



Postair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

11 Mar. 81

Issue No. 4 Vol. 30

Paisley Works



BGEN W.G. Paisley starts his tour at transient servicing. Left to Right MWO M. Cashin, BGEN W.G. Paisley, COL J.R. Allingham Base Commander and SGT N.G. McWilliam.

(BASE PHOTO)

On the 17 Feb 81 BGEN W.G. Paisley, Air Command Chief of Staff Operations, took to the long and winding road and made an official visit to CFB Winnipeg.

The morning was spent attending briefings in the BCOMD's Conference Room given by COL Allingham, Branch Heads and CO's from the Base.

After a luncheon hosted by the BCOMD at the Officers' Mess BGEN Paisley was taken on a tour of the Base to meet some of the personnel in their working environment and to get a first hand glimpse of some of the problems unique to CFB Winnipeg.

At the tour's end BGEN Paisley headed back to Air Command Headquarters with the invitation to return again, soon.

...And Plays



PLAY BALL! — What if they called a hockey game and nobody won? Or what if somebody won, but nobody cares? It happens when two teams with the absurd names of "COS Ops" and "COS Sup" tangle sticks. They're reputed to be minor elements within Air Command Headquarters. "Bruiser" Pete De Smedt, left, of the "Sup" side, diddles for middle with "Basher" Bill Paisley, chief honcho of the "Ops" outfit. That Martian in the middle calls himself "Honest" (Hah!) Tom Tobin. And that lethargic lot fumbling around in the background is a random selection of stars from the North Borneo Hockey League. Who won? It's classified. Besides, an investigation is being launched because the Manitoba Health Services Commission refuses to pay the hospital bills. Police escorted the bums to the nearest border point following the game.

(CF PHOTO BY SGT VAN TUNSTEAD)



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Col. J.R. Allingham.

VOXAIR est le journal non officiel de la BFC de Winnipeg et est publié avec la permission du commandant de la base, Col. J.R. Allingham.



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Telephone 832-1311

ADVERTISING RATES ON REQUEST
SUBSCRIPTION RATES are \$5.00 for one year, \$12.00 for three years

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Second Class Mail Reg No. 1725
ISSN 0300-3213

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LETTER TO THE EDITOR

Trenton Golden Anniversary

RCAF Station Trenton opened in August 1931 and this year CFB Trenton has scheduled a number of Golden Anniversary events to honour all the service personnel and their families who have passed this way sometime during the past fifty years. This list includes not only airmen and airwomen from Canada, the United States and Air Forces from around the world but also soldiers and sailors who have served here and contributed to the proud tradition of this base.

FRIDAY AUGUST 14 will kick off a mammoth homecoming weekend for all former Trentonians planning to come back to reunite with familiar scenes and familiar faces. The Golden Anniversary birthday party is planned for Saturday, August 15 on Baker's Island and in addition all Messes

and Clubs on base will have special receptions in honour of all returning service personnel.

The MAJOR PUBLIC EVENT of the year will be Armed Forces Day 81 on Saturday, September 12 which will feature the largest Airshow and ground display of vintage, wartime, and modern aircraft ever held in Canada. A special Anniversary Airshow 81 magazine will be published to honour this historic event and any one not able to make it to Trenton on September 12 may purchase this colourful souvenir edition by mail order.

Mark these dates on your calendar. We'd love to see you come back.

Major Lorne Johnson
Information Office
CFB Trenton
Astra, Ontario

Prior to starting his official tour, BGEN W.G. Paisley is welcomed to CFB Winnipeg, by the Base Commander COL J.R. Allingham.



New Commander For Mobile Command

OTTAWA—Defence Minister Gilles Lamontagne announced today that LGEN Jean-Jacques Paradis, commander, Mobile Command, at St. Hubert, Que. will be appointed special advisor to the chief of defence staff to undertake specific senior level study projects in Forces development at National Defence Headquarters in Ottawa this summer. MGEN Charles Belzile will be promoted to the rank of LGEN and replace LGEN Paradis as commander, Mobile Command.

A veteran of the Korean war, LGEN Paradis, 52, of Montreal was commissioned in the Canadian Army in 1950 following graduation from the University of Montreal. His first posting was in the 2nd Battalion, Royal 22e Régiment in which he served in Canada and Korea. Later, he held a number of operational and staff positions including commanding officer of the 3rd Battalion, Royal 22e Régiment, commander, 5e Groupe-brigade du Canada, and chief of personnel development. He became commander, Mobile Command in 1977.

MGEN Belzile, 47, of Trois-Pistoles, Que. was commissioned in the Canadian Army in 1951 while attending the University of Montreal. Upon graduation in 1953, he was assigned to the Queen's Own Rifles in which he served in a number of operational and staff positions in Canada and Federal Republic of Germany (FRG). A graduate of the Canadian Army staff college in Kingston, Ont., he later became commanding officer of 2nd Battalion, Royal 22e Régiment, serving in Valcartier, Qué., and Cyprus. He has held several senior positions including command of 4 Canadian Mechanized Brigade Group Lahr, FRG, assistant chief of staff of operations at Central Army Group Headquarters, Seckenheim, FRG and commander of Canadian Forces Europe at Lahr. MGEN Belzile is presently chief, land doctrine and operations at NDHQ in Ottawa.

Senior Appointments Announced

OTTAWA—Defence Minister Gilles Lamontagne has announced new appointments for eight Canadian Forces brigadier-generals and commodores to take place during 1981.

BGEN Ronald Button, 53, of Toronto, senior liaison officer air and Canadian Forces attache air at Canadian Defence Liaison Staff, Washington, D.C. (CDLS(W)) will become commander of Canadian Forces Training System with headquarters at CFB Trenton, Ont.

BGEN Donald McNaughton, 46, of Perth, Ont., director general air doctrine and operations at National Defence Headquarters (NDHQ) will become commander, 10 Tactical Air Group, St. Hubert, Que.

BGEN Ronald Hayman, 49, of Toronto, will assume the duties of director general, air doctrine and operations at NDHQ. He is now serving at the National Defence College, Kingston, Ont.

BGEN Clayton Kitchen, 50, of Toronto, commandant of the Canadian Forces College in Toronto

will become deputy chief, operational research and analysis establishment at NDHQ.

Commodore Constantine Cotaras, 51, of Vancouver, chief of staff, plans and operations at Maritime Command Headquarters in Halifax, will be appointed commandant of the Canadian Forces College in Toronto.

BGEN Francis Norman, 45, of Montreal, now serving on special duty in NDHQ, Ottawa, will become director general, conditions of service at NDHQ.

BGEN Lionel Bourgeois, 46, of Marcelin, Sask., deputy commander, 24 NORAD Region Headquarters, Malmstrom Air Force Base, Montana, will assume the duties of director general information at NDHQ.

BGEN Leslie Price, 49, of New Westminster, B.C., deputy commander, 23 NORAD Region Headquarters, Duluth, Minn. will replace BGEN Bourgeois as deputy commander, 24 NORAD Region Headquarters.

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Prisoners Of War

While the first two rules we considered dealt with the protection of non-combatants, civilians and civilian objects, the third rule is more concerned with our conduct towards enemy combatants, and more specifically those who surrender or wish to do so. This rule stated simply is: "Do not attack enemy soldiers, airmen or sailors who surrender. Disarm them and treat them as prisoners of war."

As we have learned, combatants are those persons who directly engage in an armed conflict. They may be members of the armed forces or of an organized resistance group. There may arise situations in which it is difficult to determine whether those who have been detained or captured are enemy combatants, partisans, saboteurs, spies, or indeed innocent civilians. In such cases no attempt should be made to determine their status. They should be escorted to the rear as if they were prisoners of war. Thus, in all cases treat captives as prisoners of war.

How does this rule affect you? Well, for one thing, it is highly improper, to say nothing of illegal, to attack the enemy when he clearly indicates that he wishes to cease fighting. He may wave a white flag, throw down his arms, or indicate his intention in some other way, but once you are satisfied that his intention is clearly to surrender, let him know by speech or signs that you want him to come forward — UNARMED. Make certain you emphasize that last part. Pursuing your attack on an enemy position when he is trying to surrender will undoubtedly give him no incentive to do so, and might well merely serve to change his mind and make him more determined to defend himself — costing you valuable time, ammunition, and perhaps lives. Give your enemy the opportunity to surrender if he wants to, and remember that it is an offence to fire upon an enemy who has thrown down his weapons and offers to surrender.

