



# Postair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

25 Feb 81

Issue No. 3 Vol. 30

## The World At Their Fingertips



CFANS held graduation ceremonies on Thursday evening, 19 Feb for the members of basic courses 8004 and 8006. BGEN W.D. Stewart, Deputy Commander of the 21st Norad Region presented navigator "wings" and graduation certificates during a graduation parade in building 21.

Members of the graduation courses paid a brief visit to the AIRCOM Operations Center prior to the graduation ceremonies. Some of the graduates are shown here studying the world globe indicating many of the locations where they will find themselves directing a variety of aircraft over the next few years.

(CF PHOTO BY CPL R.A. SCHWARTZ)



Col. J.R. Allingham

### Base Commander's Message

#### NUTRITION WEEK

The first Canadian Forces Nutrition Week will be held from 02 to 07 March this year. The theme is "Energy In, Energy Out". This event aims to make Canadians aware of the importance of sensible eating habits and exercise for maintaining

good health to ensure that our energy input is balanced with our energy expenditure.

By taking advantage of the material and information made available during Nutrition Week we

all invest a little to ensure our continued health.

As Base Commander of CFB Winnipeg I would encourage all personnel to become aware of the benefits offered by this program.

see page 7



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## ARE YOU AWARE?

# CERTAIN FOODS MAKE DRUGS WORK FASTER OR SLOWER

By Dorsey Connors  
Chicago Sun-Times

Certain combinations of food and drugs can produce results that you didn't bargain for. The foods you eat can make your medication work faster or slower or prevent it from working at all.

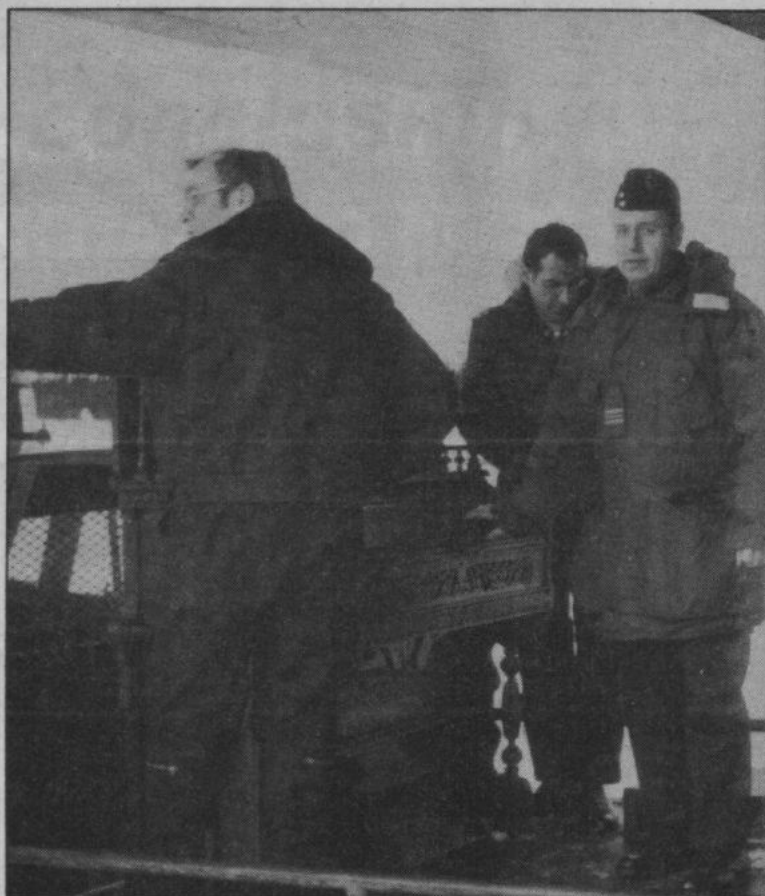
For instance, if you wash down a tetracycline capsule with a glass of milk, you won't get your money's worth. According to the Department of Health and Human Services of the Food and Drug Administration, the calcium in the milk can impair your body's ability to absorb

the antibiotic.

Combining alcohol with antihistamines, antidepressants or tranquilizers can cause excessive drowsiness and make it hazardous to drive a car or operate machinery.

Eating salami and aged cheese and drinking wine can be dangerous when combined with certain medications. Citrus fruits and soda pop can cause some drugs to dissolve in the stomach instead of in the intestines, where the medication would be absorbed into the bloodstream faster. Excess amounts of natural licorice extract can counter-

## Church Organ Finds A Home



Shown L to R are SGT WW Harker, CAPT PG Rawlings and the Base Chaplain Father RH McKenna, deplaning from a C130 that took an antique organ, raffled off by the Brochet Mission, to its winner in Thompson.



## Manitoba Militia District Change Of Command

WINNIPEG — Col. Douglas B. Scott of Winnipeg, for the past three years Commander of the Canadian Forces Manitoba Militia District, has been appointed Deputy Commander of Canadian Forces Militia Area Prairie, succeeding Col. George Carsted of Winnipeg, who has retired from active Militia Service.

Col. Scott will be succeeded at the District Headquarters by Col. Jack Allan Hubbard, also of Winnipeg, who has been Deputy Commander at Manitoba Militia District Headquarters since 1977. LCol. Alexander Stephen Will, 42, Commanding Officer of the Queen's Own Cameron Highlanders of Canada since 1977, has been appointed Deputy Commanding Officer at Manitoba Militia District Headquarters. All appointments become effective February 28, it was announced this week.

Col. Scott, 51, began his service with the Militia in 1945 as a Pte. with the Winnipeg Light Infantry. He served with that unit until 1954, progressing through the ranks of Pte., Cpl., Sgt. and O. Cdt. He was commissioned as a 2 Lt. in May, 1954 and transferred to the Royal Winnipeg Rifles.

He continued his service with the "Rifles" as a Lt., Capt. and Maj., serving in every capacity including Platoon Commander, Company Commander and Deputy Commanding Officer. In June, 1972, Col. Scott was promoted LCol. and appointed the Commanding Officer of the Royal Winnipeg Rifles.

Upon relinquishment of command of the Battalion in May 1975, he transferred to the Supplementary Reserve List. His time away from the

act medication for high blood pressure. Foods high in Vitamin K (liver and green leafy vegetables) can work in direct opposition to drugs prescribed to prevent blood clots.

The best precaution that a consumer can take is to follow the advice of a doctor and to heed the instructions that come with medicine.

(by AT Malcolm BDEC)

Militia was shortlived, however. In January 1976 he returned as a Senior Staff Officer at Manitoba Militia District Headquarters. In March 1978, he was promoted to his present rank and appointed the District Commander of Manitoba Militia District.

In his civilian employment, Col. Scott is a Personnel Administration Manager with the Manitoba Telephone System. He is married to the former Eileen Sara Cartmill. They have three children, Lylene Beverley, Cathy Jean and Grant James.

While most officers would be thinking about retirement after 35 years of service with the Militia, Col. Scott is now eagerly preparing for his new appointment as the Deputy Commander, Militia Area Prairie.

Col. Jack Allan Hubbard, 42, joined the Canadian Armed Forces Militia on May 18, 1955, when he became a member of 39 Field Regiment Royal Canadian Artillery, serving with the unit until 1964, when he transferred to the Fort Garry House.

Col. Hubbard became Commanding Officer of the Fort Garry House in 1973 and led the regiment until 1977.

