



# Voxair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

20 May 81

Issue 9 Vol 31

## Woody The Wood Carver

WINNIPEG — Robert J. (Woody) Woodward is the kind of guy who lets the chips fall where they may.

But, with his wife's permission.

And it's a good thing, too, because things can get kind of messy around the Woodward's Winnipeg household.

Woody, would you believe, is a wood carver. When not on duty as a sergeant-airframe technician at CFB Winnipeg, you'll find him in his favorite living room chair, plastic sheet spread before him, happily littering the place with wood chips.

It's a hobby he spends a lot of time on, and, according to several dozen people who own some of his handiwork, he's good at it.

His specialty is carving plaques — replicas of official armed forces crests and badges — for presentation to visiting VIPs and people stepping back into civilian life after a career in the military profession.

### Royalty among VIPs

Some of the VIP owners include Prince Charles, who was presented with the CFB Winnipeg crest during a visit to Canada last year. Another is Canada's former top airman, LGEN William K. Carr, the first commander of Air Command, now

retired from military service.

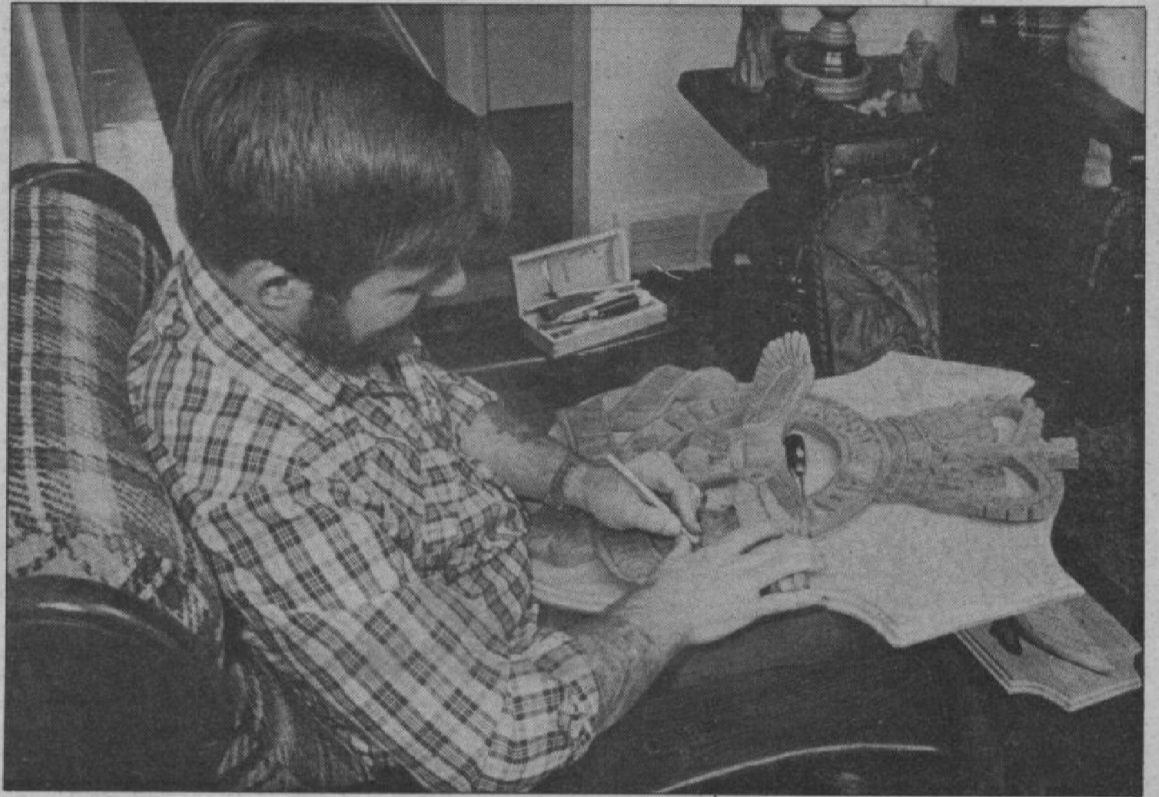
His works are on display in several Winnipeg military messes, at Air Command Headquarters, Winnipeg police headquarters, and in the homes and offices of several hundred Canadians across the country.

The 33-year old sergeant first became involved in wood carving about six years ago, when he took instruction from a wood carver while based at CFB Shearwater, N.S., near Halifax.

His earlier works were scenics, but plaques have been his specialty ever since. He estimates that he's turned out something in the order of 700 of them. That's a fair pile of wood chips.

His work now is in such demand that he spends most of his leisure time at it. He works with cedar, kiln-dried for the purpose, which he gets from a Winnipeg supplier. He tried pine once, but it split, ruining his work.

To keep up interest and quality in his work, Woody says he has several carvings on the go continuously, in various stages of completion. His ambition is to carve every official badge in the Canadian Armed Forces, so he can assemble a complete collection. That's a lot of cedar, a lot of time, and a lot of chipping.



SGT. Woodward busy messing up his Winnipeg living room.

(Canadian Forces Photo by SGT. Van Tunstead)

## Challenge Issued



Kidney Foundation of Canada (Manitoba Branch) got a small boost recently when the retiring editor of Voxair, Captain Brian Garagan, issued a challenge to other media representatives from the Winnipeg area to surpass Voxair's pledge support for the 1981 Cyclo-thon to be held at Assiniboine Park, Saturday May 23, 1981. Executive Director of the Manitoba Branch, Phyllis Mann, has her eye on reaction by media persons listening to the challenge. The aging editor is hopeful that all military people in Winnipeg will support his challenge.