Again, a situation may arise in which enemy personnel who indicate a wish to surrender are also destroying equipment or intelligence information. Can you legally fire upon those engaged in such destruction? In a word - yes. These persons have not in fact surrendered, but are still engaged in a form of combat on behalf of the enemy.

When you have taken a captive you must treat him humanely. While the Geneva Convention Relative to the Treatment of Prisoners of War provides that prisoners of war are in the hands of the enemy government and not of the individuals or military units who have captured them, thereby making that state ultimately responsible for their treatment, the fact remains that when a person surrenders to you, or you force him to capitulate, he is under your immediate control. You must treat such persons as you would expect to be treated if captured. While this may seem like a motherhood statement, once a captive is under your control it is your responsibility to protect him from reprisals by your mates, his mates or angered civilians. Aside from this, you must be ever mindful that your captive, like you, has an obligation to take advantage of any reasonable opportunity to escape. So, while

Les Prisonniers De Guerre

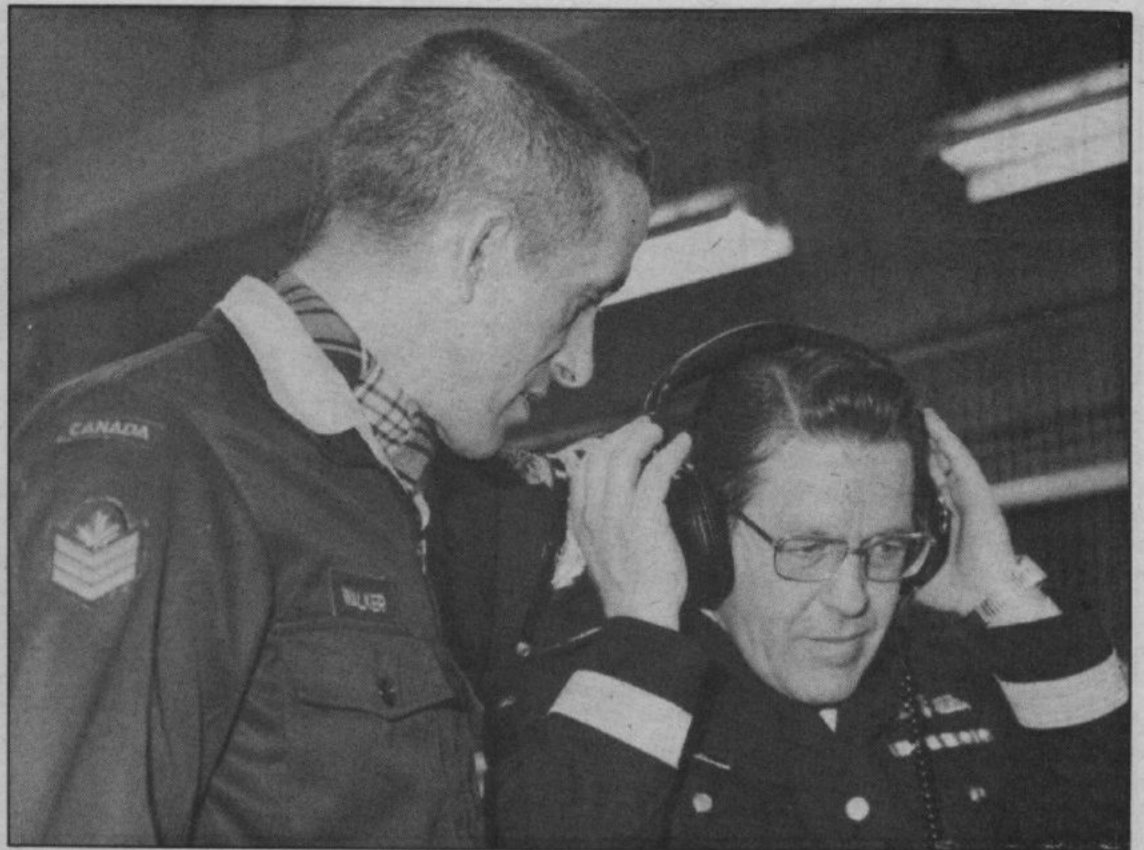
Nous avons vu que les deux premières règles touchaient la protection des non-combattants, des civils et des biens de caractère civil. La troisième règle se rapporte à notre conduite envers les combattants ennemis, en particulier ceux qui se rendent ou qui désirent le faire. Cette règle se résume en termes simples: "N'attaquez pas les soldats, marins et aviateurs ennemis qui se sont rendus; désarmez-les et traitez-les comme des prisonniers de guerre".

Il peut arriver aussi que des combattants ennemis qui indiquent leur intention de se rendre détruisent de l'équipement ou des documents compromettants. Peut-on, légitimement, tirer sur ceux qui accomplissent ces gestes? En un mot, oui, car de fait, ils ne se sont pas rendus et sont encore engagés dans une forme de combat en faveur de l'ennemi.

Vous devez traiter les captifs avec humanité. Même si la Convention de Genève relative au traitement des prisonniers de guerre stipule que les prisonniers sont, en dernier ressort, la responsabilité du gouvernement détenteur et non celle des individus ou des unités militaires qui les ont capturés, faisant de cet Etat l'ultime responsable de leur traitement, il n'en demeure pas moins que lorsque quelqu'un se rend à vous ou lorsque vous le forcez à capituler, il est sous votre autorité immédiate. Vous devez traiter ces personnes comme vous voudriez que l'on vous traite si vous étiez capturé. Bien que cela puisse paraître évident, dès qu'un captif est sous votre autorité, il est de votre responsabilité de le protéger contre les représailles de vos compagnons, de ses compagnons ou de civils en colère. Ces précautions mises à part, vous devez garder à l'esprit, que votre captif, comme vous, a l'obligation de profiter de toute occasion raisonnable de s'enfuir. Vous devez donc le protéger, mais également vous assurer qu'il ne s'échappe pas ou qu'il ne cause pas de tort aux autres. N'oubliez pas qu'il peut être une bonne source de renseignements. Enfin, en traitant vos captifs fermement, mais avec humanité, vous incitez l'ennemi à se rendre car ces choses-là se savent.

protecting him from harm, you must also ensure that he does not escape or cause harm to others. Remember, he represents a possible source of valuable information. Moreover, other enemy personnel may more readily surrender if they know that you treat captives in a firm yet humane way; and don't worry, they will know!

We will consider in more detail in a future article other aspects of the treatment of prisoners of war, including what information they are required by law to reveal. In the meantime, this is a good place to remind you that general information about the Geneva Convention Relative to the Treatment of Prisoners of War is contained in Canadian Forces Publication (CFP) 318(4), Unit Guide to the Geneva Conventions. A copy of this CFP should be available to your unit, and, while you are probably already familiar with its contents, you might just want to refresh your memory.



"I hear it ticking." "If you do General, I'm leaving," said SGT J.K. Walker of the Base Armament section on BGEN W.G. Paisley's recent tour of CFB Winnipeg.

(BASE PHOTO)

Senior Officer Promotions Announced

OTTAWA—Defence Minister Gilles Lamontagne has announced the following promotions from Colonel and Captain (Navy) to Brigadier-General and Commodore for nine Canadian Forces officers. The promotions and subsequent appointments will occur during 1981.

Promoted are: COL Robert Beaudry, 46, of Vassar, Man. who becomes commander 5e Groupe-brigade du Canada, Valcartier, Que., from his position as director land requirements and director of artillery, National Defence Headquarters (NDHQ), Ottawa.

COL Roderick Bergin, 45, of Ottawa, who becomes director general financial administration, NDHQ, from his position as director financial services, NDHQ.

COL Ormand Hopkins, 55, of Perth, Ont. who becomes chaplain general, Protestant, NDHQ, from his position as director chaplaincy administration, Protestant, NDHQ.

COL Robert Mortimer, 48, of Vancouver, who becomes deputy commander 25 NORAD Region, McChord Air Force Base, Wash.,

from his position as director military manpower distribution, NDHQ.