Between June 1977 and October 1979, when he became Deputy Commander at Manitoba Militia District Headquarters in Winnipeg, Col. Hubbard served with Militia Area Prairie Headquarters as Senior Staff Officer Operations and Training, and Senior Staff Officer Logistics and Administration.

Col. Hubbard is a past president of the Royal Canadian Armoured Corps (1978) Association and was Vice President West for the Associ-

ation from 1975 to 1977. He is also a member of the Fort Garry House Senate. Last year, Col. Hubbard served as vice-chairman (Prairies) of the Conference of Defence Associations for the Prairie region.

Col. Hubbard is district sales manager for the firm House of Coronet, a manufacturer of housewares, located in Baie d'Urfe, Quebec, with sales responsibility for Thunder Bay, Manitoba and Saskatchewan. His community activities include community club work, membership in the A & A Scottish Rite of Freemasonry and membership in the United Services Institute of Manitoba.

Col. Hubbard and his wife Hazel have two children, 10 - year - old Kenton Sean and Kristine Shannon, aged nine.

LCol. Will was born in Winnipeg in 1938 and received all his education here, graduating from the University of Manitoba in 1961. He joined the Cameron Highlanders in November, 1962, receiving his most recent promotion to L. Col. in January of 1977, being appointed the unit's Commanding Officer at the same time.

LCol. Will is supervisor of the Winnipeg District Office of the federal government's Health Protection Branch.

LCol. Will and his wife Patricia Dorothy have two sons, Blair Alexander, aged 12, and nine year old Douglas Glen.

This release issued by Lt. M.H. Jager, Manitoba Militia District Information Officer, Minto Armoury, 969 St. Matthews Avenue, Winnipeg, Man. Tele: 943-9331 or 775-5492

## WESTWIN THRIFT SHOP DND Rec Centre

Hours: Tues. 7:00 - 9:00 p.m.  
Wed. 6:30 - 8:30 p.m.  
Thurs. 1:30 - 3:30 p.m.

First Sat. of the month 1:30 - 3:30 p.m.



## Energy Conservation

### Lower Hot Water Thermostats Say Consumers

Thermostat settings on electric hot water heaters should be lowered at the factory in order to prevent scalds, according to a Toronto Consumer Panel.

The group of consumers recommended this week that residential hot water heater thermostats be pre-set at the factory at 120 F (50 C). They also want external controls so consumers may easily adjust hot water temperatures. These dials should be marked in degrees rather than in general terms such as hot, medium or cold, and should be colour coded to warn of high temperature hazards.

At the present time, electric water heater thermostats are set at 150 F (65 C) at the factory. People can adjust the thermostats, but it involves removing a metal plate and avoiding contact with live wires.

Following a lively discussion the consumers passed the following recommendations:

- Residential hot water heater thermostats should be pre-set at the factory at 120 F and have external controls so consumers can easily adjust hot water temperatures.
- External controls should be marked according to temperature rather than in general terms such as hot, medium and cold. The committee should consider colour coding the dials to highlight possible hazards.
- The appropriate authorities should be encouraged to undertake an educational program to warn consumers of possible scalding dangers.
- Manufacturers should instruct consumers on the efficient use of

hot water heaters through a manual.

- Manufacturers should be encouraged to improve the accuracy of thermostats.

These recommendations will be passed to the Canadian Standards Association (CSA) Committee on Performance Requirements for Electric Storage Tank Water Heaters. The Toronto consumer panel consists of a cross section of about 50 people who review and comment on CSA standards.

(Courtesy Safety Canada)

## BOPS TALKS

(by WO Massicotte)

Temperature at Winnipeg since Christmas has been unseasonably warm until recently with recorded high temperatures in early January of +2. The last week or so we have experienced normal Winnipeg winter temperatures of minus 35 to 40. Very little snow had fallen here until a snowstorm on the 24th of January brought precipitation totals to close to normal for this time of year. The weather so far this year has a similar pattern to last year so there is always the possibility of a quick early thaw and a warm pleasant spring to look forward to.

Few staff changes have taken

place in the weather office here in Winnipeg. Sgt. Kenn Garrity took his release after 23 years of service. A welcomed addition to our strength is Sgt. Pete Jolin who came to Sunny Winnipeg in mid January.

Our BMETO, Mr. Joe Zawatsky, decided to refresh his memory on forecasting by taking a six month tour of the Prairie Region Weather Centre located downtown Winnipeg. Warm welcome to Larry Romaniuk who will be filling Joe's chair for the next few months.

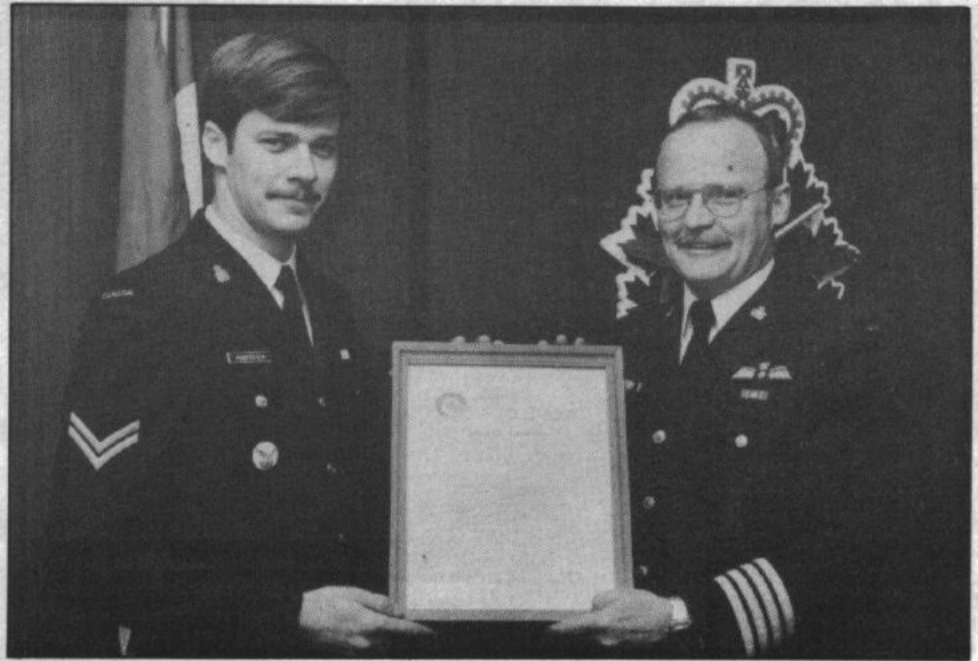
Until next time, keep your shovel handy!



**June 3 is Census Day**  
Count yourself in

**Le 3 juin: Recensement**  
Soyez du nombre

## "Good Show Award"



CPL Robertsen being presented the "Good Show Award" by the Base Commander. The text of the award is as follows:

CPL Robertsen was detailed to carry out a special inspection on a Hercules to check the flight control pulley brackets in the nose area. On

completion of inspection, he decided to carry out a further check of the area which he knew is only done during periodic inspections. A brake control cable was found with 5 of the 7 strands broken.

CPL Robertsen's dedication and initiative in carrying out more than was required for in the inspection prevented a possible ground incident which could have resulted in extensive aircraft damage and possible personnel injury.

Base Photo

### School Notice

Registration of pre-school children will take place at Jameswood School on:

Wednesday, March 18, 1981  
9:00 a.m. - 12:00 noon and 1:30 - 4:00 p.m.

Children five years of age before January 1, 1982 (those born in 1976) will be eligible to register for kindergarten.