(Kidney Foundation Photo)

## Save A Heart

Heart attack is the number one killer in Canada. There are approximately 48,000 deaths annually from heart attacks and half of these deaths occur before the victim reaches the hospital, usually within two hours from the onset of the signs and symptoms.

Sudden death can be prevented if effective CPR (cardio-pulmonary resuscitation) is begun within five minutes. By learning CPR we can, not only reduce deaths from heart attack, but also deaths from drowning, drug overdoses, and motor vehicle accidents. The Manitoba Heart Foundation states that at least one member of every household should be CPR trained.

Do you know the risk factors associated with heart attacks? There is a definite link between behaviours, conditions, and heart disease. Many of these factors can be avoided or modified and others are treatable. An overweight forty-year-old male that smokes and has high blood pressure is much more likely to suffer from a heart attack than a young active non-smoker.

More needs to be done in public education but the public must also be willing to learn. CPR courses are available to almost anyone who wants to become involved.

Recently a course was taught at the base hospital to military dependants. Much fun was had by all and a lot was learned as well. The course ran for three evenings and the people tested received their Basic Life Support Certification. Now, they too are qualified to "Save a Heart".

(LT N. Brooks)



SGT Jim Schillemore explains abdominal thrusts to Larry Skidmore and wife Kim. Abdominal thrusts are part of the sequence of "unconscious obstructed airway".

(Base Photo)



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## LETTERS TO THE EDITOR

The Editor:

Base Supply CFB Winnipeg will be hosting the 25th anniversary celebration for the former 16 Regional Ordnance Depot, RCAF Station Winnipeg Supply Section and the present CFB Winnipeg Base Supply complex in Winnipeg on 12-13 Jun 1981.

All activities will take place at Base Supply, Bldg P-2, South Site, CFB Winnipeg located at the corner of Kenaston Blvd and Taylor Ave.

Events will include a meet and greet on Friday, tours, a static display and a dinner/dance on Saturday evening.

All former and serving military and civilian members of 16 ROD, RCAF Station Win-

nipeg Supply, and CFB Winnipeg Base Supply are cordially invited to attend.

For more information on cost and planned activities write or call SGT Garnier at Base Supply, CFB Winnipeg, Westwin, Manitoba, R2R 0T0 (204) 889-1424 or MCPL (W) Staples at (204) 889-3119. Accommodation brochures will be provided to out of town visitors on request.

It would be most appreciated if you could include the above information in the next issue of Voxair so that notice of this event will receive the widest possible circulation.

R.A. Cooper, Captain  
Co-ordinator, Supply Anniversary Celebration

## EDITORIAL COMMENTARY

### "Love — Hate"



For nearly four years this space has been used to pass on a few remarks from the current editor of Voxair. This is the last time you will have to suffer the torture of such an ordeal.

On 1 June, a new editor assumes responsibility for Voxair, complete with new office, staff, and vigour. Being editor will, no doubt, be an experience for Major R.G. (Bob) Knowles, one he will not easily forget.

Serving as editor of CFB Winnipeg's base newspaper has been a unique education. It can be said that many years of experiences have been packed into four. Some were good, others were not so good, but, as is often said, "it builds character".

Leaving Voxair is a love-hate situation. Love to get away from the picaresque, immature, sometimes dishonest attitudes of "some" people, but, hate to leave the stimulating, challenging, rewarding opportunity to work for and with the greater majority of fine people at CFB Winnipeg, the City of Winnipeg and the Province of Manitoba.

As always, there have been many very supportive people behind Voxair who have not provided obstacles to the publishing process. Thanks go to the present and two previous Air Commanders, present and past Base Commanders, CFB Winnipeg's Base Administration officers since 1977, and the staff at the Base Comptroller's office.

Cooperation from several organizations and people have also made the publishing of Voxair a little easier. Staffs at base photo section, DND OI Winnipeg, Base Information Officer, a few of the Unit Information Officers, and those branch/section/organization contributors who have willingly written good stuff each issue.

An editor cannot please everyone, and cannot do everything wanted by every person or group, but with understanding and cooperation, a great deal can be achieved.

Three non-CFB Winnipeg organizations, the Canadian Community Newspaper Association (CCNA), Manitoba Community Newspaper Association (MCNA), and Lawson Computer Graphics have also been very helpful to Voxair. CCNA and MCNA members have contributed their expertise, advice, and friendship to their fellow member paper, Voxair. Lawson have been patient and cooperative and have tried to ensure that Voxair exists within the limit of its budget.

To the assistant Editor of Voxair since 1977, SGT Jerry Radford, goes a special appreciation. "The man behind the editor", who seldom gets credit, has supported the goals of the editor and publisher, and deserves to be recognized by you, the readers, for his devotion to the task and never-ending drive to achieve the best possible product, given the resources and material available. Well done, Jerry.

Finally, if any special mentions have been missed, thank you also. Good Luck, Bob. Thank you all, and so long for now!

(CAPT Brian Garagan, Editor)



## Hundredth Student Graduates

The one hundredth student to receive a Baccalaureate degree through the University of Manitoba Canadian Forces Program will be in the convocation parade May 28, 1981. Actually, the 15 students graduating in May brings to 105 the total number of graduates from the military community who have earned degrees as part time students since the program began in September 1974.

