



Postair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

24 June 81

Issue No. 11 Vol 31

Air Command Band Plays For Military Police Blind Fund

"The Driving Force"



"The Conductor"



Big Band Ball

THE BIG BAND BALL, happened, I mean really happened Saturday June 13 at Building 21.

It was an eye opener for many Base personnel and Winnipeg civilians alike. With the first big chord at 9 o'clock played by the Air Command Stage Band (18 musicians under the direction and trumpet playing of our new Associate Director of Music LT David Jones) four hours of dancing, and socializing started. This group was followed by CWO Cor Godri and a big Bavarian Happy go lucky Polka and Waltz group. Why would anyone want to import a band from Germany with this band right on the doorstep? An Octoberfest with these musicians would have to be a success.

For the relaxed dancing the Commandaires followed. This five piece official Dance band under the direction of WO Don Leppard has thrilled audiences and Royalty all over North America and Europe.

To add that Latin Taste we had the thrilling Marachi Band sound of our Own Tijuana Brass under the direction of LT David Jones.

Although CFB Winnipeg was hopping with other functions approximately 400 folks left Building 21 exclaiming "Let's do it again".

Sponsored by the Military Police under the Direction of MWO Bob Little, the dance took place for the benefit of Blind Children and was just one more of these many successful and rewarding ventures.



COL J. R. Allingham

MESSAGE FROM THE BASE COMMANDER OP EVAL 81

With our annual Operational Evaluation successfully behind us, I would like to publicly offer my thanks to all personnel of CFB Winnipeg for yet another example of your unfailing support and true professionalism.

Literally at the same moment the Air Command team prepared to begin their evaluation, unexpected family problems required my immediate departure from Base on compassionate leave. In my absence, the outstanding manner in which

everyone of you — from LCOL Grant Baker as Acting Base Commander on down to the newest and most junior member of the staff — shouldered the load and got on with the job is a source of great satisfaction to me.

As my tour of duty as Base Commander nears conclusion, I can think of no nobler action on your part than this graphic support given so unstintingly throughout the evaluation period. I know the operational load has been heavy and additional task-

ing has almost been the norm. But also I know the people of CFB Winnipeg have been more than equal to the considerable challenges set before you.

From my first day as Base Commander I have maintained that by far our greatest strength, individually and collectively, is the sterling calibre of our people. Thank you most warmly and gratefully for proving it so.

It is a distinct honour to serve with you.



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



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LETTERS TO THE EDITOR

NEW FORCES CEREMONIAL SWORD AVAILABLE TO MEMBERS

King Arthur's legendary sword, Excalibur, cut a swathe through history as did the swords of the Crusaders. Now, a new sword will relive that history and honour the Canadian Forces.

Wilkinson Sword Limited, a well-known British firm with more than 200 years' sword-crafting experience, has created the first CF combined services ceremonial sword, for sale to members of the Canadian Forces past and present.

Wilkinson has tooled a 16th century Royal Oakley pattern Crusader sword, 12.7 cm long, with rosewood hand-grip, an 18 carat gold-plated pommel and a crosspiece set with the CF badge. The hand-forged blade is set with the 17 official CF badges: the naval badge, 16 branch badges and the air operations badge.

General Ramsey Withers, chief of the defence staff, accepted the first sword in May and then presented it to the Canadian War Mu-

seum. The sword will be displayed on the concourse of NDHQ.

Wilkinson is manufacturing a limited number of the swords, which may be purchased **ONLY** by present and past members of the Canadian Forces, or any of the three former services, Regular and Reserve.

The sword costs \$295 (Ontario residents add \$24.50 for provincial sales tax) and can be ordered on a first-come, first-served basis **only** until midnight, December 31, 1981. After that, the pattern used for the sword will be officially destroyed to ensure the sword can never be duplicated.

Each sword is individually numbered and registered and will be shipped directly to the recipient by insured mail.

Orders can be placed with: British Ceremonial Imports Ltd, Sword Division, Richgrove Place, Suite 103, 7 Richgrove Drive, Weston, Ont. M9R 2L1 or phone (416) 241-9555. You must quote your identification card or veteran's identification number to order. Money order, cheque or major credit cards accepted.

Dear Editor,

High School Reunion: St. Michaels and St. Thomas Schools, Chatham, New Brunswick.

Next year, 1982, will mark the 50th anniversary of the present St. Michaels School in Chatham, N.B. Since there were many close ties with St. Thomas through the years, a giant reunion is in the organizational stages for both these schools.

The date has been set for June 30th, 1982 to July 4th, 1982.

An effort is being made to contact all former graduates.

If you are a former graduate of either of these schools we would love to hear from you.

Kindly write us immediately sending your present address and graduation year to:

School Reunion Committee
27 Center St.
Chatham, New Brunswick
EIN 1K4

Yours truly,
Mrs. Rene Noel

Letter From The Editor

As has been the custom of recent years, only one issue of Voxair will be published during the months of July and August.

Due to leave and TD of Voxair staff, contributors are asked to note a slight change in deadline dates:

Deadline date for July will be Monday 6th July vice Tuesday 7th and for August will be Friday 31st July vice Tuesday August 4th. (Due to Aug. holiday) Your co-operation will be appreciated.

Deadline Dates

6 Jul 81
31 Jul 81
1 Sep 81
15 Sep 81
29 Sep 81
13 Oct 81
3 Nov 81
17 Nov 81
8 Dec 81

Publishing Dates

15 Jul 81
12 Aug 81
9 Sep 81
23 Sep 81
7 Oct 81
21 Oct 81
12 Nov 81
25 Nov 81
16 Dec 81

"Class"

T. D. Lawrence

I've worn dark green for ten years plus
And honestly can't see the fuss
Of changing badges, stripes and wings
And all the other little things.

How come the push for new attire
Comes from those about to retire?
They seem determined to change the dress,
Then take their release and leave us with the mess.

Old timers who wore Air Force Blue
Resisted the change to something new.

The RCAF was justifiably keen
And fought like hell to avoid the Green

But the change was made, the tears were shed
And the Air Force Blue was laid to bed.

The Airman's spirit continued bright & keen
But now in uniforms of green.

I wore the old, and loved it too
But there's nothing sacred about Air Force Blue.

To try and mix some blue with green
Will not bring back what might have been.

The gold on the Officer's sleeve and cap
Are things that suggested change would scrap.

I just ask "Why?" and wait in wonder
For another colossal uniform blunder.

Do we feel left out on the air force side

And think changing badges will boost our pride?

The Army has tried that game for years

And how many of them stay for full careers?

They have regiment badges and sashes and sticks

And they yell at each other just for kicks,

RSMs, Quartermasters, army buttons and tanks

Don't mean "Zip" if they can't keep men in the ranks.

Let the uniform be, leave it green trimmed in gold.

I repeat, those who'd change it are all getting old.

Those who've worn it from Basic and now have CD's

Say "Don't change it old timer, it's OK with me".

An Air Command bird on the shoulder would do

But don't change the badges to silvery blue!

Let the army and navy go and play Silly Ass

Who needs it, lets show that the Air Force has "class".

IT TAKES A STRONG WILL TO BEAT CANCER

Imagine for a moment a world where cancer is as obsolete as the dinosaur. It can happen. The research is willing but unfortunately the funds are weak.

All bequests received by the Canadian Cancer Society are used to support cancer research, unless otherwise stipulated in the will.

That's where you come in. Please insert one simple sentence in your will: "I give to the Canadian Cancer Society the sum of _____ dollars."

Our hope is to free the world from cancer. And where there's a will, there's a way.