It is necessary to present a birth certificate or baptismal certificate at the time of registration. Birth certificates for children born in Manitoba may be obtained from:

The Division of Vital Statistics  
104 Norquay Building  
401 York Avenue  
Winnipeg, Manitoba  
R3C 0P8

Please have the child's immunization record along at the time of registration. The local health unit will assign a school nurse or volunteer aide to assist parents in completing the health record forms.

Mr. G. Brown  
Principal



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## RRSP's Part 2

Last month you learned all about RRSPs. This month the subject is - what happens when you want to start receiving the money from your RRSP?

One option is to simply take the money in cash, and use it as you need it. If you are receiving any income at this time, the total lump sum you withdraw will be added to that year's income and taxed at the highest marginal tax rate. Since your RRSP can be in the vicinity of \$50,000 or more, that can give you a real tax headache.

If, however, you can wait until after your 60th birthday, but before December 31 of the year you turn 71, you can convert your plan to an annuity, which will spread out the taxes, by paying you only part of your money per year. An annuity is simply a contract you buy with a life insurance company or a trust company, which, when you pay them a lump sum, will guarantee you a certain income for a specified time. Listed below are some of the annuity options you have:

### Straight Life Annuities

The straight life annuities will provide income payments during your lifetime with no further payments at or after death. In other words, if you die after receiving one payment, just one month after the contract is issued, the income stops and there are no further payments to your estate or beneficiaries.

You may protect yourself by selecting a Life Annuity with a guarantee period, which may be five, 10, 20, 25, or 30 years (depending upon the issuing company). The payments would then continue to be made after your death to your spouse only until the end of the guarantee period. If your spouse is not the beneficiary, the payments remaining to be made will be commuted into a single payment that is subject to income tax as a lump sum in the year of your death.

### Joint Life and Survivor Annuities

Joint Life Last Survivor Annuities pay income throughout the lifetime of two people, usually husband and wife. Equal payments continue to be made after death of the first spouse and only when the second spouse dies will payments stop. Nothing further is paid to the estate or the beneficiary of the last annuitant to die, unless an annuity with a guarantee period is selected.

### Term Certain to Age 90

The Term Certain Annuity to Age 90 is a continuation of an existing RRSP under a new payout provision which can be added as an amendment or option to most plans. When the option is exercised, the issuing company will pay out funds in equal instalments based upon the number of years remaining until you reach age 90. The contract arrangement is similar to receiving income from a mortgage. The company assumes a rate of interest for the term of the contract.

If you die before reaching 90, the payments can continue to be made to your surviving spouse until what would have been the planholder's 90th year. If your spouse is not the beneficiary, the balance of the payments remaining to be made will be commuted automatically into a lump sum and paid to the estate of the planholder, which means the full amount is taxed as income in the year of your death.

### Registered Retirement Income Fund

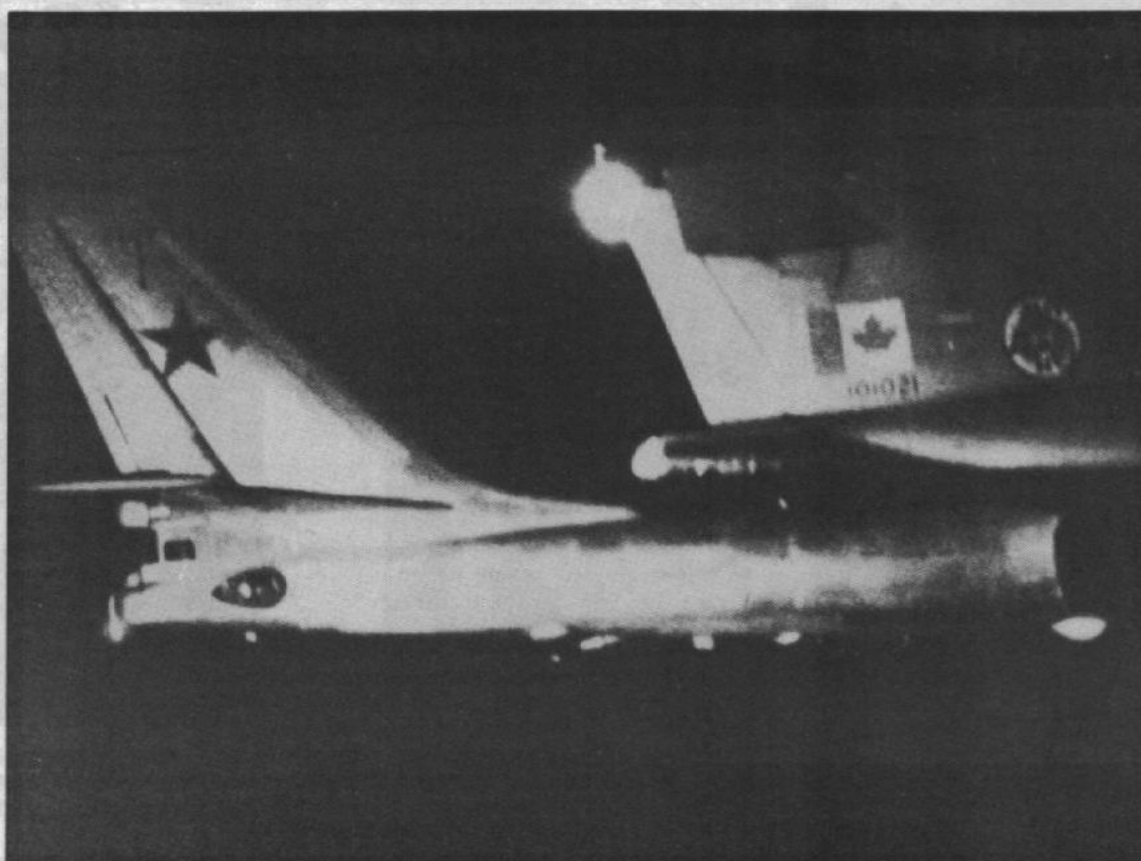
The RRIF is a comparatively new system of paying out proceeds

of maturing RSSP. Instead of "equal" payments each year, the payout is based upon a "fraction" of the market value which is determined by the number of years remaining until the planholder reaches 90. For example, at age 65, there are 25 years remaining until age 90, therefore, the fraction is 1/25; at age 66, there are 24 years remaining and the fraction would be 1/24th and so on. This has the effect of increasing the payout each year. It also slows down the payout which has the effect of further deferring the tax liability and offsets inflation by increasing the payments each year. Unlike annuities, where you may purchase any number of plans, you may have only one RRIF open for each taxpayer.

It is worth noting that if a surviving spouse has not passed the 71st year, all annuity payments may be rolled over into RRSP in the surviving spouse's name. However, upon the death of a RRIF planholder whose spouse is designated beneficiary, the income from the RRIF must be taken into taxable income by the surviving spouse.

Like anything else, buying the right annuity means shopping around for the best rate of return and contractual terms. Interest rates on annuities vary among companies, but that should not be the only concern. Terms of the various contracts must also be examined closely. Ask such questions as: Are payments guaranteed in case of the company's bankruptcy? Will the company allow a beneficiary to be named? Will you or your beneficiary be allowed to withdraw some or all of the funds if needed?

For further information on how to invest proceeds from an RRSP contact your trust or insurance company, or your nearest District Taxation office. With careful planning and wise investment you can ensure yourself of a comfortable, worry free retirement.



