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Canadian Forces Base Winnipeg — Home of Air Command

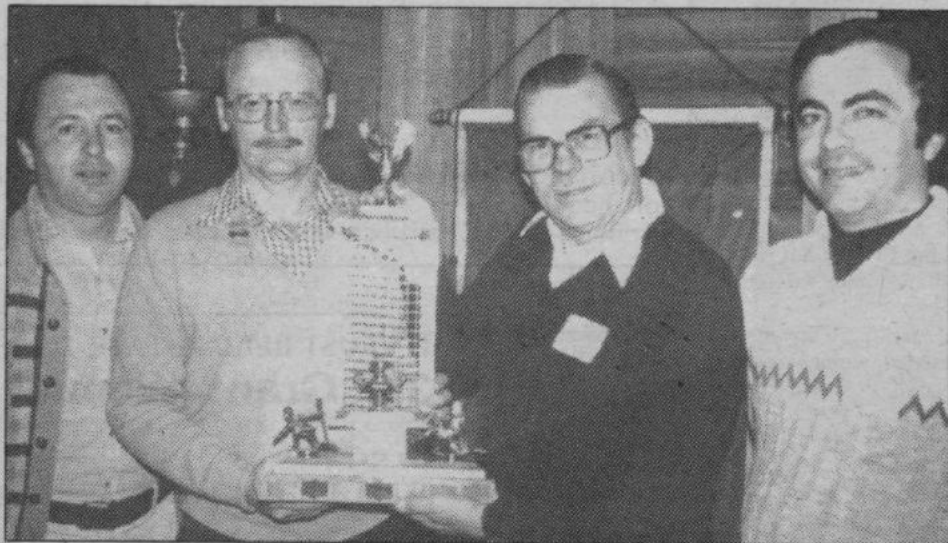
Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

7 Apr 81

Issue No.6 Vol.30



TOPS IN CANADA—Lt.-Gov. F.L. (Bud) Jobin, centre, presents the RCAF Association trophy as the most proficient air cadet squadron in Canada to the CO of Winnipeg's 170 St. James-Kiwanis Air Cadet Squadron, Major David J.A. Odell, left. Right is squadron member, Warrant Officer, (1st class) Carol H. Cobblestick, 18, (191 Risbey Cr.), a University of Winnipeg student. They competed against more than 400 squadrons across the country, in attaining the highest rating for overall performance in categories such as training, administration, logistics and attendance. They last won the national award for the 1962-63 year, but 11 times have captured the Ed Vopni Trophy as the best squadron in Manitoba. (CANADIAN FORCES PHOTO BY SGT VAN TUNSTEAD)



The Jamesport Trophy was proudly reclaimed from COL John Allingham's Canadian Forces Base Winnipeg team by representatives of the former City of St. James-Assiniboia in the annual curling bonspiel at Westwin March 14. Shown above with the historic trophy are communications clerk Roland Belot, COL Allingham, community committee chairman Coun. Ric Nordman and Deer Lodge councillor Jae Eadie.

The Jamesport event is indicative of "the warm and excellent relations we have enjoyed with this community" said the Base Commander in presenting the trophy to Coun. Nordman. In reply, Nordman paid tribute to the contribution made by the Canadian Forces not only to the economy of the area but to its community life. He expressed regret that this would be the last time councillors would have the opportunity to curl against COL Allingham, who will leave CFB Winnipeg this summer for a posting in Colorado Springs.

(PHOTO BY MARGOT CHESTER)

Mobile Command Commander Retires

ST-HUBERT—LGEN Jean-Jacques Paradis, 52, will retire from the Canadian Forces to take up civilian employment and will relinquish command of Mobile Command effective April 16. LGEN Paradis, a veteran of the Korean war had been Mobile Command's top soldier since September of 1977. He will be replaced by Major-General Charles Belzile, 48, who will be promoted Lieutenant-General and whose appointment was announced earlier.

A native of Montreal, LGEN Paradis was commissioned in the Canadian Army in 1950 following graduation from College Jean de

Brébeuf of Montreal. His first posting was in the 2nd Battalion, Royal 22e Regiment 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 Regiment; commander, 5e Groupe-brigade du Canada, and chief of personnel development before assuming the position of commander, Mobile Command.