COL. Simon Roach, 49, of New Waterford, N.S., who continues as director general transportation, NDHQ.

COL. Christopher Snider, 48, of Ottawa, becomes director general land doctrine and operations, NDHQ, from his position as director land operations and director infantry, NDHQ.

COL. Yvon Sorel, 45, of Saint-Mathieu, Que., at present base commander CFB Bagotville, Que., is promoted to the rank of Brigadier-General with his appointment to be announced at a later date.

CAPT (N) Charles Thomas, 44, of Kelowna, B.C., who becomes chief of staff, plans and operations, at Maritime Command Headquarters, Halifax, from his position as director maritime requirements sea, NDHQ.

COL. Georges Travers, 51, of Baker Brook, N.B. who becomes chaplain general, Roman Catholic, NDHQ, from his position as director chaplaincy administration, Roman Catholic, NDHQ.

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Please refer to this advertisement.

CG SOUTH

by Barb Miller

Hi, everyone. My thanks to Bob Moquin for that nice intro last issue. I think I'll be trying to fill some mighty big boots taking over this column so pardon any 'extra socks' at first.

Due to the unseasonable, but much appreciated (especially by a girl from Calgary) warm weather the skating rink has been officially closed for the season. Council extends a hearty thanks to those who helped with rink maintenance over the winter and to the Teen Council members who ran the canteen on the weekends.

As promised, Council has arranged for newspaper recycling bins to be installed in the area. You'll find one by the skate shack and another towards the north end of the back lane between Kenaston and Ubique. If response is good the number of bins can be increased (provided the ones we have are a male and a female). So help out all concerned by ridding yourself of those unwanted newspapers and providing council with a source of funds for its upcoming activities.

NEW RESIDENTS — There seems to have been some difficulty recently arranging for the new members of our community to be properly welcomed. If you know of someone who has just moved in or if you're a new resident yourself don't hesitate to give either myself or Ann Moquin (489-3219) a quick call so we can help make the newcomers to our area feel at home.

THINGS TO LOOK FORWARD TO

Its not too early to start planning your yard and garden for this summer and when you do keep your sights set on the \$50; \$25; and \$15 prizes your council has authorized for Operation Beautification. If you live on the southside and do the work yourself, you'll be in the running for the money.

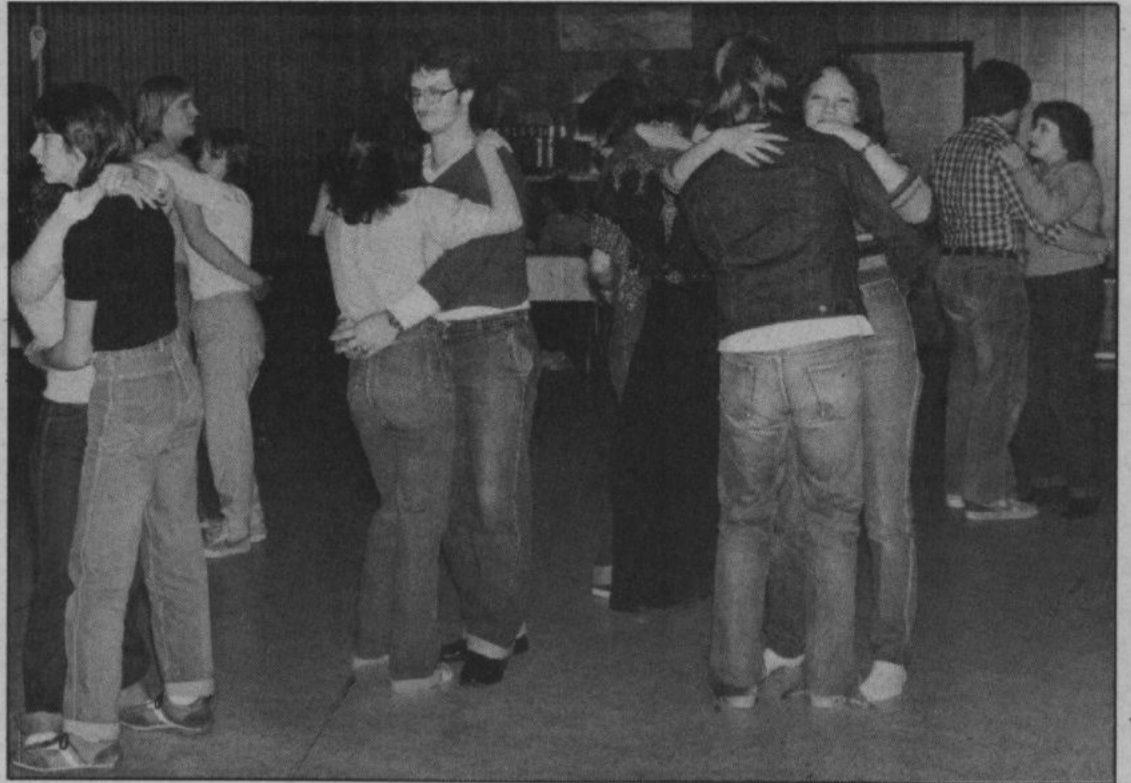
Coming up a little sooner, its Flea Market time again. Tables are on sale now until April 24 from Ann or Bob Moquin (489-3219) at the paltry price of \$5.00 per table. The big day is May 9th — plenty of time to clean out the basement and remember; one man's junk may be another man's treasure. But, "Despite the name. Leave the fleas at home."

LADIES! — Tired of sometimes feeling like part of the F & E? Then make plans to attend our St Patrick's Day Coffee Party: Tuesday, March 17, 1:30-3:30 pm at the Lipsett Hall Lounge. We're hoping for a large turnout so we can plan Spring and Summer activities that will meet the needs of as many ladies as possible. Bring the kids (that bears repeating, BRING THE KIDS) and join us for coffee and conversation. For more information call me (489-7077) or Janet Armstrong (489-3437).

Two short notes; — Summer Programs '81 for the kids will be listed in the City Brochure which should be forthcoming shortly. And

Westwin Community Council Teen Dance

I recently had the pleasure of attending one of the teen dances to take a few photographs of "where the action is" and let me tell you, the teens were sure having a ball! But loud . . . you wouldn't believe it! Unless of course you're one of them . . . or already have teenagers of your own. Perhaps my age was showing, but it is encouraging to see the youths of our community doing "their" thing, and enjoying themselves. We owe much of the success of this activity to the initiative and help of MWO "Phil" Herbert. Phil and his wife Connie have given freely of their time to chaperone these dances and get the teens involved. But Phil and Connie would like some help; surely there is more of you out there who are interested enough in the well-being of our teens to lend a hand. Really, it won't take up a whole lot of your time, so don't delay. Won't you call Phil or Connie right now (837-1478) and they'll tell you all about it.



(Photo by Cliff Matkowski)

Westwin Community Council Activities

(by Cliff Matkowski)

Once again the Westwin Community Council will be sponsoring children's activity day for children of residents of the North Site PMQ's, MDP's, and BLHU's during Teacher In Service day on 13 Mar 81.

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 shown, please note times and **DO NOT** send children before the time an activity is

don't forget that council has arranged for the kids to be bused to the northside theatre Saturday, March 7th to attend the matinee. All children must be at Lipsett Hall by 1300 hrs. with sufficient money to cover admission to the movie and any treats the parents choose. Supervision on the bus is provided.

I promised to print the answers to the jokes which ran two issues ago so here they are: "an anchor; because it's the scenter, Columbus." "I didn't promise to repeat the jokes."

Voxair is published every second week throughout the year. IF you don't receive a copy you're missing out on valuable information. If you feel you have missed one or more issues of Voxair please bring it to my attention or to the attention of the editorial staff as listed on page 2. We are here to help and serve you.

And on that note I'd like to add that this column needs your input. If you have any items or information which you feel would be of community interest let me know and I will try to include it in the next issue.

Next Community Council meeting is Tuesday March 10 at 1:15 pm, Lipsett Hall Lounge. Southside residents are welcome to attend and to join the council.

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 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.