A Canadian Forces Voodoo flies close formation on a Russian Bear aircraft following an interception in the Canadian identification zone east of Newfoundland. The interception was made after the Soviet aircraft had been detected by ground radar operators monitoring the area. Two CF-101 jet interceptors from 416 Squadron base in Chatham N.B., made the interception. The Bear is the Soviet Union's primary long-range bomber. (CANADIAN FORCES PHOTO)

Un appareil Voodoo des Forces canadiennes vole en formation serrée près d'un bombardier soviétique Bear suite à une interception dans la zone canadienne d'identification à l'est de Terre-Neuve. Cette interception, exécutée la semaine dernière par deux avions du 416<sup>e</sup> escadron basé à Chatham (N.B.), a été commandée après que le bombardier fut détecté par les opérateurs de radar au sol qui surveillaient le secteur. Le Bear est le bombardier de première ligne à longue portée de l'Union soviétique. (PHOTO DES FORCES CANADIENNES)

### RCAF Memorabilia

The Charleswood Legion, Branch #100, is endeavoring to obtain RCAF Memorabilia. The Branch is planning to wall mount memorabilia from the three armed services for a permanent visual historical display.

Anyone having any RCAF memorabilia that they would like to donate to this collection are asked to leave items with Mr. Earl Lins at CFB Winnipeg Curling Club (Westwin Site) or contact:

CAPT Lorne Kingyens 489-5467 (Home)  
832-1311 Local 652 (Business)  
or Mr. Earl Lins 837-4982 (Home)  
832-0027 (Business)

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  - immediate tax deferral

For more information on SRRSP or details on how to join, contact your SISIP/SRRSP advisor.

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**YOU AND THE LAW OF WAR**



**VOUS ET LE DROIT DE LA GUERRE**

Office of The Judge Advocate General . . . . . Cabinet du Juge Avocat General

The last article in this series contained a number of basic rules which express in simple form the overall humanitarian philosophy of the law of war. The first rule was as follows: Fight only enemy combatants and attack only military objectives. This article will examine that rule.

In all armed conflicts a distinction must be made between combatants and non-combatants. Put very simply, combatants are those who directly engage in an armed conflict, usually as members of the regular armed forces or, where recognized as such in international law, an organized resistance group. They are permitted to take part in hostilities, and may be made the legitimate object of attack. Non-combatants, on the other hand, are those who take no part in hostilities. These include civilians, medical personnel, chaplains and former combatants who are "hors de combat". This phrase refers to combatants who are no longer able to engage in hostilities because of sickness, wounds or capture. It is illegal to make non-combatants the object of direct attack although to an extent they share the risks and horrors of war. All of these "non-combatants" lose their protection if they themselves resort to the use of violence.

Similarly, a distinction must be made between military objectives and civilian objects. Destruction of property must be limited to that which will result in significant military advantage. Civilian objects, the destruction of which would not result in such a military advantage, must not be attacked and must be spared as much as possible from incidental damage.

It was not always so. One of the earliest recorded examples of total warfare is to be found in the Book of Joshua, Chapter 6, which contains the following account of the fall of Jericho:

"So all the people making a shout, and the trumpets sounding, when the voice and the sound thundered in the ears of the multitude, the walls forthwith fell down. And every man went up by the place that was over against him, and they took the city, and killed all that were in it, man and woman, young and old. The oxen also and the sheep, and the asses, they slew with the edge of the sword . . . they burned the city, and all things that were therein; except the gold and silver, and vessels of brass and iron . . ."

That may have been all very well for Joshua, but the advent of the professional soldier, including the respectable mercenary, led to the growth of the distinction between combatants and non-combatants. With few exceptions warfare between the 16th and 19th centuries was generally of particular concern only to those actually engaged in combat. Indeed, right up until the latter half of the 19th century, some famous battles even had spectators, including ladies, who could enjoy their picnic hampers while witnessing the gory business in the valley below.

It is now generally recognized that the only legitimate object which States should endeavour to accomplish during war is to weaken the military forces of the enemy. If a person represents no threat to you, there is no military advantage to be gained from attacking him. There is

L'article précédent de cette série contenait un certain nombre de règles fondamentales qui exprimaient en termes simples l'ensemble de la philosophie humanitaire du droit de la guerre. La première règle était comme suit: "Combattre seulement des militaires ennemis et n'attaquer que des objectifs militaires." Nous allons maintenant examiner cette règle.

Dans tous les conflits armés, une distinction doit toujours être faite entre les combattants et les non-combattants. En quelques mots, les combattants sont ceux qui participent directement à un conflit armé, habituellement comme membres des forces armées régulières ou d'un groupe de résistance organisé, s'il est reconnu comme tel en droit international. Ceux-ci sont autorisés à prendre part aux hostilités et peuvent être l'objet d'une attaque légitime. D'autre part, les non-combattants sont ceux qui ne participent pas aux hostilités. Ceux-ci comprennent les civils, le personnel sanitaire, les aumôniers et les combattants qui ont été mis hors de combat, c'est-à-dire, les soldats qui ne peuvent plus combattre parce qu'ils sont malades, blessés ou prisonniers. Il est illégal d'attaquer directement comme objectif des non-combattants bien que ceux-ci, dans une certaine mesure, participent aux risques et aux horreurs de la guerre. Tous ces "non-combattants" perdent leur protection, s'ils recourent à la violence.

Pareillement, on doit faire une distinction entre les objectifs militaires et les biens de caractère civil. La destruction de la propriété doit être limitée à celle qui résultera en un avantage militaire significatif. Les biens de caractère civil, dont la destruction n'entraînerait pas un tel avantage militaire, ne doivent pas être attaqués et l'on doit éviter au-

also no military advantage to be gained from attacking civilian objects, buildings or property, which are not being used for military purposes or which have no military importance.

You may have noticed that this rule has a practical, as well as a humanitarian basis. In a conflict situation where conservation of resources is vital, we can scarcely afford striking at targets which have little or no military significance. To blast a whole village with artillery or aerial bombardment merely because there is a sniper in its tallest building, will quite likely be a waste of valuable ammunition, and will, with little doubt, destroy any possibility of gaining local support and goodwill. The words of the 18th century Swiss jurist Emerich de Vattel are still true today:

"A general who protects unarmed inhabitants, who keeps his soldiers under strict discipline, and who protects the country is enabled to support his army without trouble and is spared many evils and dangers".

You should soon see displayed at your unit a poster which illustrates at least a part of this rule. The photograph on the poster will depict a scene during World War II in which a soldier is helping a group of women and children to a place of safety away from the fighting. You will see that he is protecting unarmed inhabitants. You must do likewise. Remember the first rule: Fight only enemy combatants and attack only military objectives.



**GRIZZLY ON EXERCISE** — One of Canada's new AVGP's (Armoured vehicle general purpose), the Grizzly is put thru its paces.

**GRIZZLY EN EXERCICE** — Un véhicule blindé polyvalent MOWAG en action.

tant que possible qu'ils soient endommagés d'une manière accidentelle.

Il n'en fut pas toujours ainsi. On peut trouver une des premières illustrations d'une guerre totale consignée au Livre de Josué, chapitre 6, qui relate ainsi la prise de Jéricho:

"Le peuple cria et l'on fit retentir les trompes. Quand il entendit le son de la trompe, le peuple poussa un cri de guerre formidable et le rempart s'écroula sur lui-même. Aussitôt le peuple monta dans la ville, chacun devant soi, et ils s'en emparèrent. Ils tuèrent tout ce qui se trouvait dans la ville, hommes et femmes, jeunes et vieux, jusqu'aux boeufs, aux brebis et aux ânes, les passant au fil de l'épée . . . On brûla la ville et tout ce qu'elle contenait, sauf l'argent, l'or et tous les objets de bronze et de fer . . ."