In June, 1978, LGEN Paradis was appointed to the Order of Military Merit in the grade of Commander, in recognition of conspicuous merit and exceptional military service.



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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LETTER TO THE EDITOR

880 SQN COLOURS PRESENTATION

It would be appreciated if you could find room in your excellent newspaper to print a short paragraph in one of your columns. The paragraph is to read:

"Colours will be presented to MR 880 in CFB Summerside on 26 Sep 81. The Squadron would like to contact as many former 880 Sqn members as possible. They are presently having problems contacting 880 NCOs from the carrier days. Ex-Bearcats should contact 880 Squadron for further details."

Your assistance in this most important matter would greatly assist our office and 880 Squadron. Thank you.

Jacqueline Robertson Air Command Headquarters

435 (T) Squadron Canadian Forces Base Edmonton Lancaster Park, Alberta T0A 2H0 March 1981

To the Editor:

In our efforts to publicize and promote our Squadron's 35th Anniversary it is hoped that you will be able to find room in your paper for the attached article. We are hoping that with your help we will be able to reach former members of 435 Squadron who cannot be contacted by other means.

Yours truly, J.R. Godin Lieutenant Colonel Commanding Officer

EDITOR'S NOTE: Space prohibits printing your article, however,



OTTAWA—Defence Minister Gilles Lamontagne signs the five year NORAD agreement renewal in a ceremony held in Ottawa during the recent visit of U.S. President Ronald Reagan. Also signing the agreement were U.S. Secretary of State, Alexander Haig (center) and External Affairs Minister Mark MacGuigan. Behind the signers are Mr. Reagan and Prime Minister Pierre Trudeau. (CANADIAN FORCES PHOTO)

OTTAWA—Le ministre de la Défense, M. Gilles Lamontagne, signe la reconduction de l'Accord Norad pour une période de cinq ans, au cours d'une cérémonie qui s'est déroulée à Ottawa durant la récente visite du président des Etats-Unis, M. Ronald Reagan. Signaient aussi l'Accord, le secrétaire d'Etat des Etats-Unis, M. Alexander Haig, (au centre) et le ministre des Affaires extérieures, M. Mark MacGuigan. A l'arrière-plan, M. Reagan et le premier ministre, M. Pierre Trudeau. (PHOTO DES FORCES CANADIENNES)

former members of 435 - 436 squadrons requesting further information can write to reunion '81, c/o 435 (T) SON, CFB Edmonton, Lancaster Park, Alberta, T0A 2H0.

Voxair is not in competition with the "Sunshine Boy" and "Sunshine Girl".

Be assured that your interest will not be overlooked. It is merely a case

of non-supply of photos available for Voxair's use. Should you want to discuss this further, the Editor would be pleased to meet with you.

Editor Voxair:

There has been a lot of controversy over the recent issue, 25 Mar 81, Voxair. I have been involved in several, rather heated, discussions, concerning the photograph on Page 12.

I have been accused of being a "Women's Liber" on several of these occasions, because none of my opponents seemed to understand my opinion. Mind you, my opponents have all been male.

Now, my beef isn't the fact that that women's picture is in the newspaper, but rather that there isn't a picture of a man (in the same attire) on the same page or elsewhere in the paper.

In the military, both men and women are equal.

The VOXAIR is a military newspaper and should, therefore, look to the interest of ALL of their readers.

I being a woman, do not get any enjoyment or satisfaction seeing a picture of a good looking woman in a bathing suit, but I would if it was a picture of a handsome, well-built man.

And I am sure there are many single and married women in the military service that would agree with me.

Please take this matter into consideration.

Looking forward to seeing some results in your next issue.

Private Cindy McKenna CFB Winnipeg, Westwin

EDITOR NOTE: Cindy, I agree with you. Be assured there is no attempt to slight women in the CAF or, in fact, women in society-at-large. Since 1978, photos of men have been used on four occasions, not including weight lifters. More would have been used, but the editor has found it very difficult to acquire any male photos, let alone "a handsome well-built man". Also,

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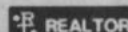
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JOURNALISM OPPORTUNITIES

Persons are urgently needed to volunteer for positions on Voxair in order to help upgrade and improve the quality of this Base Newspaper. Needed are:

- Assistant Editor - Make-up person

Experience an asset, BUT not essential. Training provided. Contact BADMO at Local 281, or Editor Voxair at 639



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FIRE PREVENTION NEWS SPRING CLEAN UP

Can fire find a place to start in your home or at your place of work?