Local residents who will be graduating this May and the degrees being awarded are:

### Bachelor of Arts (B.A.)

- MAJ Herbert F. Leggett
- MCPL Gerard F. Neville
- LCPL William H. Taylor
- SGT Douglas R. Wittmeier

### Bachelor of Science (B.Sc.)

- CAPT Lloyd M. Goethals
- CAPT Lorne R. Sayell

### Bachelor of Laws (LL.B.)

- K. Douglas Munro (Major Retired)
- Bruce H. Rutherford (CAPT Retired)

In addition to the above, the following graduates were sponsored through service university training plans as full time students:

- CPL Carol A. Owen (B.A.)
- CAPT Barry A. Stannard (B.Sc.)
- MAJ Stuart F. Tetarenko (B.Sc.)
- CAPT Howard R. Hysert (Master of Business Administration)

All of these graduates had been part time students of the University of Manitoba prior to being selected for full time attendance, which indicates that undertaking university studies as a part time student pays off for those who later apply for one of the service University Training

Plans for officers or men.

To date, more than 1,700 service members or their spouses (who account for approximately 20% of the participants) have undertaken degree studies as part time students with the University of Manitoba. More than half of the participants were admitted under the Mature Student Program which permits applicants who have not completed senior matriculation to gain admission to the university, providing they are at least 21 years of age or will be 21 years of age during the session to which they are seeking admission.

There are distinct advantages to the University of Manitoba program: A full time program co-ordinator is available to provide information and guidance. Once applicants have been admitted and registered for a course of study, they can feel relatively confident that they will be able to complete their academic goal through the University of Manitoba. Studies can be undertaken on campus, off campus in Manitoba or at bases in Germany, by correspondence, and through the facilities of other post secondary institutions as a visiting student from Manitoba. It is not necessary for a student to take on campus classes at the University of Manitoba; residency requirements for graduation can be met through correspondence or off campus study. The program provides for the granting of up to one year of standing in recognition of military training and service and will permit a reduction of the normal residence requirement for graduation.

Courses on campus can be commenced in January, May, July and September while correspondence study can begin on all but the July date. Application for admission to any of the correspondence sessions should be undertaken approximately

two months prior to the course commencement date whereas application and registration for on campus courses can be made as late as the week classes commence.

The 1981-82 Off Campus offering at Sturgeon Creek Regional High School will be "Introduction to Sociology," Course 77.120. Admission and registration can be completed at the first class, Tuesday evening, September 8, 1981 at 19:00 hours.

To obtain an application for admission and further information on the University of Manitoba Canadian Forces Program you can contact the B TRG O at 531 or Mr. M.J. Piercy, Co-ordinator, Canadian Forces Program, Room 509 University Centre, University of Manitoba, Winnipeg, Manitoba, R3T 2N2 or telephone 474-8497.

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450 225 396	CAPT	MACLEOD	D.B.	01 APR 81	AIRCOM
<b>TO LIEUTENANT</b>					
465 385 524	LT	HODS	G.J.	13 FEB 81	429 SQN
<b>TO MWO</b>					
222 083 859	MWO	JONES	D.G.	01 APR 81	429 SQN
<b>TO WARRANT OFFICER</b>					
431 742 162	WO	MORGAN	D.W.	01 APR 81	429 SQN
431 746 197	WO	YEWD	W.A.	27 JAN 81	B SECURE
105 057 822	WO	BEATON	T.D.	07 APR 81	AIRCOM
431 378 249	WO	BLAKE	D.E.	30 DEC 80	CFANS
<b>TO ACTING WARRANT OFFICER</b>					
427 512 397	A/WO	MATKOWSKI	R.C.	16 APR 81	BSUPO
<b>TO SERGEANT</b>					
106 432 149	SGT	SOLOMON	R.L.	19 JAN 81	14 DENT UNIT
614 488 586	SGT	QUENNEVILLE	J.A.	01 MAR 81	733 COMM SQN
108 677 824	SGT	CULLETON	J.E.	26 MAR 81	2 PPCLI
233 849 389	SGT	MCNAUGHTON	R.W.	26 MAR 81	2 PPCLI
110 191 251	SGT	PRITCHARD	T.G.	26 MAR 81	2 PPCLI
613 529 288	SGT	BOYLE	A.D.	01 APR 81	BAMEO
429 643 752	SGT	CLARK	R.R.	11 MAR 81	733 COMM SQN
431 566 397	SGT	HANSEN	B.	02 JAN 81	14 DENT UNIT
<b>TO MASTER CORPORAL</b>					
424 755 395	MCPL	CYR	J.D.B.	11 MAR 81	BTNO
612 093 377	MCPL	HOUDAYER	G.R.	22 DEC 80	AIRCOM
106 712 763	MCPL	AUCON	J.L.	20 APR 81	1 CEU
105 377 642	MCPL	HUNTER	R.D.	02 JAN 81	1 CEU
612 183 749	MCPL	WILLIAMS	W.R.	13 APR 81	BTNO
604 226 902	MCPL	JOSS	C.W.	28 FEB 80	BTNO
234 692 671	MCPL	CHARRON	J.A.	03 APR 81	733 COMM SQN
<b>TO ACTING MASTER CORPORAL</b>					
625 424 270	A/MCPL	BERUBE	L.D.	23 APR 81	BOR
<b>TO CORPORAL</b>					
463 750 331	CPL	LYRETTE	G.R.	14 APR 81	BAMEO
249 468 315	CPL	WIGHT	R.D.	28 APR 80	2 PPCLI
<b>TO ACTING CORPORAL</b>					
465 568 202	A/CPL	BRETON	R.J.	10 MAR 81	2 PPCLI