C'était peut-être très bien pour Josué, mais l'apparition du soldat professionnel, incluant le mercenaire respectable, amena la venue de la distinction entre combattant et non-combattant. Entre le 16<sup>e</sup> et le 19<sup>e</sup>

siècle, à quelques exceptions près, la guerre ne regardait en général que ceux qui participaient au combat. En effet, jusqu'à la deuxième moitié du 19<sup>e</sup> siècle, certaines batailles célèbres ont même eu des spectateurs, dont des femmes, qui pouvaient pique-niquer tout à leur aise sur les hauteurs en observant la boucherie en bas, dans la vallée.

Maintenant, il est généralement reconnu que le seul but légitime que les Etats devraient s'efforcer d'atteindre pendant une guerre est d'affaiblir les forces militaires de l'ennemi. Si une personne ne présente aucun danger, on ne tire aucun avantage militaire en l'attaquant. Il n'y a également aucun avantage militaire à remporter en attaquant les biens de caractère civil, édifices ou propriétés, qui ne sont pas utilisés à des fins militaires ou qui n'ont pas d'importance militaire.

Le lecteur a sans doute remarqué que cette règle a un fondement pratique aussi bien qu'humanitaire. Dans une situation de conflit où il est essentiel de conserver ses ressources, on ne peut guère se permettre de viser des cibles qui n'ont pas ou très peu d'importance militaire. Détruire

un village par un barrage d'artillerie ou un bombardement aérien simplement parce qu'un tireur d'élite est embusqué dans l'édifice le plus élevé ne sera probablement qu'un gaspillage de munitions et écartera, sans doute, toute possibilité de se mériter la sympathie et l'appui de la population locale. Les paroles d'Emerich de Vattel, juriste suisse du 18<sup>e</sup> siècle, sont toujours d'actualité:

"Un général qui protège les habitants sans armes, qui retient ses soldats sous une discipline sévère et qui protège le pays pourra maintenir son armée sans difficultés et s'épargner bien des maux et des dangers."

Vous verrez sans doute bientôt à votre unité une affiche illustrant une partie de cette règle. Il s'agit d'une scène de la Deuxième Guerre mondiale représentant un soldat qui aide un groupe de femmes et d'enfants à se rendre en lieu sûr, loin des combats. Comme lui, vous devez protéger les habitants sans armes. Souvenez-vous de la première règle: Combattre seulement des militaires ennemis et n'attaquer que les objectifs militaires.

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The makers of the hot dogs. MWO (Ron) Howe and CWO (Bruce) Barton.

### Westwin Council News

Do you remember our Family Day held Jan. 31st? Submitted with this issue are photos showing what was happening inside the skating rink building where it was considerably warmer than outside. An estimated 150 children and adults were in attendance that day as we consumed 300 hot dogs, 4½ gals. of hot chocolate and 2 gals. of coffee. Not bad for such sub-zero weather.

### PMQ COUNCIL SOUTH

(by Bob Moquin)

Well, hello again, faithful readers. This ish we've got news, nostalgia and suspense. So, on with the show.

First of all, let's talk about the Welcome Wagon. You may or may not know that there is a WW Committee working as part of your PMQ council. A handful of ladies have offered to make primary contact with new arrivals, and have been doing so for some time now. However, these girls can only act on receiving timely notification of such arrivals. We've caught most people coming in. However, if we've missed you or someone you know, give either your ward councillor a call or Ann Moquin at 489-3219, ok? 'Nuff said.

Standby for 'da Blitz. Yup, we're going calling again. Last year's blitz produced a fine group of volunteers. Their joy and unbounded enthusiasm has convinced us to open up our community work so that others can receive the same joy and sense of fulfillment that comes from helping out in the community. So we're coming at'cha.

Your parsimonious council is planning to install newspaper recycling boxes in the PMQ patch. More on that later. Come on, plan to dump that mountain of newsprint you've been hoarding. I figure that if every second residence dumps one week's paper in the boxes, eventually the centre of gravity of CFB Winnipeg should shift to Transcona.

On the dates of Feb. 28 and Mar. 7 there will be bus transportation leaving Lipsett Hall to take all those interested in attending the afternoon movie at the Base Theatre. The bus will leave at 1300 hrs. On the bus there will be one attendant provided for the Council. Everyone come out and enjoy yourself.

Op Beautification is once again on the rails. Your council is providing prizes of \$50, \$25, \$15 for the three best-maintained MQ's on the southside. In order to qualify, the MQ has to be maintained by the resident himself. Now my only problem is how do I send my gardener on L WOP till the judging is over on 21 Aug 81.

Oh ye! Oh ye! Oh ye! You are hereby notified that the semi-annual South Side PMQ Council Flea Market is on for 9 May 81. Plan now to attend. This year it's bigger than

ever. 40 tables! Count them . . . 40! Yessiree folks, don't wait, don't hesitate, act now. Phone Ann or Bob Moquin at 489-3219 and reserve your table. We're accepting reservations from south side MQ residents (non-commercial) only until 24 Apr. Then, it's first come — first served, till all the tables are gone. Price, despite the ravages of inflation, remains at last year's level . . . only \$5.00 a table.

That's about it for current news. On a more serious note, I'm pleased to announce that this column is changing hands. Barb Miller, a new arrival in our community, has joined the council and offered to head up all publicity for the council. This lovely lady will be taking over REPORTS as part of that publicity function. I'd like to wish Barb the best of luck with the column. In parting, I'd like also to thank all of you readers out there. Together we created REPORTS and breathed life into it. I wrote it but you read it. And what's more, you reacted to it. If it made you smile, you're a part of it. If it made you cry, you're a part. If it made you mad, kept you informed or just provided fodder for browsing, you're a part of it. To say I've enjoyed writing REPORTS would be an understatement. I've had a ball. Tanx.

LADIES — Your thoughts and opinions are important to us. Please plan to come to our St. Patrick's Day Get Together and share them with us, Tuesday, March 17 from 1:30 — 3:30 p.m. at the Lipsett Hall Lounge. There's no admission charge and the kids are welcome. We'll provide coffee, tea and goodies (juice and cookies for the little leprechauns) if you'll provide us with some ideas and opinions on what sort of activities you would like your community council to organize. There'll even be some door prizes to make things interesting. So mark us on your calendar and arrange with a friend or neighbour to join the fun. After all you deserve it. For more information call Janet (489-3437) or Barb (489-7077).

On the suspense side, I must confess that I let Lloyd Bailey go off on a swan without getting the answer to last issue's riddles. Hang in there folks. Lloyd will be back soon. If you've already chewed your fingernails down to the elbows, call Lloyd at 837-6055 during working hours.

Well, y'all that's about it. Take care of yourselves won't you. See ya.



The "Receiving Line"



"Bowling" just one of the activities available to our youngsters during childrens "Activity Days".

ALL PICTURES BY CLIFF MATKOWSKI

### WESTWIN TEEN DANCES

Friday 27 Feb.

Place - Herc Lounge

Time - 8 PM - 12 PM

Music - "Bob Bowman"

Friday 13 Mar.

Place - Herc Lounge

Time - 8 PM - 12 PM

Music - "Rick Enns"

Friday 27 Mar.