It can...unless you put fire inviting rubbish on the run!

Household rubbish is the target for clean up! "Leftovers", "Out-grows" and "Castoffs" can clutter our homes...and become bad fire hazards.

Check closets for accumulations of forgotten games, wallpaper remnants, boxes, bags, old bedding, etc. They can "feed" a fire. Get rid of them now.

Check garage and basement for old paints, oily rags, wood scraps, piles of papers, empty cardboard boxes, old furniture, and other junk. Avoid a do-it-yourself fire!

Check basements and/or attics (if you have one) for old rugs, drapes, mattresses, lamp shades, old toys, cast-off clothing or costumes... and any other doubtful clutter. If you think it is too good to throw away, remember it's downright dangerous to keep!!

Plain everyday trash should be

kept in covered containers and away from fire sources or stairs. Containers should be emptied at least weekly.

Check around the yard - piles of old wood, worn tires, dead grass and brush, and other rubbish need clean up attention...now!

Rubbish and trash causes approximately 12% of all Canadian home fires. Almost everyone collects rubbish and trash. For your fire safety dispose of as much unused material as you can and store the remainder safely.

Collect and dispose of rubbish and trash regularly, at least once a week as part of the house cleaning. Paint rags, wax rags, etc., should either be destroyed or stored in a covered metal container. Any rags saturated with paint, oil, grease, wax, furniture polish, etc., catch fire by spontaneous ignition.

Get the jump on "fires", do your spring clean up now, this week, and in some cases every week. Enjoy living by knowing that your home and place of work is "fire free".

SISIP

Insurance After Release

In my duties as a SISIP adviser, I have met a number of people who won't buy SISIP because "you can't take it with you when you go". Well that just isn't true. Up until April you can get decreasing term insurance after retirement under SISIP. As of 1 April, 1981 the plan is changed to level, or non decreasing, term life insurance. What that means is your insurance stays at the same level, but your premium increases every five years.

The basic amount of insurance you can have under the new plan, Coverage After Release, is 50 times your monthly salary. If you have any SISIP Optional Group Term Insurance you can convert the total amount under that plan, in addition to the basic amount, to a maximum of \$100,000 under CAR. Any amount over \$100,000 can be converted to an individual policy from one of the underwriters of SISIP.

Your spouse is also covered under SISIP CAR. The basic SISIP plan provides \$10,000 life insurance on your spouse which can be converted to SISIP CAR. If you have OGTI Spousal of \$100,000 that can also be converted for a total of \$100,000 CAR on your spouse's life, plus a \$10,000 individual policy from one of the underwriters of SISIP.

Children are covered as well. The \$1,500 insurance on children under SISIP can be converted to an individual policy from one of the underwriters of SISIP without evidence of insurability.

Confused? Here is an example of a WO making \$1836 per month, with \$100,000 OGTI on himself and \$100,000 OGTI on his wife. He can convert the following:

Member

1836 x 50 = 91,800 rounded off to	\$100,000
\$100,000 OGTI	\$100,000

Total amount he can convert \$200,000

\$100,000 of this is converted to SISIP CAR, and \$100,000 to an individual policy from one of the SISIP underwriters.

Spouse

\$10,000 basic SISIP coverage	\$ 10,000
\$100,000 OGTI	\$100,000
	\$110,000

\$100,000 of this is converted to SISIP CAR and \$10,000 to an individual policy from one of the SISIP underwriters:

Children

\$1,500 individual policy from one of the SISIP underwriters for each dependent child.

Now that our imaginary WO knows what he can convert, how much will it cost him? Here is the cost per \$1,000 for each age group:

AGE	MONTHLY RATE PER \$1,000
under 25	\$0.11
25 - 29	\$0.13
30 - 34	\$0.15
35 - 39	\$0.17
40 - 44	\$0.24
45 - 49	\$0.44
50 - 54	\$0.70
55 - 59	\$1.19
60 - 65	\$1.90

In the case of the WO, assuming both he and his wife are 45 years old, it would cost \$44.00 per month for \$100,000 on himself and \$44.00 per month for \$100,000 on his wife. The remaining \$100,000 on himself and \$10,000 on his wife would be at the current rate offered by the SISIP underwriter who sells him the individual policies.