Canadian Cancer Society
CAN CANCER BE BEATEN?
YOU BET YOUR LIFE IT CAN!

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UNDER 29 NOW IS THE TIME

Just a reminder if you're 29 years and under, in the military. The 1.5 mile run is just around the corner and it's time to start training.

YOU AND THE LAW OF WAR



VOUS ET LE DROIT DE LA GUERRE

Office of The Judge Advocate General Cabinet du Juge Avocat General

In our last article, we examined the rule relating to the treatment of prisoners of war. The rule was simple: treat prisoners of war humanely. In this article, we will examine the rule pertaining to the treatment of civilians. The rule is again simple: treat all civilians humanely. Most of the law of war pertaining to the protection of civilians is contained in the Geneva Convention Relative to the Protection of Civilian Persons in Time of War, of 1949. For the purposes of this article, we will define a civilian as a person who does not belong to the armed forces and who takes no part in the hostilities.

All civilians in a country involved in war have rights. However, different or unusual a foreign land or country may seem to be, the civilians are in all circumstances entitled to respect for their persons, their honour, their family rights, their religious convictions and practices, and their manners and customs. They must at all times be humanely treated and protected from acts of violence, threats, insults and public curiosity. Women in particular must be especially protected against rape, enforced prostitution, or any form of indecent assault. All civilians, subject to considerations based on sex, health or age, must be treated with the same consideration without any adverse distinction based in particular on race, religion or political opinion.

In addition to the general rules referred to above, CFP 318(4), Unit Guide to the Geneva Conventions, contains a list of measures concerning civilians which are specifically prohibited. It will do no harm to repeat some of those measures here. They are as follows:

- undertaking reprisals against civilians or their property;
- taking hostages, collective penalties and all measures of intimidation or of terrorism;
- detaining civilians in an area particularly exposed to the dangers of war unless the security of the population or imperative military reasons make it necessary;
- total or partial evacuation of civilians from a given area unless the security of the population (e.g. protection from anticipated combat operations) or imperative military reasons (e.g. clearing a combat zone, combat preparations, maintenance of secrecy etc.) make it necessary. In carrying out the evacuation, the needs of the evacuated must be supplied to the greatest practicable extent. Proper accommodation must be provided and members of the same family must not be separated. Finally, persons thus evacuated must be transferred back to their homes as soon as the hostilities in the area have ceased;
- compelling civilians in an occupied area to serve in the armed forces or auxiliary forces of the occupying power;
- compelling civilians to work unless they are over 18 years of age, however, they cannot be compelled to do any work which would oblige them to take part in military operations and cannot be forced to work unless they are paid a fair wage;
- sentencing a civilian to a punishment of any sort without a regular trial by a competent and lawful court; and
- attacking civilian hospitals organized to give care to the wounded and sick, the infirm and mater-

nity cases. These hospitals must at all times be respected and protected.

Civilians who are wounded, sick or infirm or are expectant mothers must be the object of particular protection and respect. Finally so far as military considerations permit, you must facilitate the steps taken to search for killed and wounded civilians, to assist shipwrecked civilians and other civilians exposed to grave danger, and protect them against pillage and ill-treatment.

The above list is quite long, but can be reduced to the simple statement made at the beginning of this article: treat civilians humanely. Do nothing to them which you would not wish to be done by enemy soldiers to your own family and friends. The poster which illustrates this rule shows a soldier treating a young child who has been injured, but remember, it is not only children who are protected as civilians under the law of war!

In our next article we will examine the rule relating to civilian property.

Dans notre dernier article, nous avons étudié la règle qui se rapporte au traitement à accorder aux prisonniers de guerre. La règle était simple: traiter les prisonniers de guerre avec humanité. Le présent article porte sur le traitement à accorder aux civils; encore une fois, la règle est simple: traiter tous les civils avec humanité. On retrouve dans la Convention de Genève de 1949 relative à la protection des personnes civiles en temps de guerre la plus grande partie du droit de la guerre qui se rapporte à la protection des civils. Pour les besoins de notre article, nous définirons un "civil" comme une personne qui n'appartient pas aux forces armées et qui ne prend aucunement part aux hostilités.

Tous les civils d'un pays en guerre ont des droits: qu'un territoire ou qu'un pays étranger semble différer du sien au plus haut point n'empêche pas les civils d'avoir droit en toutes circonstances au respect de leur personne, de leur honneur, de leurs droits familiaux, de leurs convictions et pratiques religieuses, de leurs habitudes et de leurs coutumes. Ils doivent être traités en tout temps avec humanité et protégés contre tout acte de violence ou d'intimidation, contre les insultes et la curiosité publique. De façon particulière, les femmes doivent être protégées contre le viol, la contrainte à la prostitution et tout attentat à leur pudeur. Tous les civils, compte tenu de leur sexe, de leur âge et de leur santé, doivent être traités avec les mêmes égards, sans aucune distinction défavorable fondée sur la race, la religion ou les opinions politiques.

En plus des règles générales mentionnées ci-dessous, la PFC 318(4), Guide régimentaire des Conventions de Genève, contient une liste des mesures qui sont spécifiquement interdites en ce qui concerne les civils. Il serait bon d'en reprendre quelques-unes:

- les représailles à l'égard des civils et de leurs biens;
- les prises d'otages, les peines collectives et toute mesure d'intimidation ou de terrorisme;
- le fait de retenir des civils dans une région particulièrement exposée aux dangers de la guerre à moins que la sécurité de toute la population ou d'impérieuses

raisons d'ordre militaire ne l'exigent;

- l'évacuation totale ou partielle de civils d'une région donnée à moins que la sécurité de la population (par exemple: protection contre des opérations prévues) ou des raisons militaires impératives (par exemple: évacuation d'une zone de combats, préparatifs de combats, maintien du secret) ne l'exigent. Au cours de l'évacuation, il faut voir, dans toute la mesure du possible, aux besoins des personnes évacuées; ces personnes doivent être séparées les uns des autres. Enfin, les personnes qui ont été évacuées doivent être ramenées dans leur foyer dès que les hostilités ont cessé dans ce secteur;
- le fait d'astreindre les civils d'une région occupée à servir dans les forces armées ou dans les forces auxiliaires de la préte;
- le fait d'astreindre les civils à travailler à moins qu'ils soient âgés de plus de 18 ans; toutefois ils ne peuvent être astreints à un travail qui les obligerait à prendre part à des opérations militaires et ils ne peuvent être astreints au travail à moins de recevoir un salaire équitable;
- le condamnation d'un civil à une peine quelconque, sans procès régulier par un tribunal légal et compétent;
- l'attaque des hôpitaux civils organisés pour donner des soins aux malades, aux blessés, aux infirmes et aux cas de maternité. Il faut respecter et protéger ces hôpitaux en tout temps.

Les blessés et les malades ainsi que les infirmes et les femmes enceintes doivent être l'objet d'une protection et d'un respect particuliers. Enfin, pour autant que les exigences militaires le permettent, vous devez favoriser les mesures prises pour rechercher les civils tués ou blessés, venir en aide aux naufragés civils ainsi qu'aux autres civils exposés à un grave danger et vous devez les protéger contre le pillage et les mauvais traitements.

Cette liste est passablement longue; toutefois, il est possible de la réduire à une seule phrase, qui intitule cet article: traiter tous les civils avec humanité. Ne leur faites rien que vous n'aimeriez pas que des soldats ennemis fassent aux membres de votre famille ou à vos amis. L'affiche qui illustre cette règle montre un soldat qui soigne un enfant blessé. Cependant, vous devez vous rappeler que les enfants ne sont pas les seuls civils qui sont protégés aux termes du droit de la guerre.

