantic), Halifax, N.S., and, since 1978, base commander of CFB Borden, Ont. BGEN Veronneau has been chief of staff operations at Air Command Headquarters, Winnipeg and, since 1979, commander of 10 Tactical Air Group at CFB St. Hubert.

The Review Group is expected to complete its report by the end of August 1980.

## BOPS Talks

by CAPT C.G. Carbert

### Base Defence Force

If you are unlucky enough to not belong to the largest and probably the most professional Base Defence Force (BDF) in Air Command, then you will most likely have no idea of what Exercise Gumbo Special was all about. You may, of course have noticed BDF personnel valiantly guarding important parts of the Base on many an early morning over the last month. You may also have noted that by about 0900 hrs everyone seemed to have disappeared and, except for the far off sound of rifle fire on some unknown battlefield to the west, everything seemed to be as it was before.

Exercise Gumbo Special had two functions. One was to familiarize all Force members with both the BDF chain of command and their vital Point guard positions. The other function was to complete annual weapon's qualification on the FNCI rifle. Gumbo Special was completed in platoon sized groups, who were mobilized for each Exercise day, which first deployed to their Vital Point locations and then moved to the St. Charles range to complete their rifle qualifications. The day ended with a debriefing of all personnel, and of course, a thorough cleaning of all weapons fired.

By the end of the Exercise, a large percentage of the 180 members

of the BDF had completed all training activities and had successfully qualified on the FNCI rifle.

After the final shot of Exercise Gumbo Special had been fired, it was found that the top marksman of the Force was MCPL E. G. Roche of #2 Platoon. The top shots in each of the other BDF sub-units are also worthy of mention and are as follows:

BDF HQ — CAPT R.L. Mailloux

3 Platoon — CPL S.N. Baldwin  
4 Platoon — WO N. Van Den Broek

5 Platoon — CPL B.S. McKieve

Special Congratulations are in order to all of the above, with a hearty "Well Done" to all others involved.

Now that Exercise Gumbo Special, which was the first step in this year's training programme, has been completed, all BDF personnel are looking forward to their summer leave plans. Come autumn however, things will again pick up in the BDF world, with the completion of a great many training activities presently being planned. All of these activities are designed with the aim in mind of preparing the BDF for the next Operational Evaluation of the Base, which is tentatively scheduled for May 1981.

## Fire Prevention News

As the hot weather is now upon us, so too is the air-conditioner season. Now would be a good time to have a second look at our installations to ensure we have a fire-free cool summer. Ideally the air-conditioner should be located so that it can be plugged directly into an electrical outlet without the use of an extension cord. If an extension cord must be used it should be as short as feasible and be of the same or higher rated capacity as the cord on the unit it supplies. Never use an ordinary lamp cord for an air-conditioner. We should also remember not to use an adapter to plug a 3-prong into a 2 wire receptacle. There are special

extension cords available made for air-conditioners that are of a proper size and even match colors.

Units up to 8000 BTU require a circuit protected by a 15 AMP circuit breaker or time delay fuse. Units 8000 BTU and higher require a separate circuit protected by a 15 AMP circuit breaker or time delay fuse.

A recent fire on a Air Command Base resulted in a substantial loss. It was caused by the use of an extension cord connected to an air-conditioner. The cord was being used over its rated capacity and had a disconnected ground lead.

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Winnipeg's 17 Service Battalion (Military Police Platoon) has won the militia military police trophy for the second time — the first time being in 1964. Presentation of the trophy was made during a parade at Minto Armoury on 29 May, 1980 by COL A.D.T. Gauthier who heads the Canadian Forces security services. CAPT Nils Lindberg, officer commanding the military police platoon, receives the "Provost Marshall's Trophy" from COL Gauthier. This award is emblematic of the most efficient militia military police platoon in Canada.

(BASE PHOTO)

## C.W.L. (Our Lady Of The Airways)

Shown are the members of the various bases who hold a special office in the Military Vicariate C.W.L. From the left we have Mrs. Edith Mockler, Mrs. Isabel Kruchank, Mrs. Anne Adam, Mrs. Moira Matthews, Mrs. Susan McBride and Mrs. Suzanne Barrette, CFB Winnipeg.

Three delegates from Our Lady of the Airways, C.W.L. attended the thirteenth annual military vicariate convention of the Catholic Women's League of Canada. The convention was hosted by Queen of Heaven Council, C.W.L., C.F.B. Trenton, from May 16 to 18, 1980.

A total of 154 delegates attended from across Canada and C.F.E. Europe, including thirty Spiritual Directors or the base chaplains from various bases across Canada, and Europe.