Now that you know you can take it with you, and at a reasonable cost, what's your reason for not buying SISIP?

Airman Of The Year Promoted



MWO R.R. Grist, the RCAF Association Airman of the Year for 1980 was recently promoted to that rank. Ross, who is also known as the comic character "Uncle Vox", was quietly waiting for a service flight at the Air Movements Section when the BAMEO, MAJ B. Meindl (right) led a delegation of well wishers into the room to congratulate the new MWO.

Assisting with the presentation was Winnipeg's favourite antique, "Flight Lustre" (left).

YES!

SISIP does offer coverage after release. For details see

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ACS Reports

ASC 33 has been home from their search for knowledge south of the border for three weeks now. While there, they found out how to define problems, prioritize priorities, facilitate plants and generally how to scandalize Sqn Lds Barber and his Oxford. In these circumstances it was only fitting for our tour commander BGEN Allen Pickering to plaquize Mr Winston S. Smith, Singer-Kearfott's VP of Logistics on behalf of ASC 33 for a day well briefed.

To summarize the tour one must first compliment CAPT Doug Lee on his excellent organization. Doug not only found suitable hotels located atop hills to provide beautiful views for those seeking piece of mind and flat feet for those seeking early morning everuse, but he also combined a leisurely scenic bus tour through the misty New England countryside with the Biennial ASC Bus Pushing Contest. To their credit ASC 33 easily bettered ASC 31's old record of pushing a baggage laden Econoline by bump starting a Greyhound. They did however not rank as highly in the special general participation category. Just can't Pick them, guys!

Doug's main event was his daily eight hour SIP from a 10 inch fire hose contest. The companies and government facilities participated heartily here. Sanders Associates, NADC and Raytheon scored hardest in these categories. There was also some terribly rough water in LA but I draw an 8 hour blank thereabouts — must have been those rotten ice cubes from the night before. The leading edge of technology throughout the tour was very sharp. There were airplanes for the drivers, including two seat versions for the back seat kind, there were engines for the engineers and there was Disneyland for the artsmen. The companies were gracious hosts in the off hours as well. Sperry had us gyrating at Crazy Ed's in Phoenix. General Pickering enjoyed it so much that he decided to celebrate his 39th birthday somewhat belatedly but Mumm's the work, right, Hammer!

Congratulations are in order to the Morey-Savage team in the two man parachute race. They defeated the Barber-Pearsons team by completing the race in better than half the time of the latter team. Seems the losing team had some weighty problems to overcome. By the way you've heard of the pilot who was crazy enough to leave a serviceable airplane but who ever heard of one who wanted to leave a serviceable parachute — must have been all



those girls screaming "Hi Al", that did it.

Alas, the tour had to end. The course members found themselves fully loaded down with information on the technical ingenuity available in the market place. They are now busy finalizing the reports so that others can share the knowledge. I am sure that somebody out there wants to know about an aircraft that has a radar on either side and can look one way simultaneously or how the Corkscrew at Knott's Berry Farm is more impressive from the front seat than from the rear. To those at a distance mail in your requests, to those close at hand the bar is open every noon and twice on Fridays.

What, you may ask, happened at the old hall of Mawdesley during this grueling three week period? Well, Al's Seven Dwarfs were on the home stretch to complete SANctification. They received the finishing touches from the instructors upon their return and then returned to their home units much wiser and, in some cases, considerably rested. Eleven weeks of eight hours sleep a day has to be restful. The course ended triply well for Bernie Toenders. As well as finishing three months of training, Bernie found true love in Winnipeg and was promoted to Captain as he was outbound at the AMU. Congratulations Bernie and good luck to you and Wendy.



WINNING EDITOR

Staff at Canadian Forces Training Materiel Production Centre in Winnipeg produce more than just books which is obvious from the beaming expression on Rita Walker's face (right) as she poses with her award-winning dog. The award, presented by judge Michelle Billing, was for "Best of Winners" at the Fort Garry show held March 6, 1981 at Winnipeg.