Dans un prochain article, nous verrons la règle qui se rapporte aux biens des civils.

United Way

OF WINNIPEG

A.F.C.E.A. Winnipeg Chapter



CAPT. Andre Elieff (on left) receives an expression of thanks from LCOL Colin Hodgson, President of the Winnipeg Chapter, Armed Forces Communication Electronics Association.

Winnipeg

Captain Andre Elieff from the Directorate of Air Requirements at National Defence Headquarters, Ottawa presented a description of the Search and Rescue Satellite Aided Tracking Program at the May meeting of the Armed Forces Communications and Electronics Association, Winnipeg Chapter.

The well received briefing included a slide presentation highlighting the projected benefits to the civilian and military flying community of this aircraft crash location facility. As well, the international participation in the funding and development of the program plus the contribution of Canadian industry in

design and fabrication of parts of the ground and space segments were described.

The Winnipeg Chapter of AFCEA sponsors a monthly luncheon-meeting to facilitate an exchange of views between members of the civilian and military electronics community as well as to present informative briefings of developments of professional interest.

For more information contact: Publicity Chairman, Major M.A. Proctor, c/o AIRCOM HQ/SO C&EP, Westwin, Manitoba, R3K 1P1, Phone: (204) 832-1311 local 485

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OAKVILLE — Defence Minister Gilles Lamontagne accepts the Department of National Defence's first propane powered vehicle from Ford Chairman Roy Bennett at Ford's Oakville, Ontario plant. The three-ton stake truck was the first of more than 4,000 propane-fuelled staff cars, station wagons and trucks to be delivered in the next 6 years. (Canadian Forces Photo)

Royal Canadian Air Force Association Newsletter - June 81

"The world would sleep if things were run by men who say, "It can't be done!"... Philander Johnson.

Here are the election results from our last meeting — 20 May 1981:

President, Verne Donnelly 222 0418

Vice President, Freddie Frederickson 774 8954

Past President, Al Dowling 256 0405

Treasurer, Doug Doern 489 7486

Rec. Secy., Joe Lavigne 339 1192

Exec. Secy., Doug Angus Executive Members — Earl Hiscox; Stephen Coote; Stan Knight and Howard Shouldice — with powers to add as necessary.

In addition to those members attending the meeting, it was very much appreciated *hearing from some members* unable to attend but taking the time to call or send word of their interest!

Discussions on the request for financial assistance from RCAFA Wings to outfit the "RCAF" band in suitable color resulted in a donation of \$50.00 from No. 500 Wing.

Data & Trivia: Earl Carlyle, a pioneer member of No. 500 Wing has been appointed President of Picker XRay Corp. — information obtained from another former Wing member, Don Stevenson, now residing in B.C. The membership fee for No. 500 Wing for 1981/82 remains at \$18.00 by popular request (on the understanding that you make an effort to *bring in a new member*). How about getting those fees in early and reduce the work of the Treasurer?

It is a pleasure to welcome our newest member, Rita Green, who has come in from Member-at-Large status to join us. There are (?) a large number of ex-RCAF people out there and some of them must be your friends. Let's work on it and *go for 100 members by December 1981!*

Al Dowling, Past President, extended an invitation to all members to enjoy an evening barbecue at his estate — 48 Conifer Crescent in St. Boniface, on 19 June, 1981. An opportunity to meet with other members! A meeting has been arranged at the Western Canada Aviation Museum at No. 11 Lily Street (back of the Concert Hall on Main Street) for Friday 26 June at 1930 hours. A tour of the museum will be laid on, followed by movies on recovery or restoration of old aircraft. Light refreshments may be provided. A chance to find our old aircraft and what is being done to preserve them!

An old friend and former executive member of No. 500 Wing has returned to the city, and indications are that *we will acquire another member* very shortly! Any of you remember Gord McNeil?

Get your Ardua in gear and ASTRA!!!

Philatilists Notes CFB Gagetown Commemorative Covers

CFB GAGETOWN-COMMEMORATIVE COVERS. A special philatelic cover has been produced to commemorate RENDEZVOUS 81, a Canadian Armed Forces exercise at Canadian Forces Base Gagetown in New Brunswick. The cover depicts the blue and red logo of RENDEZVOUS 81 which comprises the Mobile Command (FMC) crest, winged by the letters "RV" on the left and the numbers "81" on the right. This logo was designed by the Graphic Arts Section of FMC Headquarters.

RENDEZVOUS 81 is a multi-formation concentration; the largest land force concentration held in Canada since 1965 and brings together troops from all bases across the country. Troops taking part number more than 9,000 including some elements of the militia and Communications Reserve, as well as elements from 10 Tactical Air Group, the United States Air Force and Cobra Helicopters from the United States Army. Troops and equipment will be transported by road, rail and military transport aircraft from Air Transport Group.

The concentration will take place from 1 June to 6 July inclusive, under the direction of Lieutenant-General Charles H. Belzile, CMM, CD, Commander FMC. The FMC Division will be commanded by Major-General Douglas R. Baker, CD, Deputy Commander, FMC.

Five philatelic covers, each bearing a 17¢ Canadian commemorative stamp, will be available from the first day of the exercise (1 June 1981) and will be cancelled with a different MPO (Military Post Office)

date stamp. Involved will be MPOs 81 for FMC Division HQ and Signals Regiment; 111 for 1 Canadian Brigade Group; 112 for Special Service Force; 115 for 5e Groupe-Brigade du Canada and 103 for the FMC Division Postal Unit Regulatory Section.

Historically MPOs 111, 112 and 115 are being used for the first time since the Second World War - with the exception of MPO 115 which was used once before in the fall of 1980, during exercise MAITRE GUERRIER in CFB Gagetown. MPO 81, for RV 81, has never been used before.

MPO 111 was used at Clinton Air Station from 23 January 1943 to 28 February 1946 and Naval Post Office (NPO) 112 was used by HMCS HUNTER in Windsor, Ont., from 23 November 1944 to 26 February 1946. The Canadian Army used Field Post Office (FPO) 115 in Canada from April 1941 to November 1945 while MPO 103 was the post office for 4 Bombing and Gunnery School in Fingal, Ont., in 1942. Since 1964, MPO 103 has been used as the main "field" MPO for CFB Gagetown military exercises.

One thousand sets of five covers will be available only during the exercise period. They may be obtained by Military participants in Gagetown from the Rendezvous Support Group HQ canteen at a cost of \$2.50 per set; or by mail, sending \$3.00 Canadian (postal money order or certified cheque only) which includes postage and handling to: RV 81 Philatelic Covers, c/o Mobile Command HQ, St Hubert, Que., Canada J3Y 5T5.