Place - Herc Lounge

Time - 8 PM - 12 PM

Music - "Bob Bowman"

# Nutrition Week Planned Activities At CFB Winnipeg

## ENERGY IN — ENERGY OUT

### HOW FIT ARE YOU?

Come to the Rec Centre (North Site) between 1400 and 1500 Hrs, 2-6 Mar and find out. Med A's and PERI's will be on hand to take your blood pressure and pinch your "spare tire". A visit will make you eligible for

draws for CANEX gift certificates.

### HIDDEN WORD PUZZLE

Find the correct hidden words and be eligible for prizes.

### INFORMATION TABLES

These will be set up in the dining

rooms of all Messes. Learn more about good nutrition.

### SPECIAL MENU ITEMS

All Messes will feature special menu items, highlighting a particular food group each day.

## HIDDEN WORD PUZZLE

### INSTRUCTIONS

THE CLUE WORDS LISTED BELOW ARE ALL CONTAINED IN THE PUZZLE. WORDS MAY BE VERTICAL, DIAGONAL, OR HORIZONTAL AND BACKWARDS OR FORWARDS. ALL LETTERS ARE USED ONLY ONCE ALTHOUGH WORDS MAY CROSS.

WHEN ALL WORDS ARE FOUND, SIXTEEN LETTERS WILL REMAIN. THESE LETTERS SPELL TWO WORDS THAT COMPLETE THE SENTENCE.

THE ROAD TO BETTER HEALTH: SENSIBLE EATING PLUS A

THERE WILL BE PRIZES AWARDED FOR THOSE WHO FIND THE HIDDEN WORDS. IF WINNERS EXCEED PRIZES, DRAWS WILL BE MADE.

TO ENTER: COMPLETE THE ENTRY FORM AND DROP IT OFF AT EITHER REC CENTRE, BLDG. 90 (NORTH SITE) OR LIPSETT HALL (SOUTH SITE). DEADLINE FOR ENTRIES IS 1200 HRS. 06 MAR 81.

P E A N U T B U T T E R E C I U J T I U R F S R  
 H S A U Q S N A R B S E I R R E B E U L B N B A  
 P U M P K I N C H A R D T S A N A N A B A T R S  
 C A U L I F L O W E R U T R U H G O Y E U N A P  
 H F I S H G K A L E R A C O F F E E B R O U B B  
 O A T S A P P A I K E S B A C O N D N N T T U E  
 N P R U N E L A E T A P E A C H E I P O R K H R  
 E C R A B O L Y P U N O L E M K P B E E T S R R  
 Y F I G N A L P S E C A K E A M U S H R O O M Y  
 L E M A M E L A B C F R R B I T T E H G A P S D  
 G L R B E U G R I U L R S E L D O O N M I L K O  
 R G O K M E J E S C E A U B R O W N B R E A D C  
 E I E R K S A V C U T P M I E L P P A E N I P S  
 E C G A T C M I U M T P S G T N D O N U B S C U  
 N E A D P U O L I B U L G T O N N R M S A O R C  
 P C B U I P B D T E C E U M O O I A A E K N A A  
 E R B O E T L I D R E N E M D S F N P R O O C R  
 P E A G U A A O L A A L L A C P F G A M B X K A  
 P A C N E Z N R E A H A C N E I U E L E F O E P  
 E M L M Z I A X O L H O O A L N M A E Y A M R S  
 R A T I O E E L O S V H A C E A S F R I C E S A  
 W A P N P C O R N A E A T E R C I N I H C C U Z  
 O T R E B M E M A C G M S P Y H B R O C C O L I  
 S T R A W B E R R Y G E S E E H C E G A T T O C

## Clue Words

### Meat and Alternatives

ALMOND  
 BACON  
 BAKED BEANS  
 BEEF  
 COD  
 CRAB  
 EGG  
 FISH  
 HADDOCK  
 HALIBUT  
 HAM  
 LAMB  
 LIVER  
 LOX  
 NUT  
 PECAN  
 PEANUT BUTTER  
 PIZZA  
 PORK  
 SALMON  
 SAUSAGE  
 SOLE  
 TUNA  
 TURKEY  
 WALNUT

HONEY  
 JAM  
 MSG  
 OXO  
 PIE  
 TEA

### Fruits and Vegetables

APPLE  
 AVOCADO  
 BANANAS  
 BLUEBERRIES  
 FIG  
 FRUIT JUICE  
 GRAPEFRUIT  
 LEMON  
 MELON  
 ORANGE  
 PEACH  
 PEAR  
 PINEAPPLE  
 PLUM  
 PRUNE  
 PUMPKIN  
 RASPBERRY  
 RHUBARB  
 STRAWBERRY

CABBAGE  
 CAULIFLOWER  
 CELERY  
 CHARD  
 CORN  
 CUCUMBER  
 GREEN PEPPER  
 KALE  
 LEEK  
 LETTUCE  
 MUSHROOM  
 OKRA  
 ONION  
 PEAS  
 SPINACH  
 SQUASH  
 TURNIP  
 YAM  
 ZUCCHINI

### Bread and Cereals

BISCUIT  
 BRAN  
 BROWN BREAD  
 BUN  
 CRACKERS  
 GRANOLA  
 MUFFIN  
 NOODLES  
 OATMEAL

OATS  
 PASTA  
 RICE  
 ROLL  
 SPAGHETTI

### Milk and Alternatives

CAMEMBERT  
 COTTAGE CHEESE  
 GOUDA  
 ICE CREAM  
 MILK  
 YOGHURT

### Extras

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 COFFEE

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### ENTRY FORM - HIDDEN WORD PUZZLE

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AGE: \_\_\_\_\_

SECTION: \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_

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# WESTWIN COMMUNITY COUNCIL CHILDREN'S ACTIVITY DAYS

27 Feb., 6 Mar., 13 Mar., 81

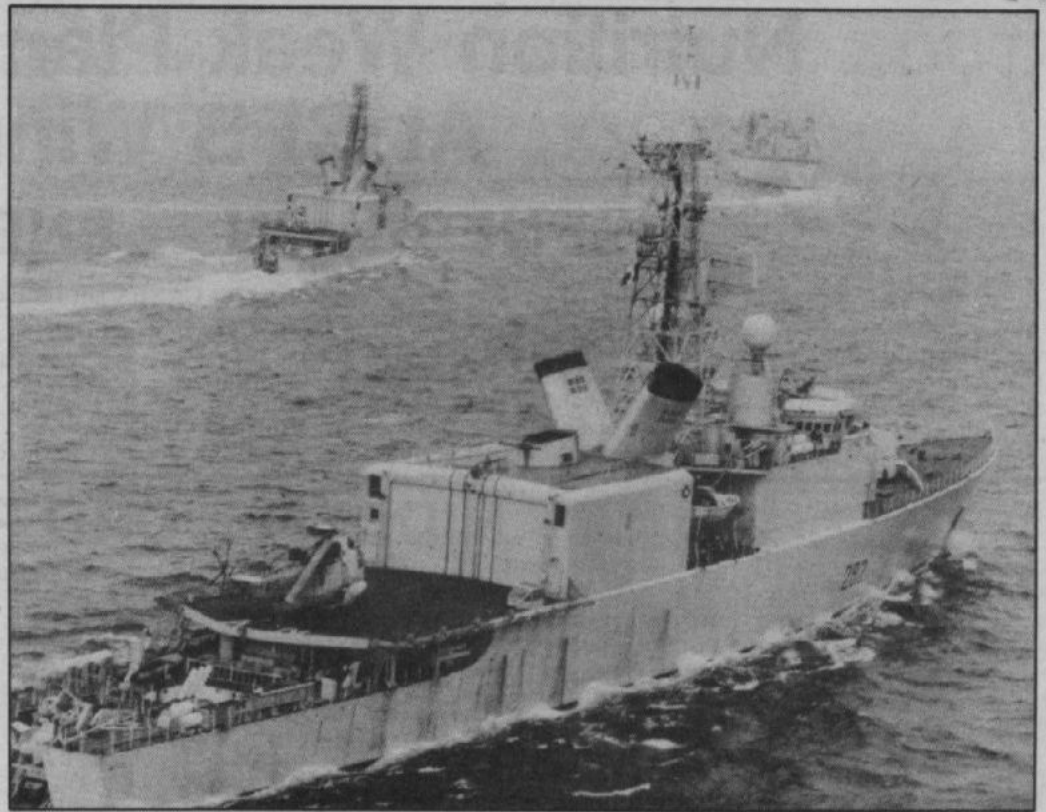
Once again the Westwin Community Council will be sponsoring children's activity days for children of residents of the North Site PMQ's, MDPR's and BLHU's during Teacher In Service days on the above dates.