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Professors Reception

On March 3, 1981, the annual university professors' reception was held at CFB Winnipeg, which was hosted by the Base Commander, COL John Allingham and organized by the university liaison officer, CAPT Ed Zdancewicz.

Special guests were Dr. D.R. Campbell, President, University of Manitoba; Dr. H.E. Duckworth, President, University of Winnipeg; Dr. T.E. Morrisson, Dean of Continuing Education, University of Manitoba and Mr. M. Piercey, Canadian Forces Coordinator at the

University of Manitoba.

A total of twenty-one faculty members joined with Canadian Forces students from both the University of Winnipeg and the University of Manitoba in the annual gathering where a great deal of understanding is generated between the three groups.

Highlights of the evening were three presentations. To Major Stuart F. Tetarenko (Canadian Forces Decoration); 2LT Stephen J. Verroneau and 2LT James B. Bonar (Commission Scrolls).

Dinger Bell

The Officers' Mess has a new bell.

When a previous bell mysteriously went missing, Charlie Fred, an associate mess member and manager of Bay Bronze Industries foundry division decided to make a new bell for the mess.

He spread the word at work that he was looking for an old bell. This he wanted to use as a pattern to make the new one.

One eventually showed up and a new bell was cast and sent to the finishing department where they promptly antiqued it and Charlie

ended up with his old bell.

The new one looked as if it had fallen from a locomotive going through Rogers' Pass 50 years ago. Not exactly what Charlie had in mind so he spent a couple of Saturday mornings at work polishing it to his satisfaction.

The bell, inscribed "Officers' Mess Canadian Forces Base Winnipeg", was rung for the first time at TGIF March 27 by PMC Bob Rowlett. The keg of beer he laid on was quickly gone as there was a large gathering.

Somebody was heard to say too bad it wasn't a keg of rum!



RESCUERS—Two 16-year old Winnipeg youths examine mementos presented to them for rushing to the aid of MAJ Roy K. Mould, 32, of Regina Beach, Sask., when his T-33 Silver Star jet crashed Feb. 14, after losing power on a landing approach to CFB Winnipeg. Left to right are Major Mould, who sustained a broken back while ejecting from his crippled aircraft; Fraser J. Putnam and Michael W. Putnam, who were first on the scene and administered first aid. One of the mementos is a wooden plaque containing a carving of a T-33 and the throttles of the T-33 jet. Other presentations included a framed scroll from the commander of CFB Winnipeg, and a letter of commendation from Air Command Headquarters in Winnipeg. A flying helmet and parachute were brought along to acquaint them with equipment used by Canadian Forces pilots.

(CANADIAN FORCES PHOTO BY SGT. V. TUNSTEAD)

THE ECLECTIC NOTEBOOK

by ARBEE

Numbers & Names

We'll bet you always thought a metre was defined as 1/10,000,000 of the distance between the equator and the North Pole, measured on a great circle.

Well, it isn't. To save you driving down there and back to check this out, we'll let you in on a well-kept secret. The metre really is 1,650,763.73 multiplied by the wavelength of the orange light of isotopic krypton (no, Martha, ordinary krypton just won't do) of mass 86 at 760 mm pressure and 15 degrees celcius.

Take that, Superman!

And while we're dabbling in useless numbers, how do you remember the number for the mathematical symbol pi when you're trying to work out something very complicated and circular and your calculator battery inconveniently chokes that very moment to expire?

What better way than to commit this handy little mnemonic to memory (and that's what a mnemonic is, a memory aid):

How I want a drink, alcoholic of course, after the heavy chapters involving quantum mechanics.

Take the number of letters in each word and there you have it, Pi

to the 14th place - 3.14159265358979.

And if your calculations are extremely complicated you can probably make use of the reciprocal 0.318310 which you will remember by saying: Can I remember the reciprocal?

Too easy. We'd give you the easy way of remembering the color code of ohmic values for resistors next, but that mnemonic uses slightly naughty words and will only be sent upon request in a plain brown envelope to consenting adults.

The inauguration of President Reagan means that we must also update our mnemonic for remembering all the US presidents. In this one, the first letter of each word is also that of the President's name, in succession from Honest George to Rompin' Ronald:

What are just men? Men are virtuous, honest, true - pending their fitness, pride, blood line. Just gentlemen have good and cheerful hearts. Charity means right thinking when hearts conquer heads. Remember that even Kings just need frank, candid respect.