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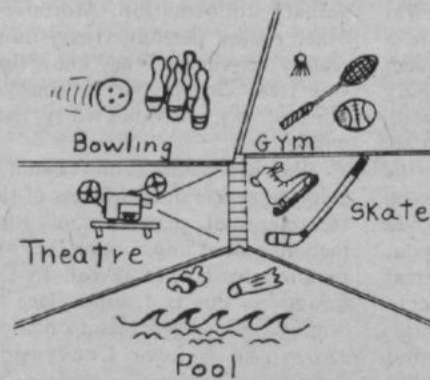
943-6051

EVENTS SCHEDULE 13 Mar. 81

- Bowling - 0930 to 1200 Hrs. Note #
- 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.

REMINDER

ANOTHER CHILDREN'S ACTIVITY DAY



FRIDAY 13th MARCH

Sponsored by
Westwin Community Council



RC Chapel News

On March 4 we celebrated in our chapels, the Holy Season of Lent. Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. Lent has two major purposes; it recalls baptism, or prepares for it, and it emphasizes a spirit of penance. Through forty days of closer attention to God's word and or more fervent prayer, believers are prepared to celebrate the paschal mystery.

Lent was and still is a very special time. Catholics everywhere felt the pang of fasting. They renounced candy and the movie house, took an extra prayer obligation and longed for Easter's release from Lenten penance.

In the days following Vatican II, much of Lent's old rigor was lost for most Catholics. Lenten fasting was reduced to a token. Appeals for generous service to the poor and for study of the changing church failed to generate widespread and enthusiastic response. Today, Lent is hardly noticeable for many Catholics until Holy week rolls around when we say, "Where did Lent go? There were so many things I planned to do but somehow..."

Lent still should be a special time, a time to turn to the Lord. This turning requires works of penitence, time for study, a concern for the powerless and most important, prayer. Special time helps us focus our attention on the real meaning of life. Without Lent our day-by-day living becomes formless, with no clean-cut edges of faith focussed into action.

During this Lent our chapel is offering a very special week. It is called a Mission. That is we will be having a team of people, called Redemptorists, to actually come to our chapel and preach and conduct special services for us. Our Mission will begin on 28 March and terminate the evening of 2 April. This is certainly a grace-filled time and every member of the Catholic faith at CFB Winnipeg is urged to take advantage of this unique experience. It could be a turning point in your life. Not only members of the Catholic expression of faith may attend, but the welcome is extended to all who may be interested. A complete schedule will be printed in our next issue. For now, there will be an early Mass each morning at 0645 and a second at 1000 in the morning and an evening preached service, no Mass, commencing at 1930.

The Saturday-Sunday ordinary times of service will be followed. Hours of Masses for Saturday-Sunday are: (North Chapel)

Saturday 1900 hrs (Sunday obligation)

Sunday 11:15

South Chapel

Sunday: 10:00 a.m.

Baptisms: By Appointment

Confessions: Prior to services or on request

Marriages: At least six month notification for an inter-faith marriage and at least four months notification for the members of the Catholic Faith. For the Catholic party an up-to-date copy of one's baptismal certificate is required as an ecclesiastical proof of not having been married in the Catholic Church. One writes to the parish of one's baptism requesting a certificate for the purpose of marriage. One can assist a pastor by providing as much information as possible, full name, mother's maiden name, father's name date and place of birth. One should have a copy when making arrangements with the base chaplain.

Office Location: The Chaplain's office is located in the base hospital on the second floor, local 272. On the southside the chaplain's office is in BB5 and the telephone number is: 888-6025.

On Call: A chaplain is on call at all times. After office hours if you require a chaplain, you are asked to call the base operator at 832-1311 and she will take your number and the chaplain on duty will return your call.

(Maj. R.H. McKenna - Base Chaplain. RC)

The Eclectic Notebook by Arbee

Useless and useful facts, curious tid-bits, plagiarized thoughts, personal musings... a pot-pourri, picked out of the darker recesses of the attic of an untidily stuffed mind... and appearing on a random basis, usually only when the editor faces a blank hole hours before press time.

Where to begin? Ah, here, in this dusty and slightly mildewed box marked 'Trivia'...

Place names in Canada — enough stuff here to ramble on for weeks, but we will limit this ramble to a lazy trip down one of the more picturesque, and sometimes picturesque, streams in the Mysterious East, the Miramichi River.

Our early explorers and placenamers, showing an uncanny sense of direction and parsimonious use of proper nouns tackled New Brunswick's favorite salmon stream with unusual imagination. So let us follow the development of the Miramichi, starting at the various headwaters...

The South Branch Northwest Miramichi and the North Branch Northwest Miramichi form the Northwest Miramichi. Into this runs the delightfully named Scrogie, which is formed from the North Scrogie, which accepts the Little North Scrogie and the South Scrogie, which takes in the North Branch South Scrogie and the Little South Scrogie, not forgetting, of course, the Little Scrogie and its own South Branch Little Scrogie.

Now joining our well-defined Northwest Miramichi is the Little Southwest Miramichi, which accepts the Northwest Branch Little Southwest Miramichi and the Lower North Branch Little Southwest Miramichi.

And so we come to the great junction, which is where the Northwest Miramichi meets the Main Southwest Miramichi.

Now, the Main Southwest Miramichi is made up of...



MCPL Juryn explains some of the base Photo capabilities to BGEN W.G. Paisley while the Base Commander COL J.R. Allingham looks on.

(BASE PHOTO)

Ten Steps To Easier Weight Control

1. Cut down on high fat foods such as butter, margarine, highly marbled or fatty meats, salad dressings, sauces and gravies. Choose lean cuts of meat and trim visible fat. Use lemon juice and vinegar with herbs on salads and vegetables.
2. Watch your intake of sugary foods such as candies, soft drinks and other sweetened beverages, jelly, jam, honey, syrups, pies, cakes and pastry and fruit canned in heavy syrup.
3. Cut down or eliminate alcoholic drinks. Use tomato juice, water or soda alone or as a mix.
4. Select smaller portion sizes. The key is to cut down, not out, your food intake from various food groups.
5. Choose foods from each food group which are lowest in calories. Examples are using low-fat milk and milk-products instead of whole milk products; fresh fruit instead of canned fruit in syrup.
6. Prepare foods with methods which will help cut calories. Cook foods with little or no fat, trim off visible fat before cooking, broil or roast meats. Use spices and garnishes to create interest in your meals.
7. If you are having a snack, make it a low-calorie, nutritious choice such as fresh fruit or raw vegetables. Avoid the empty extras such as potato chips and candy.
8. Plan for use of leftovers. Avoid second helpings.
9. Eat slowly and chew thoroughly your food. Make your meal last.
10. Develop a regular exercise program. Eating less and exercising more are the keys for sustained weight loss.



BCWO's CORNER Junior And Senior Supervisors

The purpose of this Article is to redress the progressive erosion of the status of the Non Commissioned Supervisors with the hope that the following will motivate this essential group to assume the responsibility to become an honest-to-goodness supervisor.

As I see it, some of the causes of dissatisfaction can be attributed to the following conditions:

- attitude (personnel)
- reduction in manpower without reduction in workload
- new permissive generation
- communication between top and bottom; and above all, a common goal

Some of the conditions can be rectified through positive steps by the supervisors themselves;

- achievement
- recognition for achievement
- responsibilities
- well documented PER's
- discipline (chain of command, etc.)
- well defined Duty Analysis
- communication (listen)
- interviews
- a common goal

Primary Duty of Supervisors

First of all, every MCPL, SGT, and WO is a supervisor who supervises tasks and people. THE SUPERVISOR must divide the work into meaningful tasks and then he must assign the right people. People work together towards the achievement of objectives common to the organization and the individual. In other words, THE EFFECTIVE SUPERVISOR ACHIEVES HIS OBJECTIVES THROUGH THE COMBINED EFFORTS OF HIS SUBORDINATES. When he forgets this basic principle, he ceases to supervise effectively.

The effective supervisor must know and understand the organization climate within which he works. He recognizes that there are two basic but integral parts to his job, one being technical and the other being supervision. When he is performing his supervisory role, he recognizes that he is carrying out a type of work that is separate and uniquely different from the technical aspects of his job.

- he plans the work that is to be done
- he organizes the arrangement for getting the work done
- he directs his people towards achievement of tasks
- he measures how well he did
- he improves

Planning, organizing, directing, measuring and improving is the "supervisory cycle". The supervisor who does all these things will be an effective supervisor. He will be master of his situation. He will not watch things happen. HE WILL MAKE THINGS HAPPEN.