Activities will be held in the Rec Centre, Bldg. 90 on Whytefold Rd. and at the Skating Rink, Bldg. 116. All activities are free of charge. Please ensure your child comes properly equipped for the activities they will be participating in. Running shoes are mandatory for gym activities, bathing suits and towels are required for the pool.

A schedule of events is listed. Please note times and **DO NOT** send

children before the time an activity is scheduled to begin since they will not be supervised. Lunch Break will be from 1200 to 1300 Hrs. and children must vacate the Rec Centre during this period to accommodate adult users of the facility. All activities will cease and the Rec Centre will be cleared at 1530 Hrs., so please arrange to pick up your child at that time.

If you can spare a few hours to assist with these activities on any of the above dates please contact Capt. Ronn Cooper at Local 679 your help is much needed and will be most appreciated. Your cooperation will ensure the continuance of these activity days.



This year, Canadian Forces ships took part in several major NATO exercises.

(CANADIAN FORCES PHOTO)

### Schedule of Events

<b>27 Feb 81</b>	<b>Afternoon Only</b>
Bowling	- 1300 to 1530 Hrs. Note #1
Gym	- 1300 to 1530 Hrs.
Theatre	- 1300 to 1530 Hrs.
Pool	- 1330 to 1530 Hrs.
Skating Rink	- 1300 to 1530 Hrs.
<b>6 &amp; 13 Mar 81</b>	
Bowling	- 0930 to 1200 Hrs. Note #1 - 1300 to 1530 Hrs.
Gym	- 0930 to 1200 Hrs. - 1300 to 1500 Hrs.
Theatre	- 0930 to 1200 Hrs. - 1300 to 1530 Hrs.
Pool	- 1000 to 1100 Hrs. Note #2: Mask, Fins & Snorkel Instruction Only - 1330 to 1530 Hrs. Free Swim
Skating Rink	- 0930 to 1200 Hrs. Scrimage Hockey Only - 1300 to 1530 Hrs. Free Skating Only

**Note #1** - Only 24 children can bowl at one time so please ensure your child is prepared to participate in another activity while they are waiting their turn.

**Note #2** - An Instructor from the National Association of Underwater Instructors will be giving informal instruction on the use of mask, fins and snorkel during this period. No open swim at this time. Children must bring their own masks, fins and snorkels.

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children

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**ENTRANCE**  
BLDG B10  
10:30 a.m. to 1:00 p.m.

**BLDG P2**  
Lunchroom  
8:45 p.m. to 10:15 p.m.

(BLDG 90 ONLY, Saturday 10:00 a.m. to 2:00 p.m.)

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# Fire Prevention News

## MQ VISITATIONS

Within the past months MQ visitation by a member of the Fire Prevention Bureau has begun. The Fire Prevention Bureau is required by regulations to visit all new occupants shortly after their arrival and to make other visits as required or requested. Advance notices are delivered prior to each scheduled visit.

The purpose of MQ visitation is two-fold. Firstly, occupants are welcomed on behalf of the Fire Prevention Bureau of CFB Winnipeg. The inspector ensures that new occupants are familiar with such things as what to do in the event of a fire, how to report a fire, how to check smoke detectors, and what services are available on the Base; ie Babysitters Fire Prevention Instruction.

Secondly, he ensures that new occupants are aware of the contents of MQ FIRE ORDERS regarding such things as construction of a basement room or partition, erection of a private radio antenna, and generally how to avoid or eliminate fire hazards.

For those of you who would feel more comfortable if the inspector spoke french this can be arranged by phoning local 586.

Some of you may have received one of these notices. We urge you, if at all possible, to comply with the suggested time and date. Each visit takes approximately fifteen minutes and this fifteen minutes could prevent loss of injury to you or yours.

We would like to announce that we intend to run a Babysitters course on the 30 and 31 March 1981, at 1830 hrs. in building 81. Anyone interested in taking the course can do so by contacting Mrs. Hart at 889-7592 or the Fire Prevention Bureau at local 501 or 586. The course is open to anyone 12 years old and over. There is no charge for the course and on successful completion candidates will be presented with a diploma.



Isn't this winter fantastic! We finally received what we deserve in the way of weather and the East has our cold.

The Squadron has done a charitable deed! We delivered an antique organ from the Brochet Mission to its winner in Thompson. The Mission refinished this musical instrument to its former luster and in order to raise money, held a raffle. The lucky winner, a Thompson resident had it delivered by the Base Padre, Major McKenna. The highlight of the trip, I'm sure Major McKenna agrees, was the Hercules

flight to and from the mining town. We also have a couple of crews involved in Rapier Thrust, a land environment exercise, and also, we are participating in Sovereign Viking.

Our esteemed SADM, Captain Rick Anscob has left our organization for greener pastures, but only a short flight to Air Command Headquarters to become BGen Paisley's executive assistant. We shall miss Richard's rantings! Congratulations go out from all of us to Rick Abbott and Susan on their new child, a bouncing baby boy.

## SSF Unit Wins Marksmanship Trophy

OTTAWA (CFP) — The Canadian Airborne Regiment of Canadian Forces Base Petawawa, Ont., a unit of the Special Service Force, has won the 1979-80 A. Hamilton Gault trophy for rifle marksmanship.

Throughout each year, the nine Regular Force infantry battalions and the Airborne Regiment compete for the highly-coveted trophy. Units hold individual shoots and the trophy is awarded to the unit with the highest annual score.

The competition consists of five methods of testing individual proficiency in the handling of small arms.

The purpose is to foster interest in and improve the standard of rifle marksmanship in the infantry.

The trophy was donated by the late BGen. A. Hamilton Gault, DSO, CD, who raised and equipped the Princess Patricia's Canadian Light Infantry in 1914. The trophy has a silver figure of a prone soldier holding a rifle in firing position and is mounted on a walnut base. The name of the winning unit for each year is inscribed on a silver maple leaf on the base.

Situated in the always sought after area of Deer Lodge. K to Gr. 12 within short walking distances. Overlooking Golf Course and Creek. Community Club - curling, tennis, indoor swimming. Summer House with bar attached to Garage. The tremendous developed basement offers another living level-rec room in knotty pine, stone O.F.P., 2nd 4pc. bath, 4th Br. Appliances negotiable. For a private consultation call Mrs. Udvardy, 475-4082.