Now, if we could only remember the damn names...



MILITARY DONATION—Two instruments, vital in the diagnosis and treatment of eye problems in children, are officially turned over to Winnipeg's Health Science Centre by Canadian Armed Forces' officers and NCOs representing Military Police Fund for Blind Children. The fund donated \$23,580.00 to cover the cost of the machines. Left to right are SGT A.W. (Mike) Burns, military policeman, security section, Air Command Headquarters; Dr. Henrico Rigatto, director of neonatal medicine; Dr. Molly Seshia, a neonatologist; Dr. Daryl H. Green, pediatric ophthalmologist and surgeon; Major James M. Jones, senior staff officer for security at Air Command Headquarters; and Corporal William P. Perry, a base military policeman at CFB Portage la Prairie. The Transcutaneous Monitor, left, helps doctors diagnose and combat retrolental fibroplasia, a disease in premature infants by exposure of the immature eye to high concentrations of oxygen in the blood. An Amblyscope, right, is the most basic and essential instrument used in dealing with the structure, functions and diseases of the eyes. It replaces one that has been in use at the Centre for the past 24 years. The Military Police Fund for Blind Children, organized in 1957, raises between \$70,000 and \$100,000 a year for children across Canada. In Winnipeg, \$3,000 also goes annually to the St. Amant Centre. (CANADIAN FORCES PHOTO BY SGT Van Tunstead)

How To Spend Less For Lighting

Although individual light bulbs or lamps use less energy than most small appliances, the total amount of lighting in a home can use a sizeable amount of the overall energy consumed. Here are some techniques for cutting down your lighting cost.

Always turn lights off when not in use.

Don't use larger bulbs than necessary.

If you own your own home, switches for attic, cellar, outdoor lights, as well as heating cables, outdoor pumps, etc., should be equipped with indicating lights so that you know when they are on.

Use three way bulbs for table lamps instead of regular bulbs.



Turn on high for reading, low for conservation.

Use light color paint or paper on walls to reflect more light, and make it possible to use lower wattage light bulbs.

Put fluorescent lighting in kitchen or other ceiling fixtures.

A double 40 watt fluorescent fixture will do the same lighting job more economically with less energy than one 150 watt, two 75 watt, or three 60 watt bulbs.

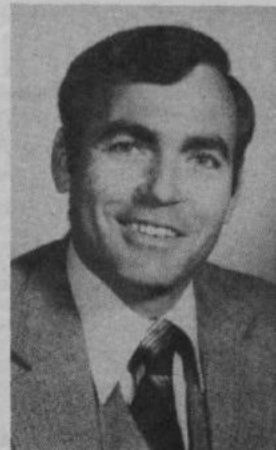
Standard life light bulbs conserve more energy than so called long life bulbs, and give the most life for the lighting dollar. To produce the same amount of light as a standard 100 watt 750 hr bulb a hypothetical 5000 hr long life bulb would have to be rated at 130 watts. Over each long life bulbs life span, it would consume an extra 150 kilowatt hours and at the National average of 3c per kilowatt hour, it would add \$4.50 to your bill. The bulbs are also more expensive to buy in the first place. A 100 watt bulb in a lamp gives more light and uses less electricity than the two 60 watt bulbs. Commonly used, you will get more light, use less energy and at half replacement cost. Remember "HELP GEORGE DO IT".

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NUTRITION AND FITNESS CONCERNS IN THE CF

The recent CF Nutrition Week provided us with an opportunity to examine some aspects of nutrition and fitness as they relate to the Canadian Forces personnel. In this regard, views of the Surgeon General, the Director of Physical Education, Recreation and Amenities and the Director of Food Services were obtained on pertinent matters. Because of the length of the interviews, they will be published separately. In this issue, the Surgeon General, Major-General V.A. McPherson, discusses obesity in the CF.

PART I - Obesity in the CF: Views of the Surgeon General

Question

It has been said that obesity is potentially one of the most serious diseases in North America; would you care to comment Sir?