(by CWO A Poltaruk)

BALDWINSON AGENCIES

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Voxair Variety by John Lauder

The Royal Winnipeg Ballet demonstrated again last week why they are one of our most successful and solvent arts organizations. The Company offered an evening of four pleasing numbers, two of which featured the new superstars, Evelyn Hart and David Peregrine. It was also Norbert Vesak night, as this fine Canadian choreographer was responsible for the two major ballets, *The Ecstasy of Rita Joe*, and the new *Meadow Dances*.

Rita Joe has become a standard for the RWB, but this version seemed to be better than ever. Past performances have seemed to be a put-down of the native people, as the sordid side of Indian life in Canada is brought out to the fore. The fine performances of Teresa Bacall and Joost Pelt in the principal roles, plus

great support from the Company, and the slide and sound background, gave force and dignity to the show.

Vesak's Meadow Dances was a delight of bright costumes and lively ballet, all to the sprightly music of the orchestra and the singing of Geraldine Patterson.

Another success story is the Manitoba Theatre Centre musical *Grease*, which is being held over until March 14th. It played to sold out audiences for the first three weeks, and many fans apparently went back for second or third viewings as they loved it so much. Artistic Director Richard Ouzounian is directly responsible for this one, and is to be complimented on the fact that he has produced a string of hits so far this season on the Main

Stage. There is still a chance to catch the show, so if you like rock 'n roll, and are a lover of the sounds of the '50s, see if there are any tickets left.

Events upcoming at the Centennial Concert Hall include the 1981 Manitoba Music Festival on March 12 and 13, while Cliff Richard will perform to-night, March 11th at 9 p.m. and again on the 12th, with the Festival going through the day. The Mennonite Oratorio Choir will offer Brahms' Requiem on the 14th, and the Carlton Show Band will be at the Hall on the 15th. World Adventure Tours will offer "Hong Kong" with Ken Armstrong on the 16th and 17th, while the Stars of the Music Festival will be back on the 19th with a concert at 8:00 p.m.

Fire Prevention Contest Winners

OTTAWA(CFP)—CFB Moose Jaw has been declared the 1980 "Grand Award Winner" in the military category of the 5th Annual Fire Prevention Contest held by the Fire Prevention Canada Association.

Sixty-three entries from bases, stations and ships competed in the contest which recognizes outstanding achievements in the field of fire prevention and education.

Entries are divided into five classifications depending upon the size and type of the base or station, with a sixth being reserved for ships.

Standings in the six classifications are:

Class A: 1st - CFB Borden; 2nd - CFB Halifax; 3rd - CFB Ottawa.
Honorable mentions: CFB Petawawa, CFB Valcartier, CFB Kingston, CFB Esquimalt and CFB Montreal.

Class B: 1st - CFB Moose Jaw; 2nd - CFB Baden; 3rd - CFB North Bay.
Honorable mentions: CFB Shearwater and CFB Comox.

Class C: 1st - CFAD Rocky Point; 2nd - CFAD Bedford; 3rd - CFB Penhold.

Honorable mention: CFAD Dundurn.

Class D: 1st - CFS Beauséjour; 2nd - CFS Mont Apica; 3rd - CFS Falconbridge.

Honorable mentions: CFS Mill Cove, CFS Sioux Lookout and CFS Dana.

Class E: 1st - CFS Masset; 2nd - CFB London.

Class F: 1st - HMCS Algonquin; 2nd - HMCS Saguenay.

As "Grand Award Winner", CFB Moose Jaw will be recognized at the 73rd Annual Meeting of the Canadian Association of Fire Chiefs to be held in Toronto in August.

Grand Vainqueur Prevention Des Incendies

OTTAWA(PEC)—La base de Moose Jaw (Sask.) a été déclarée grand vainqueur de 1980 de la catégorie militaire du 5e concours annuel de l'Association canadienne de prévention des incendies.

En tout 63 représentants de bases, de stations et de navires des Forces canadiennes étaient inscrits à ce concours qui vise à souligner les grandes réalisations dans le domaine de la prévention et de l'instruction en matière d'incendie.

On a divisé les participants en six classes. Cinq de ces classes furent définies d'après l'importance et le

type de base ou de station, la sixième étant la classe pour navires.

Voici les résultats dans chacune des six classes:

Classe A: 1re - BFC Borden, 2e - BFC Halifax, 3e - BFC Ottawa.

Mention honorable: BFC Petawawa, BFC Valcartier, BFC Kingston, BFC Esquimalt et BFC Montréal.

Classe B: 1re - BFC Moose Jaw, 2e - BFC Baden, 3e - BFC North Bay.

Mention honorable: BFC Shearwater et BFC Comox.

Classe C: 1re - DMFC Rocky Point, 2e - DMFC Bedford, 3e - BFC Penhold.

Mention honorable: DMFC Dundurn.

Classe D: 1re - SFC Beauséjour, 2e - SFC Mont Apica, 3e - SFC Falconbridge.

Mention honorable: SFC Mill Cove, SFC Sioux Lookout et SFC Dana.

Classe E: 1re - SFC Masset, 2e - BFC - London.

Classe F: 1re - L'Algonquin, 2e - Le Saguenay.

La base de Moose Jaw, sera honorée lors de la 73e réunion annuelle de l'Association canadienne des chefs de pompiers qui se tiendra, à Toronto, en août.



MILITARY POLICE Spotlight On Youth

One of our Military Police Directives "proposes" a service which will provide Military Police and the children of Service families, opportunities to relate and interact in ways that will reduce suspicion and alienation and will strengthen mutual trust and respect.

At CFB Winnipeg, we are blessed with having first class recreational facilities, not only within the Base, but also nearby within the civilian community. Moreover, the two Teen Councils have greatly contributed to the quality of life within the youth community. Dances, sports and events, such as winter carnivals, further serve to enrich our leisure time. However, the Military Police do realize that young service dependents are subjected to certain

unsettling pressures caused by postings, absence of father on temporary duty and the disintegration of close friendships as their friends families, themselves are posted.

Although our service community is widely integrated with the civilian community, with our dependent children being educated at civilian schools, there still exists a fairly cohesive "married patch". The youth of this "patch" are a pleasure to deal with, and while, only a few mischief makers come to the attention of the Military Police, I can confidently state that juvenile delinquency is not a problem. This happy condition, I ascribe to the young people themselves. Teen dances at Building #90, for example, have been self-policed,

well-run and trouble-free.

To further support these activities, two Military Police members, CPL(W) Diane Deroy and CPL Dan Shane have volunteered to work with our young Service dependents. Diane and Dan are available to assist teenagers and children in community projects, such as sporting activities and the like. Moreover, they are always happy to lend a sympathetic ear to someone with a problem and who would like to "talk it out". They can be contacted at 832-1311 Loc 565 or 832-6145. If they are not there, a message may be left with the Desk Sergeant.

(CAPT J C MACQUARRIE)



BGEN W.G. Paisley on his official visit to CFB Winnipeg is shown upgrading his navigation skills on the new computer assisted navigation training aid at CFANS.

(BASE PHOTO)

New Air Command Group Formed

OTTAWA—The formation of a new training group within the Canadian Forces Air Command has been announced by Defence Minister Gilles Lamontagne.

Designated 14 Training Group, it will have its headquarters in Winnipeg and will comprise those Air Command units which have air training, except operational training, as their primary function.

There will be no increase in

personnel required for the formation of the group which will commence operations on August 1.

Air Command is divided into functional air groups, all reporting to headquarters in Winnipeg. These air groups include Air Defence Group, 10 Tactical Air Group, Maritime Air Group, Air Transport Group, Air Reserve Group and now, the new 14 Training Group.

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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

New SSO For Manitoba Military District

WINNIPEG—Manitoba Militia District Headquarters has announced that LCOL Don Berry, Commanding Officer of 26 Field Battery in Brandon, has been appointed Senior Staff Officer Operations and Training for Militia Area Prairie at Canadian Forces Base Winnipeg. He replaces LCOL I.M. Shane, who is retiring from active Militia Service.