The convention theme, Faith and the Family, was studied at an afternoon session. The guest speakers were Fr. K. R. Greer, C.F.B. North Bay, who spoke about The Role of



the Family and Fr. R. H. McKenna who presented some insights into Christian Education.

It was rewarding to share the convention time with so many who are dedicated to the aims of the C.W.L. and hopefully the exchange of ideas will help us to contribute to the growth and needs of our communities.

The C.W.L. of CFB Winnipeg is one of the more active groups and every year a social evening is held to wind-up the numerous activities of the year. Our social was held this year on 9 June, and at our get-together we bid farewell to those leaving. Our President, Suzanne Barrette, presented our customary remembrance a special culinary spoon to the

following: Betty Lynn, Frances Donley, Marie O'Leary and Rita McLean.

We have numerous plans for the fall and during the summer we relax a bit, and to all our members, we wish a very happy and restful summer.

Joan Chesser  
Publicity

## R.C. Chapel News

From time to time we try to print a few words to let you know that our Chapel is still on the base and even though our Easter celebrations are now past history, life still goes on.

June is the month for weddings and our Saturday afternoons, the most popular time, seems to be orientated around weddings. We celebrated the marriage of a young couple from Portage la Prairie on 16 June and on 21 June the marriage of Van Es and Wadden will be celebrated; and on 28 June the marriage of Young and Brown will be celebrated. The largest number of weddings celebrated by the base chaplain in one day was only four. Just a bit demanding.

During the summer months we find that our chapel members are faithful to their Sunday obligations by attending Masses in other churches here in St. James. Our nearest church is St. Paul the Apostle and Masses are held at 9:00 a.m. on Sunday and 11:15 a.m. and at 9:00 p.m. on Sunday evenings. St. Anne's Church on Hampton Street has an early Mass on Saturday evening at 4:30 p.m. The Assiniboine Christian Centre has Mass on Sunday at the following times: 6:30, 9:30 and 1:00 p.m. The 1:00 p.m. Mass is usually very well attended.

A number of people have inquired about the possibility of going to confession and for your information the Franciscans on Edmonton St., near the Convention Centre, are available for Confession all day with the exception of Monday. One enters their chapel and directions are posted as to procedure. Mass is celebrated at noon daily at St. Mary's Cathedral should one be downtown.

During the month of July Fr. McKenna will be absent from the base while taking his holiday one one of the Maritime Provinces.

## Babysitter Course

Those families new to Winnipeg, with small children will be happy to know the Base Hospital Staff, Military Police and the staff from Fire Prevention conduct a babysitter course.

The young people are introduced to subjects such as basic first-aid, child care, security of the home, proper telephone procedures, home evacuation measures, general fire prevention and the proper means to summon help during an emergency.

Any young people interested in the course should contact SGT Alexander at Loc 501 or Mrs. Wright at 885-7488 immediately and leave your name, address and phone number. They will in turn contact the people as to when the course date is. Also anyone requiring babysitters should contact Mrs. Wright who retains a list of community young people interested in babysitting.



## People's Republic Of China Officials Visit Norad

Canadian Lieutenant-General Kenneth E. Lewis (right), hosts vice-premier of China, Geng Biao (centre), during our of NORAD's underground combat operations centre near Colorado Springs. The vice-premier of the People's Republic of China recently led a group of high-ranking officials on a week-long tour of U.S. military and industrial institutions. LGEN Lewis has recently been named commander of Canadian Force Air Command.