Answer

Yes, given the prevalence of obesity in North America and the large number of disease entities that are associated with it, that statement is probably accurate. Let me point out however that the problem is not unique to the United States and Canada. The condition is just as prevalent in all industrial nations. At one time, obesity was considered a sign of success or prosperity. Fat children are still thought to be healthy by many North Americans. Slowly our standards and values are beginning to change, but only with the realization of the enormous price tag and tremendous wastage of human life associated with the condition. It is of interest to note in this regard, that currently the world actually faces two extremes of malnutrition at the same time: food deficiency and food excess. In the underdeveloped countries one frequently finds serious problems related to securing adequate food sources to prevent a host of nutritional diseases involving energy, protein, vitamin, and mineral deficiencies. At the opposite extreme, the industrial nations enjoy an over abundance of food which combined with poor living habits has resulted in the rather alarming statistic that approximately 20% of all adults in North America are obese. The over abundance of food, poor eating habits and decreased physical activity leads to a variety of nutritional diseases. The immediate effects of excessive food intake are manifested as obesity, a condition which is believed to predispose an individual to a vast array of disabling and potentially lethal diseases.

Question

You referred to an enormous price tag, just what is the cost of obesity?

Answer

The best way to answer this question is to briefly discuss the effects of obesity on health and let you decide on the cost. To begin, I should point out that obesity is not generally considered to be a disease in itself but rather a condition of excessive fat accumulation resulting from an imbalance between food intake and energy output. As I stated earlier, the consequences of the condition are far reaching and tend to predispose an individual to a large number of common diseases, with progressive increase in the mortality rates as the degree of obesity increases.

Every major organ system in the body appears to be involved, but some systems are effected more severely than others. Since obesity is associated with important cardiovascular risk factors such as high blood pressure, diabetes, and high levels of cholesterol and triglycerides in the blood, it is not surprising that obese individuals have a greater than normal chance of developing heart disease and are more prone to sudden heart attacks. The effect of obesity in predisposing an individual to atherosclerosis, a condition commonly referred to as hardening of the arteries, is not well understood, but may be related to important dietary factors such as fat consumption and total caloric intake.

The actual list of diseases commonly associated with obesity is long indeed and includes heart disease, high blood pressure, certain lung diseases, diabetes, liver disease, gall bladder disease, certain types of arthritis, varicose veins; the list goes on and on. Many of these are either directly or indirectly associated with nutrition. It is interesting to note in this regard that heart attacks are rare in certain third world countries where predominately vegetarian diets are a necessity. Studies in Israel have also shown that Yemenite Jews who live on high protein low fat diets, have significantly lower serum cholesterol values than other Israelis. These low serum lipid (fat) values are associated with a very low occurrence of atherosclerotic heart disease.

Once again, I must point out that a direct cause and effect relationship between obesity and the host of diseases which I have just mentioned has never been conclusively established, but the evidence is mounting. But even if obesity is not the cause of a disease, there is absolutely no question that it is a major contributing factor to the disability suffered from many diseases and

greatly increases the amount of medical treatment required. In this respect then, the answer to your question is that the costs are very large, indeed.

Question

Assuming that the prevalence of obesity within the CF is no different from that of the civilian population, what is the military doing about the problem?

Answer

Our Life Quality Improvement Program is very actively engaged in the development of practical approaches to the problem and in conjunction with the Directorate of Food Services, we hope to have a new program available for pilot testing in the fall of this year. The Directorate of Preventive Medicine is actively collaborating in the development of several health intervention programs. It is hoped that there will soon be several mutually supportive programs available for use throughout the Canadian Forces dealing not only with problems of nutrition and weight control, but also physical fitness, smoking cessation, alcohol rehabilitation and stress management. When one considers the causative factors related to a problem such as obesity, one quickly discovers that the solution involves more than just dietary management. The success of any weight control program therefore depends on the recognition of the complex interactive processes which not only influence the final outcome, but which also must be manipulated to sustain the results over a prolonged period of time. By using an approach to the problem which addresses both biological and psychological factors, it is hoped that our success rate will be improved considerably.

Ceramics Club

The Westwin Ceramics Club is alive and well, thank you! Recent additions of new moulds and other equipment make this a very attractive activity. The club is located in Building 81 and operating hours are Monday and Thursday evenings 7:00 to 10:00 P.M.



Ceramics club member Francis Boyd hard at work with a new creation.