May 1981 Promotions

SIN NO	RANK	NAME	INIT	DATE	SECTION
TO MAJOR					
431 165 117	MAJ	WILLIAMS	B.G.	05 MAY 81	AIRCOM
612 145 789	MAJ	TODD	P.J.	01 APR 81	AIRCOM
205 623 655	MAJ	EVANS	J.D.C.	01 APR 81	CFANS
419 388 319	MAJ	KIPPEL	V.V.	01 MAY 81	AIRCOM
221 649 163	MAJ	KRAUSE	C.M.	01 JUN 81	AIRCOM
TO CAPTAIN					
449 217 926	CAPT	WEBER	H.M.	01 MAY 81	BCOMPT
626 922 934	CAPT	ACHESON	W.G.	01 MAY 81	ICEU
448 080 986	CAPT	SAUNDERS	G.W.	01 MAY 81	BAMEO
623 175 148	CAPT	BRAUSE	M.W.	01 MAY 81	2 PPCLI
625 959 903	CAPT	FOUTS	D.L.	01 MAY 81	2 PPCLI
452 429 509	CAPT	DREW	D.R.	01 APR 81	2 PPCLI
624 260 972	CAPT	SLIWINSKI	M.E.	01 MAY 81	AIRCOM
TO 2 LIEUTENANT					
432 367 308	2LT	MACDONALD	G.D.	08 MAY 81	CFANS
465 450 765	2LT	REYENGA	R.D.	08 MAY 81	CFANS
475 792 891	2LT	DOOLAN	S.J.	08 MAY 81	CFANS
249 129 644	2LT	LATOUCHE	M.	08 MAY 81	CFANS
469 500 862	2LT	NEILL	D.A.	08 MAY 81	CFANS
TO CHIEF WARRANT OFFICER					
613 358 100	CWO	DESNOYERS	J.E.D.	27 APR 81	AIRCOM
612 092 460	CWO	BAKKER	E.J.	15 MAY 81	2 PPCLI
TO MASTER WARRANT OFFICER					
106 818 818	MWO	CROWELL	R.M.	04 FEB 81	CFSMET
424 202 026	MWO	BERTHELETTE	M.J.J.	12 MAY 81	AIRCOM
TO ACTING MASTER WARRANT OFFICER					
707 975 165	A/MWO	PAUL	J.L.	31 MAY 81	2 PPCLI
TO WARRANT OFFICER					
612 104 745	WO	WALKER	T.A.	05 APR 81	CFANS
105 057 822	WO	BEATON	T.D.	07 APR 81	AIRCOM
610 873 564	WO	MURDOCK	G.	20 MAY 81	2 PPCLI
TO MASTER CORPORAL					
442 547 964	MCPL	GIBSON	C.M.	27 APR 81	AIRCOM
106 742 570	MCPL	ZORN	J.F.	23 APR 81	BAMEO
112 202 676	MCPL	MANCINI	V.C.	16 APR 81	BSEURO
TO ACTING MASTER CORPORAL					
238 319 008	A/MCPL	MAYO	E.A.	16 MAY 81	BATCO
TO CORPORAL					
240 635 305	CPL	MOREL	M.M.L.	24 APR 81	BSUPO
448 850 768	CPL	BEVAN	D.L.	06 APR 81	BCOMPT
464 917 665	CPL	DOUGHERTY	C.A.	05 FEB 81	BTNO
625 682 489	CPL	PENLEY	D.M.	19 MAY 81	BSUPO
623 519 568	CPL	MCCONNELL	C.J.	06 MAY 81	BSUPO
249 468 315	CPL	WIGHT	R.D.	28 APR 81	2 PPCLI
463 750 331	CPL	LYRETTE	G.R.	14 APR 81	BML
465 749 844	CPL	SNUDDEN	C.M.	18 MAY 81	BSUPO
626 731 731	CPL	NOWELL	D.A.	06 MAY 81	2 PPCLI
113 912 042	CPL	ANSTEY	J.G.	08 MAY 81	BATCO
TO ACTING CORPORAL					
437 393 119	A/CPL	DEAN	E.A.	22 APR 81	BPHOTO
459 042 261	A/CPL	BELL	T.D.	12 MAR 81	2 PPCLI
450 701 180	A/CPL	FURCHNER	G.D.	01 FEB 81	2 PPCLI
114 735 269	A/CPL	LAWRENCE	R.L.	17 FEB 81	2 PPCLI
625 712 070	A/CPL	THERENS	B.M.	12 MAY 81	BMLO

COMMUNITY

by Barb Miller

SATURDAY, JUNE 27 is going to be a big day for us on the South side. First, registration for this year's SUMMER PROGRAMS for area children will take place from 10 AM till 12 noon at Lipsett Hall. Some of the activities planned include Arts and Crafts, Swimming, Bowling, Outdoor Games, as well as special trips to places like the zoo or local shops. For more information please call Jan Dobson at 489-2598.

Then, beginning at 1:00 PM, is the 1st Annual COMMUNITY COUNCIL CHALLENGE CUP. A battle royal between North and South side council teams, the events will take place in and around the skating rink on Doncaster. Spectators and cheering sections from both north and south are encouraged. Refreshments will be on sale all day and the festivities will be completed by a community Bar-B-Que. Check out the separate box in this issue for a listing of events and their times and watch for a flyer detailing both the Summer Programs and the Triple C Cup.

As usual, moves and postings have hit the Guiding movement on the south side very hard, and we are losing all but one or two leaders. Leaders are needed for Brownies (ages 6-9), Guides (9-12), Pathfinders (12-14) (a new group) and Rangers (14-17). Previous experience is not necessary. Please join this ever expanding organization. Phone Marion Saunders (489-6013) or Do-reen Botterweg (889-4404).

Surprisingly, our GARDEN PLOTS were not a sellout this year, perhaps our late start discouraged some people. But those who planted are now being rewarded by rows of

greenery. Unfortunately, there are still some parents who have not impressed upon their children respect for other people's property and we have had some uprooted tomatoes.

Hopefully the pre-schoolers responsible will have parents caring enough of their child's future to nip this sort of vandalism in the bud before it escalates into the sort of incidents we read about all too often in the daily news. Our gardens are now fenced and we are counting on the help of everyone in the community to prevent a repeat of this problem. If you see someone, adult or child, in the gardens please stop and speak to them. If they have no business there they will soon get the message; and if they turn out to be a serious gardener then far from being offended at any interference they would undoubtedly appreciate your watchfulness.

One of the nice things about writing a column such as this is that one gets to 'editorialize' occasionally. So I'd like to take the opportunity to mention something which has come up a few times with some councillors.

Currently there are three woman councillors on the South Side. While we have the right to sit on council because our husbands are in the Forces we are not there as extensions of our husbands or to "help them out." In fact our husbands do not sit on council. We have volunteered our time because we feel we can make an important contribution to our community — after all, who spends more time here? Since, hopefully, in the fall council will become even more active it is a strong possibility that many units may be hearing from one of us. As fully accredited councillors we hold the same authority as any military member on council and we expect to be treated with the same respect. We are fully capable of following military procedure as long as we are informed as to what that procedure is. It makes council's job much harder when we are asked to have CPL., CAPT., or MAJ. Councilman "call me back" when we have approached a unit for some assistance. We know that this is usually an unconscious reaction so consider this a gentle reminder that we can do the job too, given the opportunity.

Farewell To Retiring Members

South Side Community Council



Council recently had the sad duty to say goodbye to three retiring members. Presenting Certificates of Appreciation was ex-mayor Maj. Lightle (third from left). Leaving us are SGT. Don Aubin, Ann Moquin, and SGT. Glen McGhie. All our best in your future projects and our sincere thanks for all the work you have done in the past.

Base Hospital News

Flu Study

(LT. N. Brooks & Mrs. T. Cooper)

A hearty "thank-you" is extended on behalf of Dr. Stiver, Dr. Aoki, and Mrs. Cooper to all participants of the flu study held this past winter. One hundred and sixty-three completed the program and had their names entered for the draw.

The people involved in the study were divided into three groups, a "pill group", and an injection group. Again the "pill" and injection groups were divided, one half receiving a placebo and the other half receiving the actual drug. None of the people involved knew if they were getting the drug or substitute.

The study was quite helpful regarding the use of the Amantadine pills. Amantadine has demonstrated to have antiviral activity for the prophylaxis of influenza in humans.

The pills were used to find out when during the season individuals start to produce antibodies without feeling the symptoms of the flu. That was the reason there were so many blood tests. The other side line information was to find out if people would take the pills regularly as prescribed.