NAVAL DISPLAY . . . Lieutenant-Commander Clive King, (right) on the staff of the Commander Maritime Forces Pacific presents the keys for Canada's Maritime Forces "Naval Mobile Display Unit", to Petty Officer Conrad Moller, 30, (centre) and Leading Seaman Ronald Herdman, 23, who will be taking the vehicle to cities across Canada. Petty Officer Moller is the son of Mr. and Mrs. Milton Moller, 2265 Aldenae Ave., Victoria and Leading Seaman Herdman is the son of Mr. and Mrs. Robert Herdman, 86 Sunray Cresc., Lambeth, Ont. (Canadian Forces Photo by MCPL M.D. Johnson)

**BOPS TALKS**

It's always nice to change shop talk and talk about some of the more pleasant tasks associated with the Security Branch.

The one which is first and foremost in my mind is the Military Police Fund for Blind Children. Most CFB Winnipeg personnel are familiar with the work the Military Police do towards helping Blind Children. But, are you aware that this work is undertaken by all Security Branch personnel throughout Canada and Europe?

Each year, the proceeds from projects conducted by Bases, Stations, Units and Sections are distributed across Canada to various hospitals, schools, etc., by the Board of Directors of the Military Police Fund for Blind Children at NDHQ, because of their special programs.

This past year, 1980-81, Winni-

peg has been the recipient of more than \$30,000 towards special projects. The St Amant Centre received \$10,000 towards the purchase of a special bus and the Children's Hospital was presented with a cheque in excess of \$20,000 to purchase special equipment.

CFB Winnipeg can be proud of the excellent support it has given this Fund. To show our appreciation for your support, and also to continue our support for the Fund, the Military Police in conjunction with the Air Command Band are holding a "Big Band Ball" on the 13 Jun 1981.

This gala evening will take place at Building 21 with the doors opening at 2000 hrs. It will feature continuous dancing from 2100 hrs to 0100 hrs, to the sound of the Big Bands. A cold buffet will be served and cash bars will be available. Tick-

ets are available from all Military Police personnel at a cost of \$7.50 per person. Dress will be informal.

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**"NEW LOOK"**

SGT Debbie Brown, 22, of Forest, Ont., a trumpeter with the Canadian Forces Base Esquimalt Naden Band, was issued her new "navy" uniform Wednesday (Apr. 22). Patterned after the "old" Royal Canadian Navy square rig, this uniform is to be worn for ceremonial events. The band's first public performance wearing the uniform was at the Battle of the Atlantic-Sunday ceremonies in Victoria, B.C., May 3. The uniforms were provided through the efforts of the Naval Officers' Association of Canada and were approved for use by National Defence Headquarters.

(Canadian Forces Photo by MCPL M.D. Johnson)

**RCAF Association**

No. 502 Brandon Wing RCAFA hosted the 1981 Prairies Group Convention from Friday to Sunday, May 8 to 10 1981. The Convention was held at the Canadian Inn, 5th Street and Princess Avenue, Brandon.

Hi-lites included registration Friday and Saturday in the Confederation Room and Collonade Room; convention activities on Saturday included opening of Commonwealth Museum at McGill Field; Reception; Banquet and Ball in the evening. Sunday departure activities followed a Red Eye Breakfast.

The National Convention this year will be held in Peterborough. I believe and hope to have more info at a later date. Early October appears to be the date.

In February No. 500 Wing had a get-together at Place Louis Riel for an evening of reminiscences with some fifteen of the faithful present. Various photo displays were made

available bringing back memories — those slim young people were eventually identified, although, in some cases, with difficulty! A display case was brought out with the original membership buttons (lacking a lot of the original wearers).

*Data & trivia:* Rita Green, a former WD and current Member-at-Large, is operating the Westview Flower Shop at 3328 Portage Ave. Drop in to say hello or to satisfy your floral requirements. The departure of an old timer and former Wing member J.O. Blick is noted; No. 220 Red River Squadron Air Cadets had a number of members successful in the Air Cadet Selection Board — Congratulations and best wishes to all. Kay and Art McMillan have moved from Kenora to 214 Conklin Ave., Penticton B.C. Anyone travelling through the Okanagan are invited to give them a call! The D. Doern's are expecting a family in-

This is the second of a series of three interviews in which nutrition and fitness matters were addressed by senior personnel at National Defence Headquarters. In this issue, the Director of Physical Education, Recreation and Amenities, Lieutenant Colonel G.E. Vadeboncoeur discusses exercise and its relationships with weight control.

**PART II - Energy Intake and Exercise: The Key to Weight Control**

**Question**

Does exercise increase one's appetite?

**Answer**

It is now generally believed that appetite varies with the amount of exercise which is being done. For example, a sedentary person, whose exercise level approaches zero, often overeats due to boredom and habits like time cues (eg, at noon he must eat his lunch, even if he is not really hungry).

Heavy exercise, particularly before a scheduled eating period will often reduce one's desire to ingest food because of certain body responses to the exercising. The increase of lactic acid and core body temperature dulls one's appetite. Normal exercise may increase one's appetite, but it is usually just to meet the demands placed on the body.