(Photo by Cliff Matkowski)

NOTICE

South Side Council has recently found out that city garbage crews are now strongly enforcing a by-law which states, garbage must be placed no further than 5 feet away from the roadway for pick-up. If you missed due to an infraction of this by-law and wish to lodge a complaint, please call City Works Department at:

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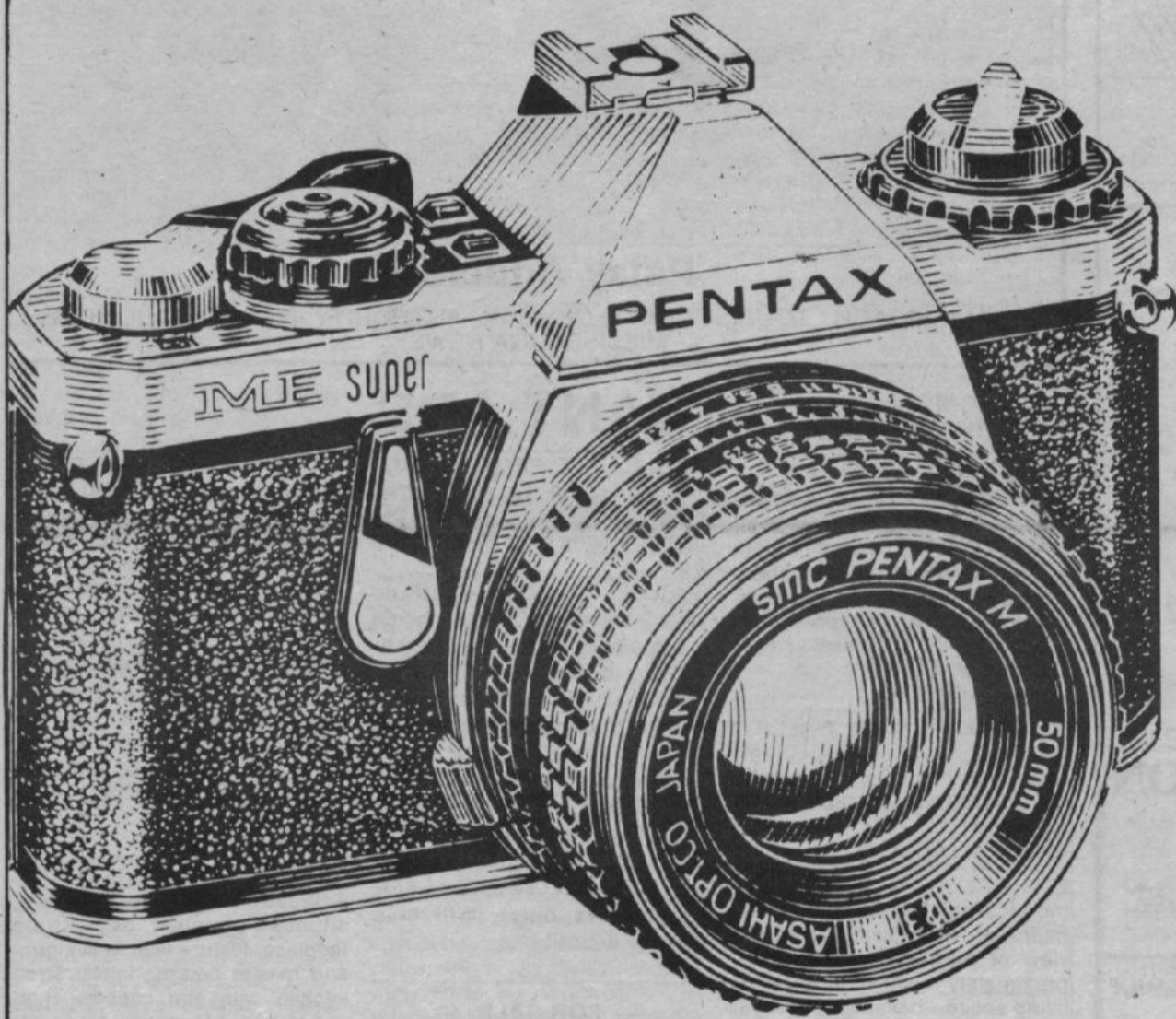
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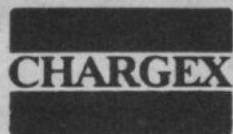
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