The people who received the injection seemed to be well protected, although some had already had the flu before the injections were given. Thus, it was impossible to say whether the antibodies in their blood were the result of the disease of the vaccine.

Amantadine pills give protection against several viral strains and can be produced well ahead of an epidemic. The vaccine is a reliable protection source, and if the pills prove to be as reliable, it could be a real asset to the health department. They would be better than the vaccine since the vaccine is specific to a viral strain, and can be produced only after a new strain has been identified.

The final results of the study do not expect to be completed until sometime in July. Then, we will have the results as to how each person individually responded. We will let you know the results when we receive them.

Skunk Rabies

Personnel living in Married Quarters should be reminded that

since skunks are potential rabie carriers, they must be treated with extreme caution. Children should be warned to stay clear of these animals, especially if the skunks appear aggressive or unafraid. If these animals are observed wandering around during the day, CE should be notified.

Domestic animals, if not protected, can also contact and spread rabies, therefore, owners of cats and dogs in Married Quarters must be in possession of a valid certificate of rabies vaccine for their pets. Any unprovoked attack by either a wild or domestic animal should be reported to the Base Preventive Medicine Technician at Local 787. Any questions with reference to the above information can also be directed to this local.

Poison Baits

It has been brought to the attention of the BHOSP that personnel occupying Married Quarters have been placing Napthalane Crystals (Moth Balls) in their gardens to deter cats. This practice must cease as these products if swallowed by unsuspecting children can be fatal. Personnel occupying Married Quarters are reminded that the use of any poison baits is not authorized. Any questions with ref to Pest Control can be directed to the Base P Med Tech at Local 787.

Safe Boating Week 1-7 July 81

Overloading a boat is a dangerous practice that can result in tragedy and loss of life. This is one of many safety messages from the Canada Safety Council to the public on Safe Boating Week from 1-7 July.

There are many types of small boats and specific advice cannot be given for all contingencies. The number of persons that can be carried safely depends on such factors as the type of boat, distribution of passengers and equipment to be carried.

The following notice for the boarding or rowboats is issued by Transport Canada as a rough guide only. It is for posting at holiday resorts, boat hiring stations and camp sites.

Length of Boat	Number of Persons	Max. Weight load
3 m	2	185kg
3.7 m	3	260kg
4 m	4	335kg
5 m	5	440kg

It would be advisable to have one person less in the boat before starting out in rough water conditions. However, common sense should dictate whether the boat should be put out at all in bad weather. This applies particularly to boats less than three metres long, which may be suitable for operation in calm water only.

Westwin Pool Red Cross Swim Classes

Swim lessons will be offered 6 to 24 July and 10 to 28 August 1981, Monday thru Friday inclusive from 0830 hours to 11:45 hours for both class sessions.

Registration for Westwin's pool first swimming session will be taken 25, 26, 29 and 30 June, 1981, 8:00 to 12:00 hours, 1:00 to 4:00 hours at the Recreation Centre, PERI office.

The cost for all lessons is \$12.00 per child.

The Red Cross Society has developed a new Water Safety Programme based on a colour scheme. This new programme offers several new advantages in the learning process of swimming.

Transfer of candidates from old to new programme.

OLD	NEW COLOUR PROGRAMME
Pre-Beginners	(Novice) Yellow
Beginner	Orange
Survival	Maroon
Junior	Maroon
Intermediate	Blue
Senior	Grey
	White

For more information, call Corporal Michaud at local 511.



1st ANNUAL COMMUNITY COUNCIL CHALLENGE CUP

June 27 — 1:00 p.m. at Skating rink on Doncaster

TIME TABLE OF EVENTS

- 1:00 p.m. — Obstacle Course on Wheels
- 1:30 p.m. — Regular Obstacle Course
- 2:00 p.m. — Bicycle Relay
- 2:30 p.m. — Volleyball
- 3:30 p.m. — Bicycle Target Shoot
- 4:00 p.m. — Bucket Brigade
- 4:15 p.m. — Tug of War
- 4:30 p.m. — Pie Throwing
- 5:00 p.m. — Presentation of Cup

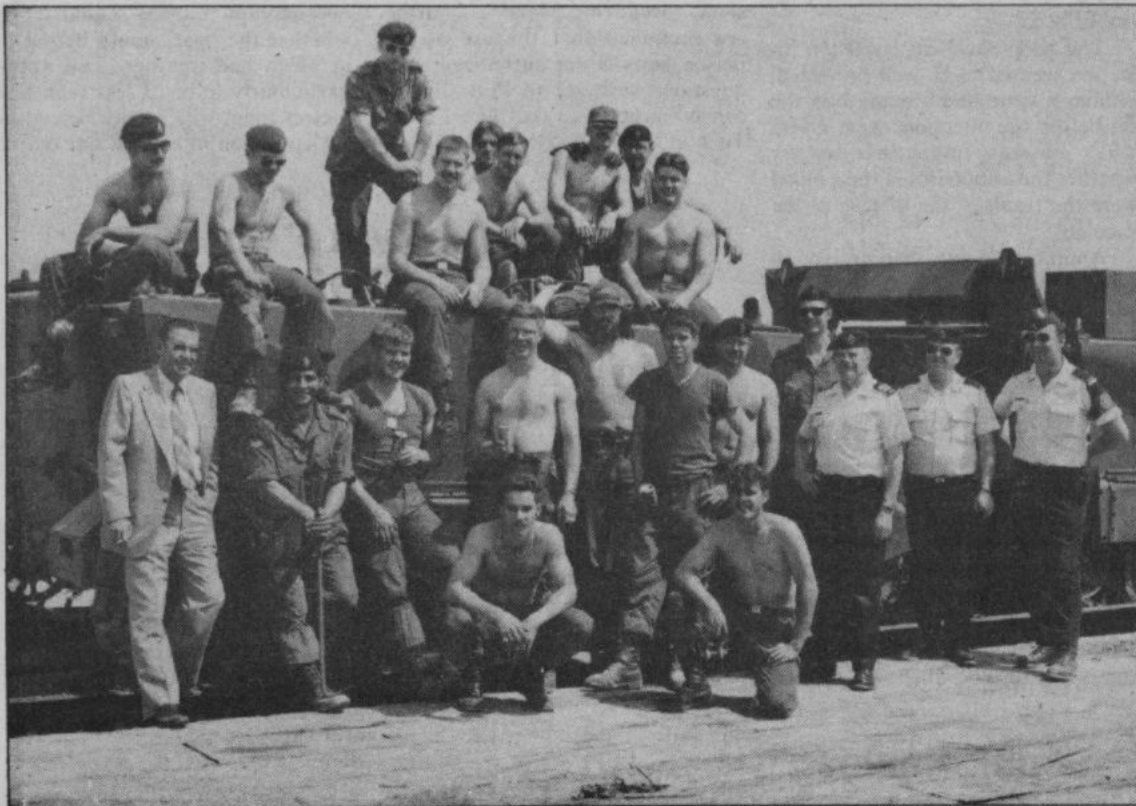
The Chiefs



The Commander-in-Chief of the Canadian Armed Forces, Governor-General Edward Schreyer presents General Ramsey Withers, Chief of the Defence Staff with the Collar of the Principal Commander of the Order of Military Merit. The presentation took place at a ceremony held at Government House on 10th June 81. (Canadian Forces Photo)

RV 81 CFB Winnipeg Prepares

(LT. J.M.Y. Lupien)



The tie-down operation required co-operation from everyone. Here we can see members of a 2PPCLI loading team with people from Base Transport and representatives and workers of the CPR. (CFB Winnipeg Photo)

Most of us, at this point, have heard about this RV 81 and wondered what it was all about. RV 81 stands for Rendez-Vous 1981, and it is the code name for a divisional exercise in Gagetown, N.B. The purpose of RV 81 is to increase our professional competence and bring together the largest group of Canadian soldiers in 17 years. It involves over 11,000 personnel, 5,200 land vehicles and 90 aircraft.