The thing to note is that there are some old beliefs about exercise and nutrition which should be examined

on occasion, since ongoing research is discovering new principles and relationships.

**Question**

Can one lose weight in a specific area of the body through exercising that region alone?

**Answer**

The answer is No and here is why.

Deposition or storage of fat in one's body takes place in a preferred order. It may vary between people but an example might be the stomach, arms, thighs and chin. That is to say, if there was some extra fat in one's blood it would prefer depositing itself in the abdominal region. The preferred order of fat mobilization is the opposite. Therefore, in the above example, the body will call on the fat in one's chin region if it needed extra energy before using that of the thighs.

It is important to realize that specific muscles which are working, do not necessarily use the closest fat energy source. Equally important is that fat is used as an energy source during aerobic activities (slow running, swimming, etc) and that more is burned when the large muscle groups like those of the legs are used.

Thus, one can see that by simply exercising the stomach region, the muscles will likely fatigue before fat is mobilized and if fat was to be burned, it would likely call on that of

a different region. Slow running and control of food intake will more likely help one take off fat than exercising specific areas.

**Question**

A 45 year old weighs the same as he (she) did at 25. Is he (she) doing well?

**Answer**

The fact that one's weight has not changed, might not necessarily mean that all is OK. As a person's age increases, his Basal Metabolic Rate (BMR - the amount of energy required to carry on normal body functions like breathing and food digestion) decreases. After 25 years of age, it goes down by about 5% per 10 year span. Also, his activity output likely has decreased. Therefore, the net effect is that his body which may have had 15% body fat at 25 years, now has 25% body fat. The muscles that once burned energy have shrunk (atrophied), while the energy has been stored as fat.

As one matures (grows old gracefully) he or she should consider the role exercise and/or diet could play in maintaining a good state of health. Indicators like maintenance of one's weight level may give some false conclusions. The important thing is to learn and understand what is happening with one's body and how the processes of change are being influenced by a particular lifestyle.

crease in May — daughter Nancy is to be married and the family gains a son. Bill Metcalfe, a former RCAF CE type is a new member of the Wing — glad to have you with us Bill; did you know that Les Allison of Roland Man. is the author of "Canadians in the Royal Air Force", a 1978 publication of biographies; Earl Hiscox now proudly displays his "ticket" for the operation of amateur radio station VE4AIU. Future meetings are being planned in the form of tours — Western Canada Aviation Museum; Boeing Plant; Winnipeg Flying Club, etc. How about some comments from out there, your wishes please.

No. 500 (City of Winnipeg) Wing P.O. Box 581, Winnipeg, Manitoba

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## 2 PPCCI Visits Fort Carson Colorado



2 PPCLI familiarization on United States Army weapons during a recent small unit exchange visit with the First 11th Infantry at Fort Carson, Colorado, during the period 17 February - 03 April. (PPCLI Photo)



2PPCLI fire American weapons during exchange visit. (PPCLI Photo)



No matter what type of heating system you have the most effective way to decrease energy consumption is to increase the amount of insulation — installing more insulation in your attic and insulating your basement. However, if you have 3" of insulation already in your walls it is not cost effective to add more, it would mean removing your inside walls which could be expensive. However, if your siding needs replacing it makes sense to add more insulation on the outside while replacing it. This can be done several ways but the most common is by adding insulating panels and applying the siding over it, or installing siding with the insulation attached.

If you are constructing a new home or your heating system needs replacement, you will have to consider which type of a furnace to buy and install, at present natural gas is the best buy. One million BTU's of

natural gas cost \$3.25, of heating oil approximately \$6.00 and electricity, approximately \$9.00 (based on 3¢ per KWH). If you live in a mild climate you might consider a heat pump. Heat pumps are very efficient, they can supply twice as much heat output as the electrical energy needed to operate them (they do not violate the laws of thermodynamics, the heat transferred and supplied to your home comes from ambient air). For example, a 5 ton capacity heat pump with an outside air temperature of 7°C can deliver 60,000 BTU's of heat for every 24,000 BTU's of electricity used (1 KWH = 3412 BTUs) in mild climates heat pumps use about half as much energy as conventional electric heating, about 15% less than oil furnaces. In colder climates the heat pump becomes considerably less efficient. The beauty of a heat pump system is it will also reverse its cycle and cool your home in summer. The heat pump is worth considering if you are moving to a mild climate, in Winnipeg a gas furnace is your best bet. All Base M.O.s has been converted to natural gas for this purpose.

In summation, whatever system you use good old common sense still prevails and one final rule of thumb is in spite of what you read or hear to the contrary, don't be penny wise and pound foolish in trying to save energy. Don't give up your electric tooth brush which cost 40¢ a year and turn up your thermostat a few degrees and waste \$20.00.

Remember be energy conscious, HELP GEORGE DO IT.

### GAF Signs Agreement

OTTAWA (CFP) — An agreement has been signed between Canada and the Federal Republic of Germany authorizing the use of facilities at CFB Goose Bay for low-level flight training operations by the German Air Force.

The agreement, signed April 8, will remain in effect until December 31, 1983. It is the result of a successful trial period of flight training conducted by the German Air Force at Goose Bay from July to October, 1980. Under the terms of the agreement, the Germans can station up to 200 personnel and 16 aircraft at the base. This year 110 personnel and eight F-4 Phantoms will be there from May until October.