LCOL Berry, a Brandon school teacher in civilian life, will commute to his new assignment at Area Headquarters. He is to be succeeded as Commanding Officer at 26 Field Battery by LCOL Claire Davies. Militia Area Prairie comprises the region from the Canadian Lakehead to the British Columbia border.

Several hundred militiamen and militiawomen from six Winnipeg-based Canadian Forces militia units and two army cadet organizations will be holding an open house at Minto Armoury March 14 to demonstrate skills and equipment of the Canadian Forces Reserves.

Scheduled between noon and 4:30 p.m., the open house will feature static displays and demonstrations by the Fort Garry Horse, the Queen's Own Cameron Highlanders of Canada, the Royal Winnipeg Rifles, 735 Communication Regiment, 17 Service Battalion, 17 Medical Company, and cadet units of Second Princess Patricia's Canadian Light Infantry as well as Winnipeg Grenadiers.

Open house attractions will include a cadet drill team, armoured reconnaissance, displays of signals

Meritorious Service Medal Presented

Pictured here is Major Jon M. Marklund, USAF exchange officer, being presented with the Award of the Meritorious Service Medal by Lieutenant-General K.E. Lewis, Commander Air Command. Major Marklund earned this award for outstanding service while assigned to the 425th Tactical Fighter Training Squadron, Williams Air Force Base, Arizona.

A native of Two Harbors, Minnesota, Major Marklund was commissioned in the USAF in 1967 following graduation from the University of Minnesota-Duluth. In addition to tours within the United States, he has also seen service at Vietnam and Thailand, and is now serving with the Fighter Section at Air Command Headquarters in Winnipeg.

Major Marklund and his wife Susan reside at 54 Sinnott Street in Winnipeg. They have two children — daughter Kelly age 13, and son Jon age 10.



detachments, and armoured defence crash actions, resupply of a combat unit, deployment of a medical evacuation platoon and a retreat ceremony.

The open house will commence with static displays, demonstrations start after the arrival of Lieutenant Governor F.L. (Bud) Jobin at the armoury.

Officials of Manitoba Militia District Headquarters said the main purpose of the open house is to recruit new members for militia units in this area and to increase public awareness of the role of

Canadian Forces Reserve Units:

Timing of the open house was arranged to allow for recruiting during the annual high school spring break.

Senior Appointments Announced

OTTAWA—Defence Minister Gilles Lamontagne has announced the promotions of MGEN for four

Canadian Forces general officers. The promotions and subsequent appointments to new positions will occur during 1981.

Promoted are: BGEN Patrick Mitchell, 50, of Montreal, director general, land doctrine and operations at National Defence Headquarters (NDHQ) in Ottawa who will become chief, land doctrine and operations at NDHQ.

BGEN François Richard, 47, of Quebec City, commander, 5e Groupe-brigade du Canada, Valcartier, Que. who will be appointed

commander, Canadian Forces Europe, with headquarters at Lahr, Federal Republic of Germany.

BGEN Alyre Doucet, 51, of Robertville, N.B., now serving on special duties at NDHQ who will be posted to NATO Headquarters, Brussels, Belgium, as chairman, military agency for standardization and assistant director, armaments standardization and interoperability.

BGEN Jack Wolfe, 57, of Winnipeg, will also be promoted to MGEN and remain as Judge Advocate General.

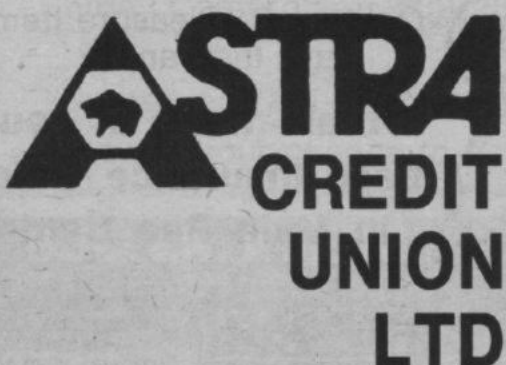
ANNOUNCEMENT

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Divers Endurance Tested

TORONTO—On 3 March, a team of four Canadian Forces clearance divers from Atlantic and Pacific diving units, HMCS Cormorant and a team of military and scientific experts at Toronto's Defence and Civil Institute of Environmental Medicine (DCIEM) will conduct a two-week long saturation dive.

Code name SAT Dive 81, it is the first such experiment to be conducted by DND and marks the beginning of a series of experimental dives which will examine the physiological effects of the deep ocean environment on the diver.

The Canadian designed and built deep research facility is of great international interest as it has the deepest diving capability of any such facility in the world.

Built in Montreal by Canadian Vickers Ltd. at an initial cost of \$1.8 million, the facility comprises three chambers, one for living, one for working (water filled) and a transfer pod in between.

The chambers are surrounded by the intricate complexity of systems and control panels required to recreate the environment of ocean depths of up to 5600 feet.

The upcoming experiment has attracted divers, engineers and diving medical officers from a number of allied nations, Germany, France, Britain, the United States and Norway, who will attend as observers.

Under the overall co-ordination of Lieutenant Commander Rick Lauckner, an extensive variety of physiological and equipment experiments will be conducted.

"The aim of this dive is to enhance man's ability to survive in

the hyperbaric (greater than normal atmospheric pressure) environment", stated LCdr Lauckner.

Throughout the dive, each diver will be under constant physiological surveillance by the examining scientists. Continuously through the sleep period and frequently at work each man will be hooked up to various physiological monitors.

Asked about being locked up in the chambers for two weeks, team leader Petty Officer 1st Class Dirk van Ek, of HMCS Cormorant commented, "there is so much activity programmed during each day, there is no time for boredom."

"The challenge during the first few days is to become accustomed to the routine and for each of us to live as a team", he said.

Having been involved in a 10-day experiment to test the facility in 1979, PO 1 van Ek admitted the last two days were the longest.

Among the equipment being tested are ultra-sonic doplar monitoring devices used to detect the dangerous gas bubbles which cause decompression sickness known as the "bends". The devices are designed to detect the bubbles before they harm the diver.

In addition, a Canadian developed self-contained breathing apparatus, designed by the Nova Scotia Research Foundation, a prominent contributor to the needs of the diving world, will be tested.

"While there have been deeper dives," said LCdr Lauckner, "the results from this and future experiments will yield original and invaluable data on man's ability to live and work in the ocean. The results are available for use both by military divers and the civilian diving community".



TORONTO — Familiarity with equipment is essential for a two-week saturation dive. Suiting up for a pre-dive drill is PO 1 Dirk van Ek. Assisting him are fellow divers L/S Bill Burton and L/S Mike Atkinson.

(CF PHOTO BY SGT VIC JOHNSON)

Gavin's Column Scratch Wednesday

Even you, dear reader, must have had at least one of 'those' days. If you haven't, then read no further, I'm looking for sympathy.

Instant shock occurs when your eyes pop open in the realization that you are already almost late for work. And then when you try to leap from bed your left leg is tangled in the sheets so you half miss a slipper and it jams between your toes.

So you mutter under your breath and as you stretch your arms on the way to the bathroom the pyjama string comes undone. Then you hear the pillow muffled giggles from your bed partner and your blood pressure zooms up enough to ensure a razor nick that won't stop bleeding. You realize then that you will arrive at work with a forgotten piece of toilet-tissue stuck to your chin.

All that may appear hilarious to an innocent bystander (or to a pillow muffled giggler) but it is a serious philosophical matter. I cannot understand the metabolism of those people that open their eyes into instant mental wakefulness and physical coordination.

The only time I became fully awake within ten minutes of rising was when I reached into the water filled basin to recover my dropped electric shaver. Not only did wakefulness arrive in a hurry but I was into the second chorus of Abba-Dabba-Doo before rescue arrived. That little event caused a switch to the plastic whistle with the sharp end for beard removal.

It was that type of morning last Wednesday. When donning my shirt I ended up with one more button at the collar than there were buttonholes. The little locking tab on my zipper came off so I could foresee a day of glancing downward in a surreptitious manner to check for gaps.

The final straw on the camel's back was the shoelace that snapped. It is peculiar but they always break just below the first eyelet so that you will struggle (I have trouble bending over that far, anyway) to get enough lace out to make a tiny tight knot. It never works. It always undoes on the way to the car.

Ah! The car.