For Base Transport, RV 81 meant the organization of handling, loading and tying down of all equipment and vehicles for the 2nd BTN. PPCLI to do their job in Gagetown. After many weeks of planning, a training program was set up by SGT Nisbet, NCO in charge of CMTT, using the experience of two employees of the Canadian National Railways to teach teams from the 2nd BTN PPCLI the proper way of loading and tying down for rail cars. These classes covered both theory and practice since each team had to load at least one rail car after receiving the required information on the course.

Rail car loading started on the 14th of May. Bearing in mind that everything had to be completed in

two days, a prerequisite set up by Mobile Command to evaluate our response capabilities and to avoid demurrage charges on the rail car, everybody was working at a fast pace.

On the first day, 57 Armoured Personnel Carrier (M 113), 7 Lynx (Reconnaissance Tracked Vehicles), and 114 different wheeled vehicles including 5 ton trucks, 2½ ton trucks, jeeps and trailers of all sizes were loaded. The PPCLI provided the manpower to drive the vehicles on the rail car and to do the physical tie down. That job required a great deal of team work and co-operation from all segments of the military involved who worked closely with the railway representatives.

Actually, everyone performed in such a manner that a second day of loading was not needed. After that, only the final inspections and minor adjustments by the railway companies and CMTT was required.

Up to now RV 81 has given CFB Winnipeg the opportunity to prove it can meet a special peacetime requirement of this size without disrupting other commitments to any large degree.

Navy — Blue Appears Again



WINNIPEG — Traditional navy-blue uniforms again made appearance on the Prairies here June 20-22, when the Canadian Forces' Stadacona Band from Halifax performed at the Red River Exhibition.

In addition to taking part in the Exhibition parade, Sunday, June 21, the 45-member band, directed by Captain Ben Tempelaars, performed a 1½ hour concert in Assiniboine Park, on June 20.

The band also played on the steps of Manitoba's Legislative Building between 11:30 and 12:30, Monday, June 22.

Old-style naval uniforms worn by the two Maritime Command bands — the Stadacona Band and the Canadian Forces Naden Band, Esquimalt, B.C. — were bought recently by the Naval Officers Association of Canada at a cost of more than \$30,000. Canadian Forces regulations permit bands of regiments and formations to appear in historic uniforms on ceremonial occasions.

The Canadian Forces Stadacona Band last visited a western province in 1974, when it appeared as a "featured band" for the Kiwanis International Music Festival in Moose Jaw, Sask.

(Canadian Armed Forces Photo)

CFB PORTAGE LA PRAIRIE, Man. — Two new types of aircraft, used basically in the primary pilot-training role in the Canadian Armed Forces, are replacing similar models no longer considered adequate for the purpose.

The new aircraft are the CT-134A Beech Musketeer, to be used in pilot selection and primary flying training, and the CH-139 Bell Jet Ranger, to be employed as a basic training aircraft for helicopter pilots.

A total of 21 Musketeers have been ordered, at a contract price of \$3.72 million, including modifications and support equipment to be handled by Field Aviation of Canada in Calgary.

The Jet Ranger contract for 14 helicopters, at a total cost of \$8.04 million, also includes an extensive support package.

The Musketeer trainer will replace an earlier version of the model, bought by the Forces in 1971. The Jet Ranger replaces the CH-136 Kiowa helicopter, in the training role at CFB Portage la Prairie since 1972.

All of the new aircraft — Musketeers and Jet Rangers — will be employed in the pilot training role at CFB Portage la Prairie.

Sixteen Kiowa Helicopters are to be turned over to the Air Reserve, eight each to Air Reserve Wings in Toronto and Montreal. Disposal plan for the 25 earlier models of the Mus-

keteer still is under study by the defence department.

Support packages in the contracts for both new types of aircraft include items such as a modification program, major components, spare parts, component overhaul training, field training, a training package and technical publications.

Acceptance of both types of aircraft at the Portage training base took place during a formal ceremony on Wednesday, 27 May with two Jet Ranger helicopters and one new Musketeer on display.

All 14 Jet Rangers will be delivered by the end of July, and all 21 new Musketeers will be in service there by December.

The aircraft acceptance ceremony will be combined with a graduation parade and fly past, at which 15 new helicopter pilots will receive their wings, including four from the Jamaican Defence Force.

Attending will be Canada's senior air force officer, LGEN Kenneth E. Lewis, commander of Air Command; the Jamaican High Commissioner to Canada, L.A. Wilson; the chief of staff of the Jamaican Defence Force, BGEN R.J. Neish; Portage la Prairie Mayor Elmer Greenslade; the associate assistant deputy minister for matériel at National Defence Headquarters, Ottawa, MGEN E.B. Creber; and representatives of both aircraft companies.

New Aircraft For CF.



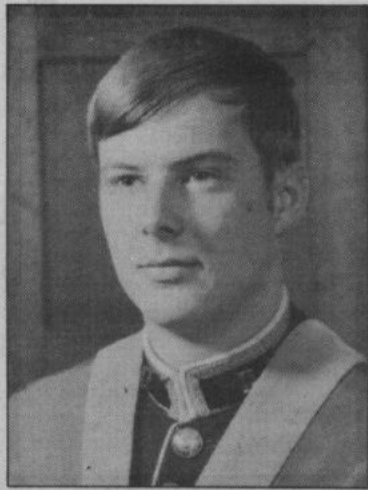
The new CT-134A Beech Musketeer sits in solitude during its acceptance ceremony at Canadian Forces Base Portage la Prairie 27 May.
(Canadian Forces Photo by SGT V. Tunstead)

Commissioned

Officer Cadet Mark D. De Smedt received a Bachelor of Mechanical Engineering degree and a Commission in the Canadian Forces during graduation ceremonies held at the Royal Military College of Canada in Kingston, Ontario, 22 May 1981.

Officer Cadet De Smedt is the son of Mr and Mrs Peter De Smedt, 8 Connor Place, Winnipeg, Man. He graduated from Grande Center High School in 1977 and will serve as a Naval Officer in the Canadian Armed Forces upon graduation from RMC.

The degree was conferred by The Honourable J. Gilles Lamontagne, Minister of National Defence and Chancellor of RMC.

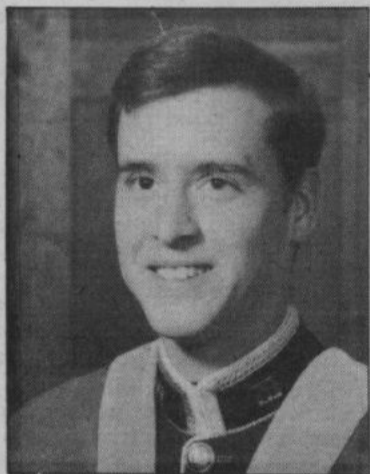


OCDT M. D. DeSmedt

Officer Cadet Donald R. Irvine received a Bachelor of Civil Engineering degree and a Commission in the Canadian Forces during graduation ceremonies held at the Royal Military College of Canada in Kingston, Ontario, 22 May 1981.

Officer Cadet Irvine is the son of Major and Mrs. R.A. Irvine, 15 Lakeland Crescent, Winnipeg, Man. In 1977 he graduated from Silver Heights Collegiate in Winnipeg. Officer Cadet Irvine will serve as a pilot in the Canadian Armed Forces.