The Germans join other NATO Allies who also use the Goose Bay facilities. The Royal Air Force has used the base to support Vulcan bomber training since 1967 and the

United States Air Force maintains a small detachment there in support of strategic airlift operations.

The training program, is designed to have minimal impact on wildlife and the environment.

### Royal Winnipeg Rifles To Prince Charles' Wedding

WINNIPEG — Twenty-two members of the Royal Winnipeg Rifles, a Canadian Forces Militia unit based at Minto Armoury, 969 St. Matthews Avenue, have been invited to attend Prince Charles' and Lady Diana's wedding this summer.

The invitation to the Royal wedding was issued by Buckingham Palace earlier this month. Prince Charles is Colonel-In-Chief of the Rifles. He visited the unit at the armoury during his last trip to Canada in May of 1979.

The Little Black Devils, as they

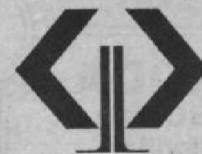
have become known during the history of the unit, will leave Winnipeg by Canadian Forces Boeing 707 July 22 to form part of team lining the processional route to St. Paul's Cathedral July 29, when the wedding takes place.

The soldiers and their officers leave London for their trip home July 31. For further information contact Lieutenant-Colonel R.E. Werry, Commanding Officer Royal Winnipeg Rifles, 943-8813 or 783-0880.

(LT Manfred Jager)

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New Westwin Catholic Women's Executive Committee Base Roman Catholic Padre, Father R.H. McKenna, and the new Westwin Catholic Women's League Executive Committee. The executive members were installed during a recent Sunday Mass. Joan Chesser (third from right) is the incoming President for 1981. (Photo by John Tarrant)

## WESTWIN COMMUNITY ACTIVITIES

(by John Tarrant)

Although still in the planning and preparation stages, the following information is firm for the Westwin community annual fun day. please mark your calendars accordingly - and participate:

**Date:** Saturday, 20 June 81.

**Time:** 1:00 - 5:00 P.M. Children's Carnival - sports events, clowns, Bar B-Q food, pony rides, kiddie rides, fish pond.

8:00 P.M. - 1:00 A.M. Community Outdoor Dance - good music, good food, good weather.

**Tickets:** \$5.00 Per Couple.

Watch the Voxair and your mail box for more information.

**Please Note** — Because the Annual Fun Day will be held 20 Jun, the Children's Activity Day originally scheduled for 19 Jun has been cancelled.

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## GAVIN'S COLUMN

### Ah Husbandry

Actually, farming is called husbandry. What I'm expected to do around the house is called slavery. Every Spring Gerry (that's the better half) gets that old feeling for growing things. I just get feeling old.

The previous owners of our present domicile were not interested in overworking their green thumbs. They left only grass. There was not a shrub, a tree, or even a neglected flower patch. So guess who has been delegated to till and plant and do all those other little backbreaking chores.

It all started this time during a drive in the country. A nursery was selling out, all kinds of bargains, trees, bushes, etc. We purchased six trees, three bushes and one etc. On the way home it began to rain ever so slightly.

"Oh, isn't that nice," smiled Gerry.

"What's nice?" I asked as the wiper smeared wet dust over the windshield.

"The rain, of course," she responded. "They say that planting in the rain makes things really grow."

I was glad it was dark by the time we arrived home. None of the neighbours could see me digging in the Manitoba gumbo in the rain, planting our purchases.

Much to my surprise, those little

woody things have sprouted leaves. All that success went to my head and caused me to acquiesce when the subject of flowers and gardens and such came up. Gerry knows just how to time her little surprises.

She is now planning where and how many little blooms should be planted. With the size of the lot I know I'll run out of energy before she expends her ideas. The topper came in the casual remark, "Oh! Ed, they're delivering the top soil in the morning!"

It has been her developed practice over the years to drop little gems like that and then step into the shower. Trying to carry on a belligerent conversation with someone behind a locked door standing under a downpour is stupid. I do it all the time. My only hope is the deliveryman won't find Risby Crescent.

In my first (and only) burst of enthusiasm I planted a freebie super tree that the Dept of Natural Resources handed out at Polo Park. It was such a tiny little thing that protection from the elements was an obvious need. So I planted it right beside the house.

While quaffing a well earned libation, I happened to read the information card that accompanied the little pine. 'Hi,' it read, 'I'm a super tree...' It went on to describe

its 120 foot height and five foot circumference. So much for the Gavin Protective Planting techniques.

One last suggestion to any of you twelve regular readers who live in apartments. If you want to experience the joy of planting things and seeing them grow; of smelling the perfume of flowers you yourself have planted; and being a help to an aging and creaking back, by all means come around to our house. Gerry will provide the plants. I'll supply the nail files to get the dirt out, the band aids for blisters, and the liniment for the muscles. Enjoy.

### Legal Requirements For The Census

"The census of Canada is taken under the authority of the Statistics Act, which requires everyone to provide the information requested."

The Fathers of Confederation considered the taking of a decennial (ten-year) census so essential to the nation's well-being that they made it mandatory in the British North America Act.

Subsequently, mid-decade censuses of population and agriculture were taken — in some provinces as early as 1886 — but for the country as a whole, quinquennial censuses became a permanent legal feature of Canada's statistical system under the Statistics Act of 1971.