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# "For Professionalism Award"



MCPL Adams being presented the "For Professionalism Award" by the Base Commander. The text of the awards is as follows:

MCPL Adams checking an engine for an oil leak found the leak was coming from the engine accessory section scavenge pump. He then

removed the pump to check the seal which has a high failure rate, and is the subject of a current UCR. At this point the seal would normally have been changed and the pump re-installed and leak checked.

MCPL Adams, not satisfied that this was the total cause of the leak,

checked further and found a hairline crack in the pump case. This crack was very difficult to see with the naked eye and at first glance looked like a paint crack. Had this pump been re-installed it most certainly would have failed completely in flight causing an engine shut down and possible engine damage.

Base Photo

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### AIR COMMAND BAND with MARIA LOSCERBO

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### DANIEL MCINTYRE MADRIGAL CHOIR IN CONCERT

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### DANIEL MCINTYRE ALUMNI CHOIR

Saturday, February 28, 1981  
— 8:00 p.m. —

**PLAYHOUSE THEATRE**  
180 Market Street - Winnipeg

TICKETS AVAILABLE AT A.T.O. EATON'S  
OR BLOCK PARENT OFFICE

905 - 504 Main Street — Phone 943-8879

Adults \$3.50

Children 12 & Under \$2.50

## Gavin's Column Doldrum Days

In the Gavin clan the Winter Doldrums sneak up. There will be a few minor grouches and then one day at dinner the Doldrums will be there. We will all be glowering at the same time.

The frowns and sullen looks are not really directed at one another. Not really. It just looks that way. Sometimes the butter is the offending item. (It's actually margarine but when you're down in the dumps it helps to put on the dog.) It is either too soft or too hard.

The first thing in the morning the weather is usually the pet hate of at least one of us. Gerry (that's the better half) gets all tense when the sun isn't shining. "Might as well be in Chilliwack," she'll mutter and be snippy all day.

When it is bright and shiny Only Daughter scrunches her eyes and practices slumping her shoulders for the walk to school. "It's just too bright to see anything. It hurts right back in my head," she pouts. "It's uggly!"

Yours truly is much more mature and there is no exhibition of glum. Nothing shows unless you watch closely as I pull on the winter boots. The frown gets deeper when the frost on the car windows comes into sight. And when I sit on the cold seat the blue roar of Doldrum anger melts half the ice on the windshield.

At this time the family cat (that belongs to Only Daughter until it does something wrong) will completely ignore humans. She will sit in a corner with her back to us. There may be something to the story that cats feel our emanations of anger and hate.

Absent members of the family suffer from our frustrations, too. They may not realize it but if ESP could give headaches there would be a couple of dandies in Dawson Creek. Oldest son, daughter-in-law, and two kids moved there three weeks ago. So far there has been no word, mailed or phoned.

Several recent evenings I've come across Gerry in the kitchen facing the west (Dawson Creek is north west, but she's not too good in directions) and glowering her long distance glower. Whoever is receiving the message in Calgary had better redirect or their head might explode.

Well, February will be soon over and the Doldrums will leave. The next item on the emotional scene will be the Spring Anticipation Tantrums. Only Daughter (that's Jacqueline) won't wear a toque, boots or do up her coat regardless of the temperature. To get out of these reasonable health-wise duties she has several ploys.

The toque will be brought home dripping wet. Some party (unknown to us, but undoubtedly male) threw her hat into a puddle. The boots get left at school (how she got home in her stocking feet is a mystery) by mistake. And the runner on the coat zipper somehow gets jammed at the halfway mark, until she gets home when miraculously it becomes unjammed.

A sudden interest in flowers hits Gerry, even though there is two feet of snow on the flower bed. She also starts looking through the swimming pool catalogues, summer clothes cupboards, and checking out the tourist maps for picnic spots. When the first brown patch of grass shows through the snow she dons boots, coat, hat and mitts and goes out and stands on it, smiling.

The thoughts of digging the garden or paying for a swimming pool combined with attempts to follow Gerry's hand drawn maps to a dining room outdoors has little effect on me. I just join the cat in the corner and meow softly.

## What to take on your holiday

BY RENE VINCENT

What kind of beauty aids should you take on your vacation?

The most important is a good sun-tanning cream. While most people look super in a tan, they should be aware that too much exposure to the sun can do irreparable damage to the skin. In fact, too much sun is not only a major cause of skin cancer but premature wrinkling of the skin as well.

In addition to a sun-tanning cream, also take along a moisturizing lotion or cream to apply at night before retiring as well as a mild soap, which you may not be able to find in your hotel room.

Your hair has its special needs, too, all the more so if it has undergone treatments in which chemicals — such as coloring and perm lotions — have been used. Best protection is to wear a hat or scarf.

This, as we all know, is not always possible. If that's the case, then you'll also need some special products such as a good protein shampoo, a protein conditioner and

cream rinses.

And never leave swimming pool water in your hair. Always shampoo it thoroughly after swimming. Sea water must also be removed from the hair to avoid dryness and dullness.

You can always go and visit a local hairdresser wherever you are for advice and services during your vacation. Since your own stylist at home knows your hair probably even better than you do yourself, consult with him before departing and get from him the products you will need to enjoy a happy and beautiful vacation.

When you return, your stylist will be pleased to see that you have taken good care of your hair. It won't need any of his special skills to make it look and feel the way it did before your vacation.

Rene Vincent is executive director of the Allied Beauty Association, a national, non-profit trade association formed by the professional beauty industry to improve the quality of haircare.

## Exercise Test Gate 81

OTTAWA — Canada, along with other NATO allies, participated in a week-long naval exercise in the South-Eastern area of the North Atlantic Ocean and the Western Mediterranean Sea. The exercise, nicknamed "Test Gate 81", was conducted from Feb 5 through 12.

Canadian participants were the Halifax-based destroyer, HMCS Saguenay, Canada's ship in the Standing Naval Force Atlantic, and two Argus aircraft from CFB Summerside. "Test Gate 81" was since 1958 and is being replaced by the Aurora.

The exercise is designed to test and demonstrate the readiness and effectiveness of NATO forces and headquarters in operations concerned primarily with defending sea approaches to the Strait of Gibraltar.

### Notice

The Five Point Club meets for lunch 1st Wednesday of each month, at the combined mess — Bldg. #61.

Please phone your intentions, so the committee can arrange seating.

All new Base arrivals welcome. Further information contact: Wes Coombe — Loc. 225, Geo Burton — Loc. 697.



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## UN Tour



On 12 January Captain (REV) R.J. MacFarlane parked his cherokee green vehicle for six months as he took his leave of CFB Winnipeg. Pictured above is Father MacFarlane's farewell glance of his familiar parking lot near the AMU.

## LEADERS WANTED

The Assiniboia-Stevenson Guide District needs Brownie and Guide leaders most urgently.

Please contact

Shirley Cameron at 889-9805

or

Brenda Tarrant at 885-1796.

Now is your chance to help.

## PRESENTATION OF SQUADRON COLOURS

MR880 formerly VS880 Squadron

To all former members:

Squadron colours will be presented at  
CFB Summerside 26 September 1981

FOR FURTHER INFORMATION, CONTACT:

COMMANDING OFFICER, MR880 SQUADRON  
CFB SHEARWATER, SHEARWATER, N.S., B0J 3A0  
(912) 463-5111 local 232

PRIOR TO 1 JULY 1981

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INCOME TAX RETURNS COMPLETED. Call Bob 331 or Kevin 391. (00303)

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Pre Xmas Sale	25-28 Nov

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SPORTS SHIRTS	13 <sup>99</sup> - up
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