It is better to drop a curtain of censorship over what followed. I finally arrived at work thirty-seven minutes late. (I know the time because we have a staff member who keeps track of things like that. Exactly.)

Evie, our girl Friday and other days, too, greeted me with a smile and a small square of yellow paper.

"Your wife phoned," she said with an even wider smile. "You don't need to call back, she just left this message."

The note read, 'You left one green sock in the bedroom, and one blue one in the kitchen. You'd better check.'

The rest is none of your business.

Back Seat Drivers Guide To Saving Gas

When Dad starts the car, *be ready*. An idling engine wastes gas.

Don't be lazy and beg to be driven. Use the bus, or, cycle, or walk whenever possible.

If a new car is on the cards, check fuel consumption of any models the family considers buying. How large a car does your family really need?

Ask drivers in the family to record all gas purchases. Calculate how many miles the car goes on a gallon, then work on ways to reduce that figure. As an incentive, see how many gallons — and — dollars can be saved over a three month period.

Encourage drivers to drive smoothly and find the cruising speed giving the best gas economy... usually between 50 and 60 mph on highways.

A well-maintained car runs economically well. More mechanically-minded back-seat savers can help.



Check tire pressure. Underinflated tires put extra drag on the engine and then it uses more gas.

Fully charged battery gives quicker starts.

Clean spark plugs fire efficiently and make starting easier.

Check car-owner's manual for other maintenance points

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Communications and Electronics Association Meeting

Mr. John Crozier of Communications Canada presented a description of the Teledon Information Transmission System at the February meeting of the Winnipeg Chapter of the Armed Forces Communications and Electronics Association.

The well received presentation included a demonstration of two way text exchange and graphics display using a computer in Ottawa, Canada, ordinary telephone lines and a small TV/interface assembly.

Additional activities included election of officers and committee members and presentation of the Five Star Club Cup to LCOL Colin Hodgson for his recruiting success in the recent formation of the Chapter.

The next meeting is planned for Mar. 13, 1981 and will include a presentation by Mr. Peter Engler of Telesat, Canada's Domestic Communications Satellite Company.

How to Cope with Split Ends

BY RENE VINCENT

Split ends, those ragged tips of the hair, are an indication of the damage done to the keratin or protein of the hair shaft.

Sometimes this damage indicates that the keratin is crumbling and does not retain its water. But it may also be a mechanical damage caused by hard brushing, hair rollers or bobby pins.

When wet, the keratin is weaker. Crushing the hair shaft at this time with pin curls or brush rollers will break the hair and result in split ends, even more so on heavily-processed (permed or colored) hair.

Simply cutting off the split ends is not the whole answer because the new end of hair will soon start to split. One must rebuild the keratin in the whole hair shaft. This can be done quite easily by using protein shampoos and condi-

tioners. These will tighten the hair shaft and help it retain the water needed by the hair protein or keratin to remain firm and supple.

If you pull on both ends of a healthy hair, it will stretch without breaking. Apply a series of protein treatments before cutting split ends and wait and see if this program will repair the damage. If it is too late and the split ends do not disappear, then they should be cut off. The rest of the hair will not fray again because of the protein treatments.

Next week we'll provide you with a list of do's and don'ts on caring for split ends.

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.

733 Communication Squadron has been advised by NDHQ that Her Majesty, the Queen has graciously approved a heraldic badge for the unit.

The badge described in heraldic language as follows: "Sable, in front of the equilateral triangle, Or a Red River Cart proper".

The significance of this device is that the field alludes to the black soil prominent at the junction of the Red and Assiniboine Rivers, where the city of Winnipeg and the unit are located. The gold triangle represents the unit's area of responsibility (north of Gypsumville, west to Portage La Prairie, and east to Sioux Lookout), and draws attention to the high amount of sunshine in Manitoba. The Red River Cart was selected to symbolize communications for two reasons: firstly, the piercing shriek of its wheels which could be heard for miles was a form of communication; and secondly, for the news that travelled with the pioneers of the 19th century who utilized this form of transportation.

The motto, "NUMQUAM TACENTS", translates to "NEVER SILENT".

(MCPL R.R. Clark)



MAJ J.R. KEEFE C.D. Commanding Officer 733 Communication Squadron, Winnipeg, presents the recently approved Unit Badge to LCOL C. Hodgson OMM, C.D., Commander 73 Communication Group for permanent display at 73 Communication Group Headquarters.

(BASE PHOTO)

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SPORTS



PT

Prairie Region Badminton Championships

CFB Winnipeg will be hosting the Prairie Region Badminton Championship, 18 to 22 March 1981 at Lipsett Hall.

Representing the CFB Winnipeg Badminton Team is as follows:

OPEN SEED		
a. MCpl Desjardine	G	Met School
b. Capt Schofer	C	BPSO
c. Sgt Michaud	JJ	1 CEU
d. Pte Cooke	JR	2PPCLI
e. Pte Greenhough	R	BCWO
f. Lt Dodds	B	BASO
g. MCpl McKetrick	WR SPARE	2 PPCLI
OVER 40 SEEDS		
a. Sgt Thibault	J	AIRCOM
b. Capt Wolfe	G	AIRCOM
c. Maj White	J	BSUP
d. Sgt Garnier	G	Met School

Intersection Broomball

	Wins	Loses	Ties
BAMEO	10	0	2
2PPCLI	5	4	1
ALPINES	5	4	2
SUPPLY	0	13	0

Prairie Region Championship

Curling

The Prairie Region Curling Championship this year is being hosted by CFB Portage La Prairie 10-14 Mar 81. The rink representing CFB Winnipeg consists of John Roy, Phil Hebert, John Burns and Ron Burkowsky. Good luck guys, this year the regional, next year the brier?

Volleyball

The Prairie Region Volleyball Championship will be held this year at CFB Shilo, 4-9 Mar 81. Both male and female base teams from Wpg. will be participating in that championship. All the best to Coach Larry Leach and his ladies team and Coach Larry Thorn and the mens team.

Jogging Safety

Jog-a-lite is a fluorescent reflective jogging safety gear.

The reflective element is chiefly used in the product and is a "reflexite" which is a microprism retroreflective sheeting. It consists of over 47,000 cube corner prisms per square inch bonded onto the underside of tough, flexible, durable and washable vinyl. It's exceptional

brightness, wet or dry, makes the wearer highly visible to night time drivers.

Jog-a-lite safety wear includes, such things as headbands, leg bands, jogger mitts, vest, weather-shell and other assorted jogger gear.

For more information call the Recreation Centre, local 514.

Servicemen's And Servicewomen's Base Team Softball Meetings

There will be a meeting for the men's team at 1:00 p.m. 16 March 1981, at the Base Theatre, Building 90. All interested players are welcome.

The women's team will be having their first meeting and practice, at

4:30 p.m. 16 March 1981, at the Westwin Gymnasium. All new and interested players are encouraged to participate.

For more information, contact Corporal Michaud, local 514.