Many legislative acts are based on information gathered by the Census: the Electoral Boundaries Readjustment Act (which defines the number of members of parliament to be elected and the number of seats allocated to each province), the Federal — Provincial Fiscal Arrangements Act, the Medical Care Act, the Canada Student Loans Act, the Hospital Insurance and Diagnostic Services Act and the Official Languages Act.

Accuracy in census data is imperative and depends on the accuracy and completeness of each individual return. The importance of a complete count is underscored by the fact that penalties are imposed for failure to comply: the penalty for refusal to answer questions or for providing false or misleading information may be a fine of up to \$500 or imprisonment up to three months or both. Similar penalties are provided for those wilfully giving false information on a census return. These penalties have only very rarely needed to be invoked.

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# Inter-Section Curling 1980-81

## INTER-SECTION CURLING 1980-81

Hooray! The Inter-Section Curling for 1980-81 has come to an end. Following are the final standings:

A DIVISION		
Team	Standing	Wins
BCOMPT #4	1	15
Aircom (SDTAC)/DCGS #7	2	13
Aircom Pers/Svcs #1	3	11
Cal Centre #6	4	10
BCompt #5	5	9
CFANS #3	6	8
CE Fire Prev #8	7	6
Aircom Pers #2	8	5
B DIVISION		
Team	Standing	Wins
Transport #3	1	15
MP's #4	2	13
1 CEU #6	3	11
401 CFTSD/Comd Surg #5	4	10
RSS Prairie #2	5	7
BML #7	6	6
Aircom HQ #1	7	2
Minto	8	1

## The Myth Of The Marathon

This is the time of year when a lot of runners start asking themselves if they should try running a marathon. The interest is spurred by the publicity and sheer weight of numbers of people entering the Winnipeg Marathon, which is held in June.

There's still a myth about the marathon. Quite frankly, a lot of people are intimidated by the thought of running 26 miles 385 yards (or 42.195 km) at one go.

But the huge numbers of entries in some of the more popular marathons shows that more and more runners are ignoring the myth and facing the reality.

The reality is that almost anyone can run a marathon.

It may take four, five, or six hours, but it's not impossible distance. The mental barrier has been created by relating simple completion of the distance to running a prestige event, such as Boston. Getting a qualifying time for Boston has become the sole aim for many beginners in recent years.

Their goals become harder to reach each time the Boston organizers lower the qualifying time to restrict the number of competitors to a manageable level.

What is a realistic target for the average jogger attempting his or her first marathon?

As always, a precise answer isn't possible - it all depends on the individual.

Age, weight, your weekly mileage, even the amount of exercise you got in your youth affect the answer.

Some examples. You're 25, running 60 miles a week, training at a pace of seven minutes a mile. You could aim for a time under three hours.

You're 40, 15 lbs overweight, running 40 miles a week, with a longest run of 10 miles. You could complete a marathon. But don't set a rigid time goal, although you should finish in less than four hours.

What can you do in the few weeks remaining before the Winnipeg Marathon?

You don't have time to increase your daily mileage too much - if you try you'll probably suffer an injury. Concentrate on trying some longer runs. Try to get one extra long run in a week. Before the marathon you should have run 15 miles a couple of times, and 20 miles at least once to get used to running for two hours and more.

Practice drinking liquids on these longer runs. Dehydration during the race is the biggest threat you face and you must get used to taking liquids during your training sessions.

Extra! The CFB Winnipeg Roadrunners will hold an information night at Lipsett Hall, 2 June 1981 at 7:30 p.m. If you can make it come and listen to a pre-marathon talk and see a film on running.



A EVENT — (L to R) WO L.M. Lee, SGT J.L. Lippert, MCPL J.P. Leclerc and presenting the trophy MWO R.L. Senger - League President. (Base Photo)



B EVENT — (L to R) SGT R. Tweed, MCPL E.J. Bloom, CPL B.R. Lumsden, MCPL A.B. MacDonald. Presenting the trophy CAPT S.W. Millward - BPERO. (Base Photo)

## Inter-Section Hockey

### FINAL STANDINGS

TEAM	GP	W	L	T	SO	GF	GA	PTS	PIM
ARROWS	21	14	5	2	1	115	73	30	240
CANUCKS	21	10	6	5	1	107	90	25	229
BRAVES	21	7	10	4	1	96	111	18	211
DOLPHINS	21	5	15	1	0	73	118	11	151

### TOP TEN

Name	Team	GP	G	A	PTS	Scoring %
PAMBRUN	ARR	19	27	34	61	3.21
GAGNE	CAN	21	29	20	49	2.33
DODDS	CAN	18	28	14	42	2.33
WHINCUP	ARR	16	19	16	35	2.19
MARLEY	ARR	21	10	25	35	1.67
STAPLES	BRA	18	22	11	33	1.83
GREENHOUGH	BRA	12	13	16	29	2.42*
HUDSON	BRA	12	12	16	28	2.33
K. VERSCHOORE	DOL	11	20	6	26	2.36
HAYES	BRA	14	4	22	26	1.86

\* TOTAL GP 13 ONE GAME AS GOAL-TENDER  
MOST GAME WINNING GOALS - PAMBRUN 6 - DODDS, REYNOLDS, STAPLES & GAGNE 3.

MOST POWER PLAY GOALS - DODDS 7 - GAGNE 5 - PAMBRUN & K. VERSCHOORE 4.

MOST SHORT HANDED GOALS - MARLEY, WHINCUP, REYNOLDS & K. VERSCHOORE 2.