The degree was conferred by The Honourable J. Gilles Lamontagne, Minister of National Defence and Chancellor of RMC.



OCDT D. R. Irvine

Be Wise-Immunize!!
against disease now.

BOPS TALKS

(CAPT C. G. Carbert)

Ah Summer! Just the sound of the word brings thoughts of lazy, hazy days and of relaxing in the sun. In the military however, the word brings to mind even a few more pleasant thoughts. Summer is the time to complete one job and move on to another. In short, summer is the time for postings.

The Base Defence Planning Section is feeling summer this way in no small measure with many personnel moving on to new challenges. In fact, over half of the total strength will be changing this year. Both the NCO i/c Nuclear Defence Training, SGT Buck Buchanan and the NCO i/c Base Defence Force Training, SGT Rick Hillyard, will be retiring, thus capping individual careers that go back for both of them to the battlefields of Korea. CPL Milt Hamilton is also moving on the new things by changing his life in two ways. The first will be his marriage to Rose Haviland, who, by the way, is one of the best drivers in Base Transport. This pleasant event is scheduled to take place at the end of June. The other change for Milt will be his re-muster to the Vehicle Technician Trade, and start of his trades training in Borden this fall. Finally, after three years in the job, yours truly is moving on to work with the Militia in London, Ontario. Ah Changes!

Of course there will be replacements coming in to fill the positions of those leaving, but alas, it will never be the same. SGT D. J. Murphy, is coming from 23 Norad Region Headquarters to fill the NCO i/c Nuclear Defence Position and SGT J. Igenic will be moving across

from 2 PPCLI to take over the NCO i/c Base Defence Force Training Position. To fill the vacancy left by CPL Hamilton, MCPL Marty Martin will be returning to the Section after two years in purgatory (Goose Bay). As for the Base Defence Planning Officer's job, the higher ups seem to have forgotten to fill it with a new person. They have decided, instead, to add it to the already heavy tasking assigned to the Base Air Traffic Control Officer, CAPT Bob Nichols. Good Luck, Bob, I hope you've got broad shoulders.

Finally, I would be remiss if I did not mention the most important change in our area this summer. That is the appointment of yet another Base Operations Officer who, by the way, is our Section's big boss. Major Bob McKay, the outgoing, has already retired from the Canadian Forces and assumed his new duties with Transport Canada. The new BOPSO, who is expected to arrive in late July, will be Major T. G. Smith from CFB Chatham. In the mean time, CAPT Bob Nichols has assumed responsibility for this job as well. Of course, Who else.

So, as we look at the end of one phase and the start of another, it is time to reflect. The Air Command Operational Evaluation has just been successfully completed and thus they say we are ready for what ever may come to pass, whether it be Peace or War. The present staff have done their jobs well, and so it is now time to move aside and let the new guys take over the reins of power. And the only thing that those of us leaving can say to new personnel coming in is "GOOD LUCK".

Help George Do It

(CWO G. Harris)

Refrigerator and Freezer

Vacuum the compressor coils frequently to remove dust and lint. Open doors as little as possible and close them as quickly as possible. Check that door seals are in good condition (if a piece of paper can be pulled easily from a closed door, it is allowing heat in and the seal should be replaced). Locate away from any heat source, i.e. radiators, range, direct sunlight, etc. Defrost before ¼" of ice forms, excess ice buildup causes the compressor to work harder and longer.

Dishwasher

Wash full loads only, let dishes accumulate all day if necessary. Use hot water (140°-150°F) and the correct amount of detergent for best results. This prevents the necessity of rewashing dishes. If dishes are not needed immediately, open the door during the drying cycle and let the dishes air dry.

Garbage Disposer

Use only cold water to operate. Hot water melts fats and grease, which may clog the drains, and wastes hot water.

Air Conditioning

Keep air intakes clear of all obstructions. If air conditioning is required, run continuously, rather than on and off. Keep filters clean. Use sun blinds and/or pull drapes, keep doors and windows closed.

Water Heater

Do not adjust thermostat up and down. Ideal settings will be in the 140°-150°F range for an automatic washer and dishwasher, 120°F is acceptable for bathing, check washers on all hot taps. A drip of 60 drops per minute wastes 160 gallons of water a month. The equivalent of approximately 50 KWH an at the national average amount to about \$1.50.

Remember the Base Conservation motto, HELP GEORGE DO IT.

VOXAIR VARIETY

(by John Lauder)

One of the best ways to find live entertainment in the summer months in Winnipeg is to visit Rainbow Stage, the outdoor theatre in Kildonan Park. Fortunately the stage has a roof, just in case of rain, and spraying keeps the mosquitoes at bay. For newcomers to the city, Kildonan Park is located a few kilometers north on Main Street, on the east side of the road.

The opening show this year is that fine old musical, *South Pacific*, which will run for three weeks from June 30th. Full of such memorable tunes as *Some Enchanted Evening*, *Nothing Like a Dame*, *Happy Talk*, *In Love with a Wonderful Guy*, *Bali Hai*, and others, this is one of the big musical hits of all time, and great as family entertainment. The Rainbow Stage gang always do things on the grand scale, with fine costumes, lighting and sets, plus a full sized orchestra in the pit. Parking is ample and free, so find out for yourself what fun is available. Tickets are at the usual outlets.

* * *

The Royal Winnipeg Ballet is working overtime through the summer season, busy staging new ballets, in conjunction with the Contemporary Dancers, and showing that they have new stars in their Professional Division of the School who will be ready to take over as the principal dancers move onward and upward.

In mid-June the RWB School staged what was called a Dance Spectrum Celebration, effectively demonstrating that the farm team has much fine talent, and that both male and female dancers are being trained to fill the shoes of the present

stars. Ostensibly produced as a celebration of the 10th anniversary of the School, the performance was highly entertaining, and the idea of making it an annual show is a good one.

Teachers on the School staff had a chance to best show their students by choreographing numbers at the skill and age level of the young dancers, and this worked well from all points of view. The older kids performed both modern and classical numbers, showing a wide variety of acting and acrobatic skills. The piece de resistance was the final number, with some 37 dancers offering the Ballroom Scene from *Swan Lake*. This was well received by the opening night audience who gave the cast a standing ovation.

As indicated above, the kids have a lot of class, and ballet is going to be alive and well with this group of dancers coming along.

* * *

It may seem to be a bit early to begin on next winter's season of any performing art, but there is one ticket which tends to sell out early — the Opera. If you are a lover of this kind of entertainment, and would enjoy the Manitoba Opera Association offerings of *Tales of Hoffman*, *Rigoletto* and the *Marriage of Figaro*, it is now time to get organized. These shows nearly always sell out completely, so the only way to go is by the season ticket route. Prices run from tops of \$71.50 per seat for the three performances down to \$13.50 for students at the Tuesday night shows. Arrangements can be made at Celebrity Box Office, the Bay, or by calling 775-2484.



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New Post

OTTAWA — Defence Minister Gilles Lamontagne has announced that BGEN David Wightman, 49, of Toronto, will be seconded to the foreign and defence policy secretariat of the Privy Council Office in Ottawa, as of July 10.

BGEN Wightman is presently chief, military factors division, NATO Airborne Early Warning Program Management Agency at Brunssum, the Netherlands. He will be replacing BGEN David Broadbent, who assumes command of 14 Training Group in Winnipeg.