2 PPCCI Style

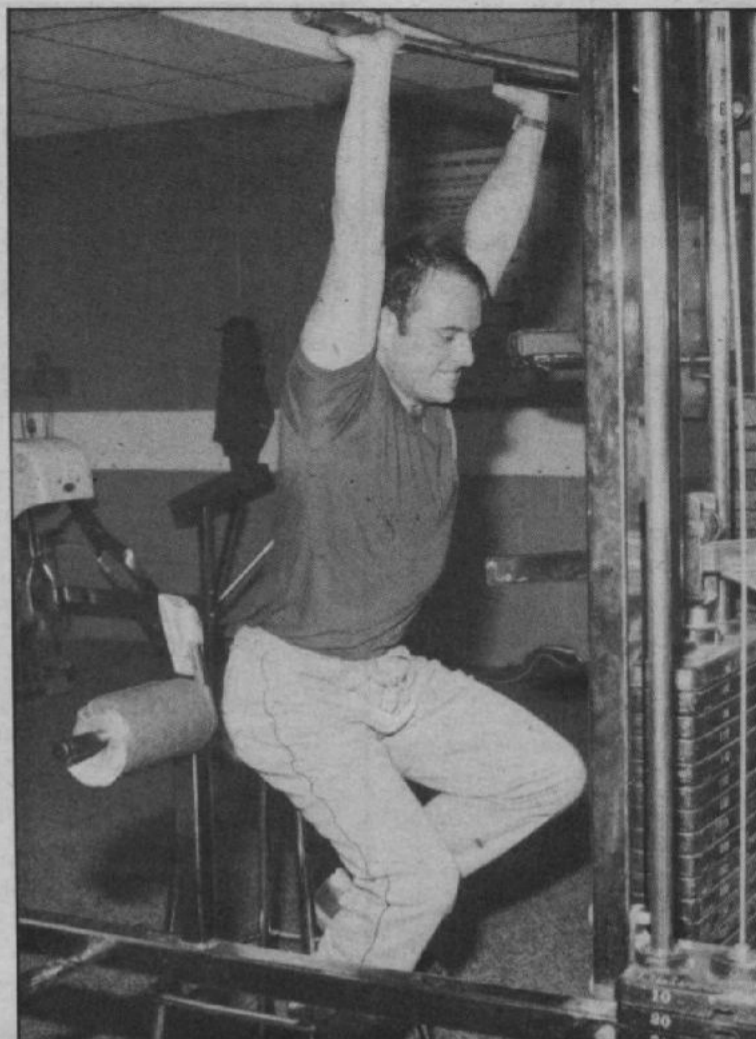
Physical fitness has taken on a new look at the Second Battalion, Princess Patricia's Canadian Light Infantry. The unit has recently commenced the first phase of the Mobile Command sponsored physical training programme. The first phase emphasizes basic physical conditioning and the strengthening of the upper body. The programme consists of a variety of exercises designed to stretch, increase the mobility and strengthen the muscles of the upper body, torso, abdomen and legs.

This new programme offers several advantages to the unit. First, it requires minimum apparatus and can be conducted both indoors or outdoors, weather permitting. Second, the program can be administered by the unit officers and Senior NCO's, reducing the heavy burden on the PERIs at Lipsett Hall. Third, the programme is cumulative, each period being harder than the one that preceded it. This ensures that the fitness of the participant improves as the programme continues. Finally, the programme provides sufficient flexibility to accommodate the battalion's self-imposed emphasis on middle distance running.

Phase 1 of the program is just the start. It is scheduled for completion by the first week of May. Subsequent phases will include activities such as the battle PT, use of obstacle courses, swimming, rifle exercises, unarmed combat and bayonet fighting. In this way these subsequent physical training periods will ensure the maintenance of a high state of physical conditioning and will help to prepare the infantry soldier for combat.

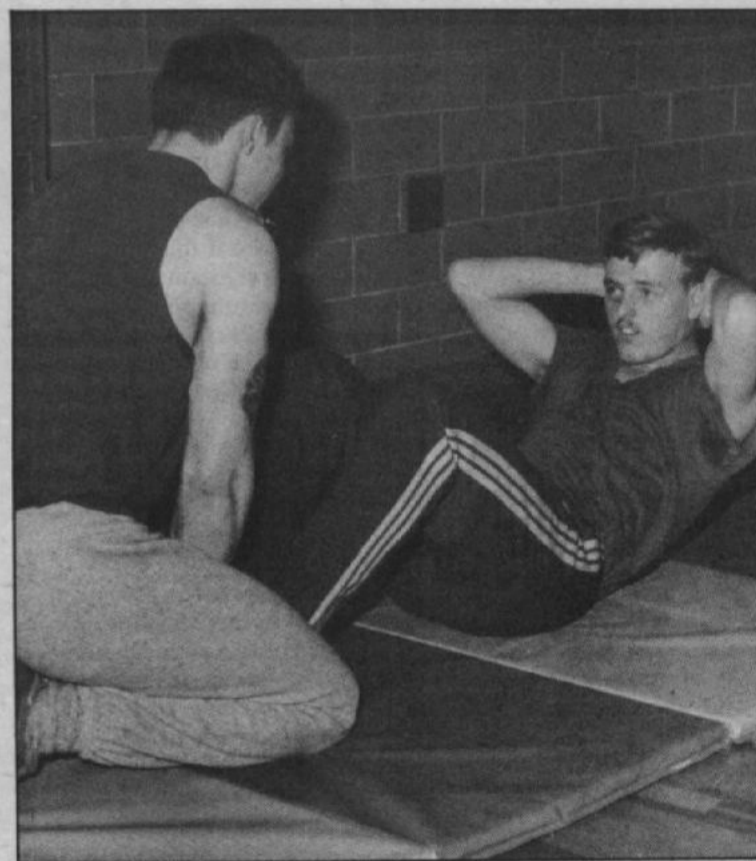
But the Second Battalion's fitness programme does not stop here - PT should not be all work and no play; while forty-five minutes a day is given to PT Monday through to Thursday, Friday afternoon remains the Battalion Sports Afternoon. This time is devoted to competitions between the sub-units in a variety of sports including floor hockey, volleyball, soccer, baseball, etc. Finally there are the battalion representative sports teams. Three of these teams, ice hockey, broomball and volleyball, are involved in a comprehensive training schedule in preparation for the upcoming 1 Canadian Brigade Group sports challenge titled Exercise STRONG CONTENDER. The competition is scheduled for 6 to 10 April 81 and will be held in Calgary. We wish the teams the best of luck.

So, should you see a group of soldiers in Lipsett Hall groaning and heaving their way through a series of strenuous exercises, you will know that it is 2 PPCLI at work - and PLAY.



Lt Dave Fouts, 24, of Androssan, Alta. supplementing his PT programme with weightlifting.

(Base Photo)



Pte Ron Henderson, 21, of Collingwood, Ont. doing sit-ups as part of the PT programme at 2PPCLI. Pte John McNicol, 24, of Barrie, Ont. provides support and encouragement.

(Base Photo)

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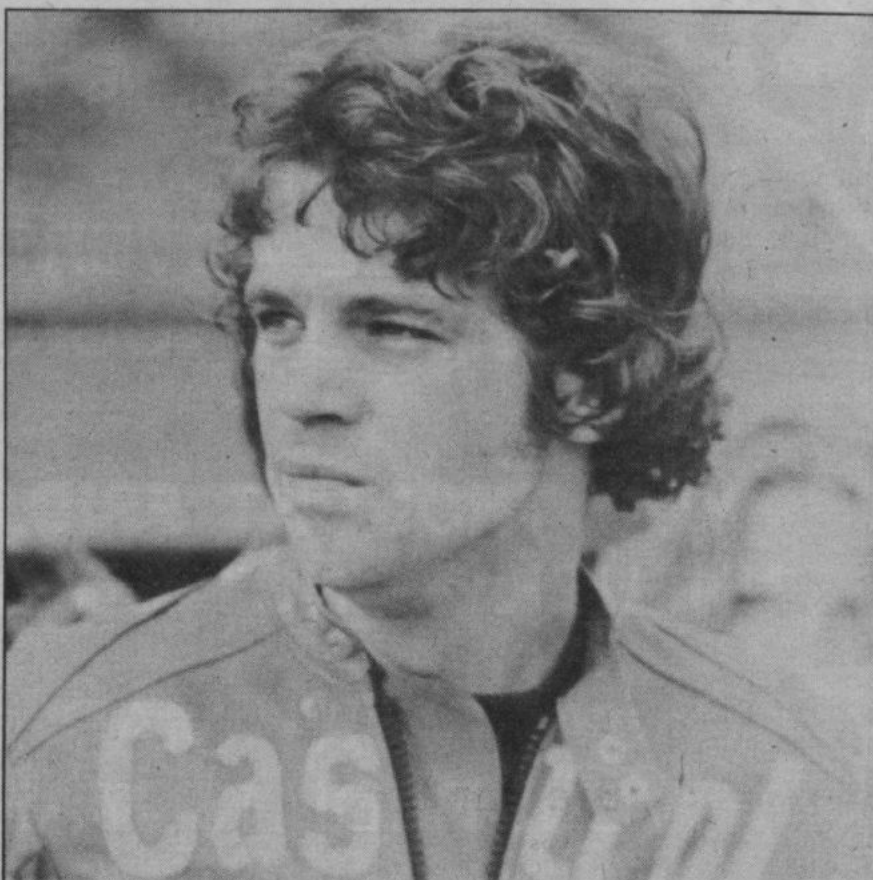
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