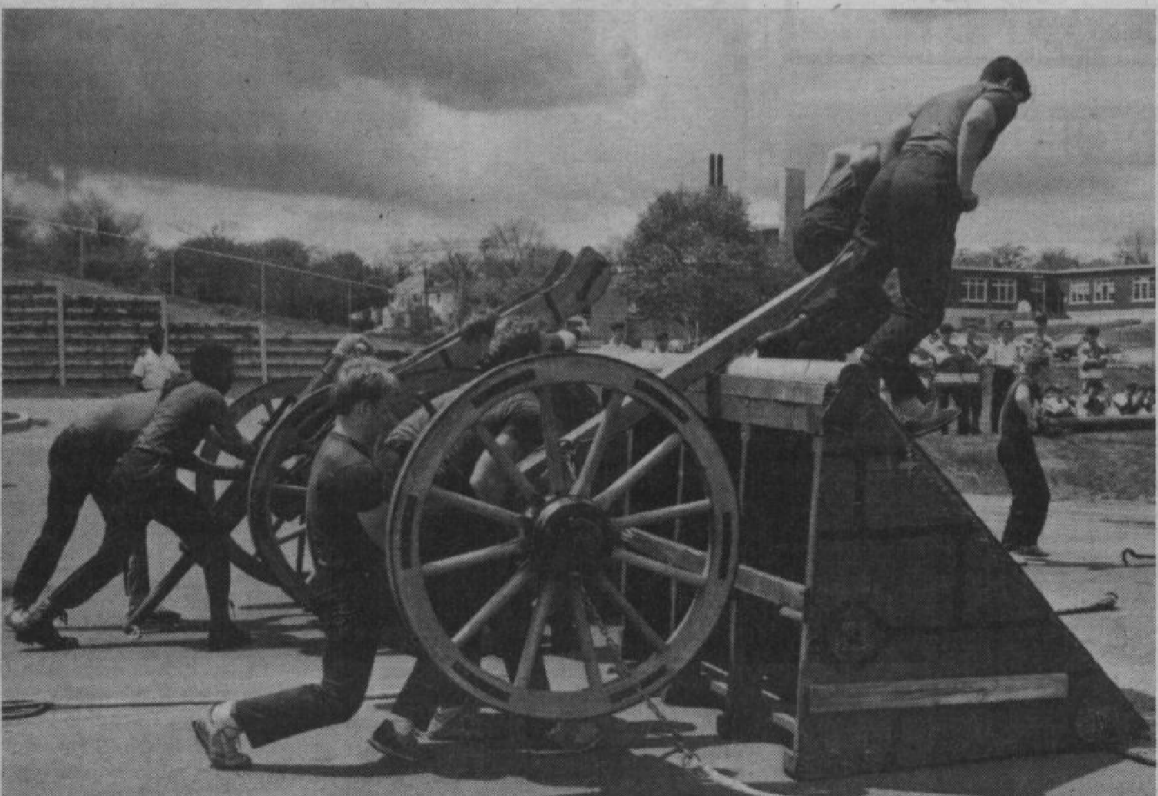
(NORAD PHOTO)

## Wanted

Daycare babysitters required South Site PMQ area. If interested, please call Shelley Wright at 885-7488.

Straining muscles and grim determination are reflected in practises for the first Canadian Navy Gun Run Championship to be featured during Nova Scotia Tattoo 1980 at the Halifax Metro Centre July 1-14. The Gun Run promises to be one of the most entertaining and exciting events during the 700-man, two and one-quarter-hour Tattoo, one of several highlights of the province's Super Summer 80 which will also feature a re-creation of the famous World War Two "Meet The Navy" show, celebrations marking the 70th anniversary of the Canadian navy, and the 375th anniversary of the founding of Port Royal.

(N.S. DEPARTMENT OF TOURISM PHOTO)



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## Down The Road

by Bruce McKay

I'm always amazed by the ever popular arm chair athlete who sits at home every weekend watching his favorite sport on T.V. . . . making comments on how it should be played and criticizing the average player who occasionally has a poor performance. Unfortunately my opinion of these people has been banned by censorship but I do have some good tips on how to get out of becoming a piece of living room furniture that your mate dusts off every Sunday night to get you ready for work on Monday.

Many people make the mistake of thinking that to get into shape you should start jogging, but the fact is you should be in half decent shape before you begin a running program. Start by going for leisurely walks or bicycle rides during your spare time so that your muscles have a chance to tone up. After a few weeks of this try a program of walk/jogging around a scenic course of not longer than a few miles for those in reasonable shape and a few blocks for those less fortunate. Start out by walking a few blocks to warm up then change into a slow jog for a few blocks. Repeat this procedure until you are at a point where you tire don't push yourself until you are in better shape. Remember, 'Train don't Strain', when you're tired, walk and head home for a few basic stretching exercises, being careful not to strain. Record your daily distance so that you can see how you're progressing in your program. After you're comfortable at this stage try to lengthen

the jogging time, but not the walking, continue until you feel good enough to limit your walks to the start and finish off your runs so that you will be properly 'warmed up' and 'warmed down'. Never feel you have to keep up with a runner who is beyond your level, when you meet him or her keep plugging away at your own comfortable pace and picture yourself in a few months when they will be smelling the burnt rubber after you pass them in one of the many fun runs in and around Winnipeg.

You should be slowly adding on an extra couple of miles every other week to the point where you are comfortably established in the running environment. When this happens you should be consistent enough in your training that you only need a rest day once a week.

If you find running on the road too hard at first switch to grass or a local track although the latter is a bit boring and this takes its toll of new runners. Always be aware of and listen to the various aches and pains that your body gives you occasionally. There are many established runners who might know what could help in various cases so don't be afraid to go out and ask them. Remember, a long soak in a warm bath is always good medication for aching muscles. If anything persists be sure to see a physician, as I have learnt from experience, don't wait until it's too late.