### SEMI FINALS

DOLPHINS VS ARROWS

CANUCKS VS BRAVES

### FINALS

DOLPHINS VS CANUCKS — 3 STRAIGHT GAMES.

## CF Water Safety Week

The Base Physical Education and Recreation Section will be conducting the following Aquatic Courses in support of the CF Water Safety Week:

- CF Survival Swim Test 0800 - 0900 hrs 8 June 1981;
- Small Craft Safety Course 0800 - 1000 hrs 10 June 1981; and
- Life Jacket (P.F.D.) demonstration 1145 - 1200 hrs 11 June 1981.

Personnel interested in participating on any of the above sessions are to contact the Recreation Centre, local 511 and register.

The CF Water Safety Week's Theme is "Help Yourself - Play It Safe."

## CFB Winnipeg's Roadrunner Club

CFB Winnipeg's Roadrunners Club next General Meeting will be held 2 Jun 81, at Lipsett Hall, 8:00 p.m. There will also be an information nite on Marathons. A guest speaker will speak on Marathons, training before and after Marathons, diet and films.

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**Annual  
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WINNIPEG — Warning sirens in four Manitoba centres and Thunder Bay, Ont., will undergo an annual "growl" test between May 5 — June 4, between 8:30 a.m. and 4 p.m.

The sirens, under the Canadian Forces Warning and Reporting System, will be tested by military and civilian technicians for periods of three-to-five seconds. This brief test will not permit sirens to work up to full speed, and therefore only a barely audible growl will be heard in the immediate vicinity.

Officials say that malfunctions occasionally do occur, and longer and more prolonged soundings may be heard.

Test locations and dates are:

- Selkirk — May 5;
- Beausejour — May 6;
- Portage la Prairie — May 7;
- Thunder Bay — May 25-29; and
- Winnipeg — June 2-4

Officials also point out that sirens occasionally sound accidentally during other periods of the year, because of technical snags brought on by weather and other conditions.

In the event of accidental, prolonged soundings, citizens are requested to report the siren location to the operations section of the nearest Canadian Forces establishment or police headquarters.

Whether a siren sounding is accidental or real may be determined by the type and duration of the sounding. A continuous, steady wail indicates a false alarm. An undulating signal of three-to-five minutes duration represents an emergency, and people are advised to listen to radio and TV outlets for direction.

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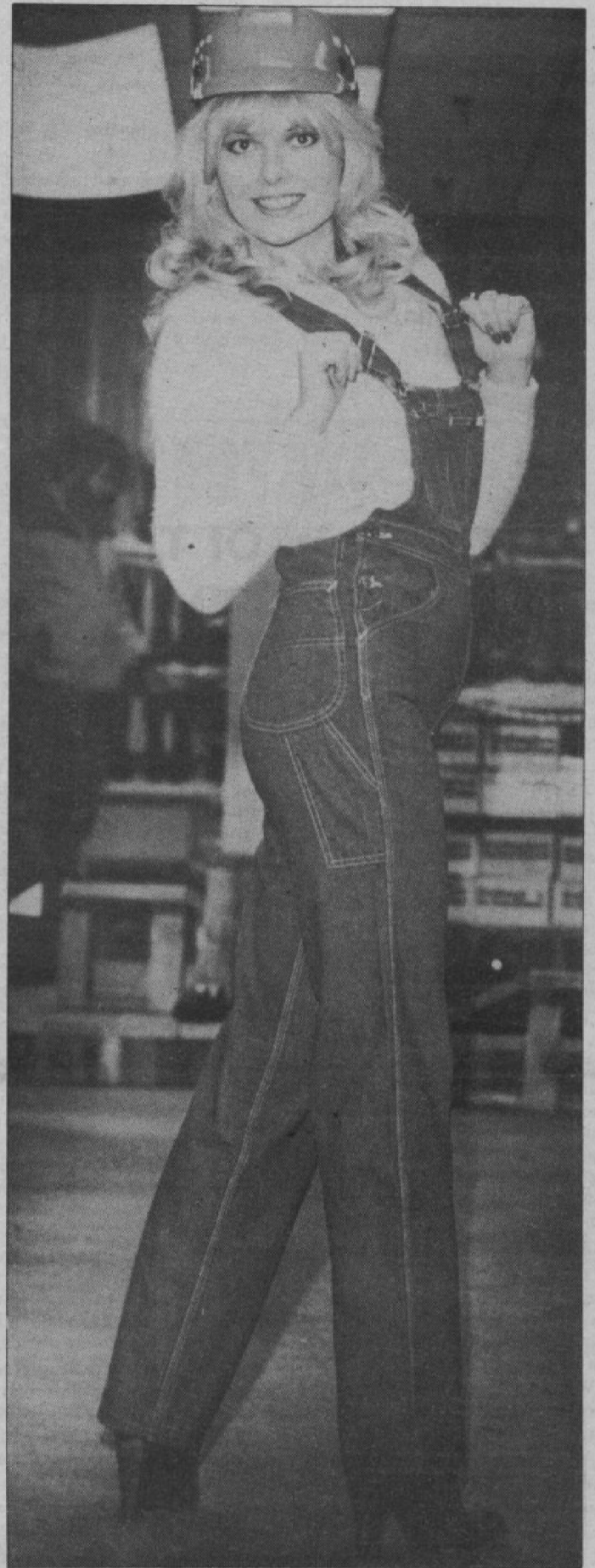
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