## Bears Hockey Team Tops



'402 Bears Hockey Team is tops, you betcha' grin Corporals Ben DesAutels (team manager and coach) and Jeff O'Leary (team captain) on being presented the City of Winnipeg Reserves' Hockey Association Trophy by Honorary Lieutenant Colonel Sidney Chapman of 402 Air Reserve Squadron. The 'Bears' won a total of 26 games and lost six against other city reserve and militia hockey team. The mixed team (one woman player) had a two-game sweep in the final playoff for the best three.



### CANADA'S BIRTHDAY, JULY 1<sup>ST</sup>

Council for Canadian Unity  
Citizens Committee of the National Capital Region  
Canadian Folk Arts Council

### 1<sup>ER</sup> JUILLET, LA FÊTE DU CANADA

Conseil pour l'unité canadienne  
Comité des citoyens, région de la capitale nationale  
Conseil canadien des arts populaires

#### WHERE WERE YOU ON JULY 1<sup>ST</sup>? LET US KNOW

1) Did you participate in celebrating Canada's Birthday?

YES \_\_\_\_\_ NO \_\_\_\_\_

2) Did you attend any local community events?

YES \_\_\_\_\_ NO \_\_\_\_\_

3) Did you follow Canada's Birthday events

ON T.V. \_\_\_\_\_

ON RADIO \_\_\_\_\_

IN NEWSPAPERS \_\_\_\_\_

4) How would you improve your local celebrations?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name of Community: \_\_\_\_\_

Province or Territory: \_\_\_\_\_

Mail to: CANADA'S BIRTHDAY COMMITTEE  
P.O. BOX 1620, STATION B  
OTTAWA, K1P 6G5

#### AVEZ-VOUS FÊTE 1<sup>ER</sup> JUILLET?

1) Avez-vous participé à la célébration de la Fête du Canada?

OUI \_\_\_\_\_ NON \_\_\_\_\_

2) Avez-vous assisté à des activités communautaires locales?

OUI \_\_\_\_\_ NON \_\_\_\_\_

3) Avez-vous suivi les événements de la Fête du Canada?

À LA TELEVISION \_\_\_\_\_

À LA RADIO \_\_\_\_\_

DANS LES JOURNAUX \_\_\_\_\_

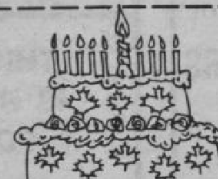
4) Comment suggérez-vous d'améliorer célébrations dans votre localité?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Nom de votre localité: \_\_\_\_\_

Province ou Territoire: \_\_\_\_\_

Retourner à: COMITÉ DE LA FÊTE DU CANADA  
C.P. 1620 SUCCURSALE B  
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(Courtesy Florida's Sunken Gardens)

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FOR SALE: 4 BR HOME with detached garage in a quiet area of Silver Heights. Living Rm. and Dining Rm. have hardwood floors. For viewing call T. Horbay, Canada Permanent 889-5582 or 885-7173. (01205)

ARE YOU MOVING TO OTTAWA? House for sale: 3 bedroom townhouse, eat-in kitchen, dining room, large living room, 1½ baths, finished rec room. 5 min. drive from CFB Uplands, close to shopping centre. Asking \$39,000. Write to P. Krayer, 255-2270 Cotters Cr. Ottawa K1V 8Y6 or phone 613-521-9798. (01204)

5 ROOM SUITE TO RENT: 2 bedroom upstairs in duplex — Garden City area. Available 1 July — \$260.00 month — Garage extra. Part basement and only ½ hour drive to base. Phone: 944-8730 and ask for Stephanie. (01202)

FOR SALE ONE 800 BTU room air conditioner. Used for one season only. call 885-2448 after 4 p.m. (01201)

WANTED AMATEUR MODELS: Photographer requires females to pose for portraits to hone his photographic skills. If you are between the ages of 18 and 35, have some basic makeup skills and would enjoy a portrait of yourself, then contact me: MWO Mike Boyes, 832-1311 Ex. 222, between 1200-1300 Mon - Fri after June 22. (N/C)

FOR SALE: 9 x 12 EATING tent \$80.00 OBO. White toilet seat & tank \$40.00 OBO. 2 14-inch tire rims for Chevy. Call 589-8650. (01202)

MOVING — MUST SELL 1967 Buick Special. 4-door 350 V-8. Excellent mechanical condition but requires some body work. \$350 or best offer. (01206)

TRUCK FOR SALE: 1978 Jeep Cherokee, AM/FM stereo, cruise control, tilt steering wheel, air conditioning, low mileage, eight tires. Call 885-6080 after 4:30. (01207)

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NEW TOPS CLUB FORMING: Interested in losing weight? Armed Forces Dependents; meetings held at St. Andrews' Chapel Annex, South Side, 6:30 p.m. every Thursday evening. Come and join our club!