BGEN Wightman enrolled in the Royal Canadian Air Force Primary Reserve in 1951, in Victoria and transferred to the Regular Force the following year. Among the positions he has filled are those of an instructor at 3 Flying Training School, RCAF Station Claresholm, Alta.; of a pilot of long range patrol aircraft with 405 Maritime Patrol Squadron at Greenwood, N.S.; of a test pilot at RCAF Station Summerside, P.E.I. and a project officer at the Central Experimental and Proving Establishment in Ottawa. He was also commander of 422 Strike and Attack Squadron in Baden-Soellingen, Federal Republic of Germany.

He served in various capacities at Canadian Forces Headquarters in Ottawa and as commander of 1 Canadian Air Group Detachment in Baden-Soellingen. He was also commander of the Aerospace Engineering and Testing Establishment at Cold Lake, Alta.

A graduate of Royal Roads Military College in Victoria, the Royal Military College in Kingston and the Canadian Forces Staff College in Toronto, he also has a degree in electrical engineering from McGill University.

BGEN Wightman has held his present position since August, 1979.

Nutrition And Fitness

This is the last 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 Food Services, Lieutenant Colonel Caron E. Larsen, discusses options available to diners for good nutrition in the CF.

Part III — Food Services and Nutrition in the CF

Question — Do you feel that the CF ration scale features foods which are conducive to a nutritious diet?

Answer — Yes! The items scaled are grouped together according to the basic food or commodity group, and in most cases the maximum daily allowance for an item in the commodity group is planned with the end use in mind. Additionally the allowances are planned to encourage the food services supervisor to draw commodities economically insofar as quantity and nutritional adequacy of the end product is concerned. For example allowances of fresh and frozen fruit and vegetables are generous enough to allow for waste in preparation and to encourage the food services staff to include a good mix of these with the highly convenient canned items. Recognizing the need of some people for high energy items and for menu variety, some dessert items are included, but not in excessive amounts that might discourage the preparation and service of the more nutritious fruit or milk desserts or just plain fresh fruit.

Question — With regard to food preparation, in what areas does your food services staff assist in the improvement of nutrition of CF personnel?



One of the two Canadian Forces 45-foot trailers drives through Ottawa enroute to one of its many destinations throughout Canada. This year's theme is People of the Canadian Forces. Equipment displays include exhibits to help give Canadians a better understanding of Canadian Forces people and activities. (Canadian Forces Photo)

Answer — Throughout the training periods of junior tradesman and by on site supervision, management staff have always tried to encourage and enforce the timely and correct preparation of food to maximize the nutritional quality of food served. This is an ongoing process and all responsible staff must continue in their efforts in this regard. Continuing education and an awareness of the part played by the cooking and serving staffs in the improvement of CF eating habits is another important aspect. Serving slightly smaller, yet reasonable servings with an invitation to return for seconds is a practice which should be re-emphasized.

Question — If a person wishes to reduce his energy intake, what guidelines could you offer when he is eating in CF messes?

Answer — Once the person has consulted with a medical officer to ensure that there is no serious problem that would preclude his going on a diet there are several things which he should do. For instance one should know what one's ideal weight should be and the approximate number of servings from the various food groups that are allowed to adjust the intake to meet the caloric demands. Once that has been established then beginning with breakfast the following would be of assistance: choose unsweetened juice or fresh fruit plus a small quantity of cereal with skim milk and no sugar. Two or three times a week an egg or eggs could be included, boiled or poached to avoid the extra calories added in the frying process, whole wheat toast with a very thin coating of butter or margarine; avoid jam or jelly. If peanut butter is desired use a thin layer in place of the butter or margarine.

For the other two meals, avoid cream soups or chowders and choose only a clear broth with vegetables only added. Gravies and sauces should be avoided on meats and vegetables, and vegetables should be taken without butter added. Vegetables with a high starch content should be avoided. Where choices available are not compatible with this pattern, choose raw vegetables from the salad buffet emphasizing the green leafy ones and reducing or eliminating the dressing. Tomatoes too are relatively low in calories. Fried or breaded meats and fish should be passed by for broiled or roasted meats with the fat trimmed

or poultry without the skin and poached or baked fish.

If a sandwich is the choice asked for, the fat is to be trimmed and butter to be eliminated or to be used on one side only. An open face sandwich will reduce the bread intake by one slice. Pickles and relishes are fairly low in calories, dills lower than sweet mixed for example.

There is usually a good selection of desserts; choose fresh fruit or plain desserts over the fancy ones, or eat only the fruit and leave the juice from canned fruit.

Try to keep away from eating snacks in the evening. If necessary choose a piece of fresh fruit, a glass of unsweetened fruit juice or tomato juice. Reduce or eliminate the intake of alcoholic or carbonated beverages. A glass of mineral water or soda water with lemon helps to satisfy the urge for a social drink.

Overall the quantity is what counts. Energy in must equal or be less than expended energy or the excess will appear as fat.

Last Argus Report

OTTAWA (CFP) — The Canadian Argus, the long range patrol aircraft (LRPA) of the RCAF and Canadian Forces since 1957, flew her last northern surveillance patrol (NORPAT) at the end of May.

Since beginning NORPAT duties in 1967, the Argus has logged in excess of 15,000 NORPAT flying hours. In addition to performing assigned military tasks, it has supported other government departments by conducting ice reconnaissance flights, wildlife surveys, pollution control and by monitoring mining activities.

The Argus is scheduled for retirement next month with its last flight planned for July 24.

At the end of the summer the last of a total number of 18 Auroras, the Argus' replacement, will have been delivered to the Forces from the Lockheed aircraft plant in California. There will be 14 Auroras stationed at CFB Greenwood and four at CFB Comox.

Military Photo Contest

A Military Photo Contest open to amateur and professional military personnel and civilians alike, has been introduced by the Western Fair Photo Contest, held in London, Ontario early in September of each year.

Two Categories have been added to an already outstanding list. The first is a print competition, either black and white or color, any size, mounted on a 16 X 20 board. The second is color slides. Subject matter must be of some aspect readily recognizable pertaining to the Armed Forces. If enough entries in the print classification are forthcoming, the black and white will be separated from the color, and each section will be judged separately, and prizes awarded in both.

A special trophy has been put together by the Canadian Forces Recruiting Centre, London, which is on permanent display there, along with the prize winning picture. The overall winner's name will be suitably engraved each year and a smaller trophy sent to him/her.

The Western Fair will award three top prizes of \$20 in each section.

The other open categories which also may be entered by anyone are for both black and white and color sections in Pictorial, Human Interest, Portrait, Architectural Study, Spot News, Abstract, and Nature Study.

A special achievement trophy is presented for the Best All Round Photographer based on a point system. First, second and third prize winners get 5 points, Awards of Merit get 3 points, Accepted prints get 1 point, and Special awards get 5 points. To be eligible for the special achievement trophy an exhibitor must have entries in at least four sections.

Deadline for entry 7 August 1981.

Anyone interested should write for an entry form and instructions to the Western Fair Photo Contest, P.O. Box 4550, Station "C", London, Ontario, N5W 5K3.

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BCWO's Corner



In the past weeks I've been harping on Leadership-Supervisors and what I feel a true leader must do. From time to time this Base like all other Bases has been sending young men and women to Canadian Forces Junior Leader schools across Canada. Note the results of our two young people in the accompanying photos. A/MCPL Caron J.N. TFC (933), received the CFB Penhold BCOMD's Drill Competition shield. CPL(W) MacDonald B.L. Adm Clerk (831), received the top student award for Red Flight. This is an achievement that these two Service persons should be very proud of. I can say that this Base and indeed this office share this pride. Congratulations and may this lead to a future filled with dedication and compassion for our fellow man. May the lesson "To Lead" be embedded in their minds as they continue to set the example and Make it Happen. (CWO A. Poltaruk)

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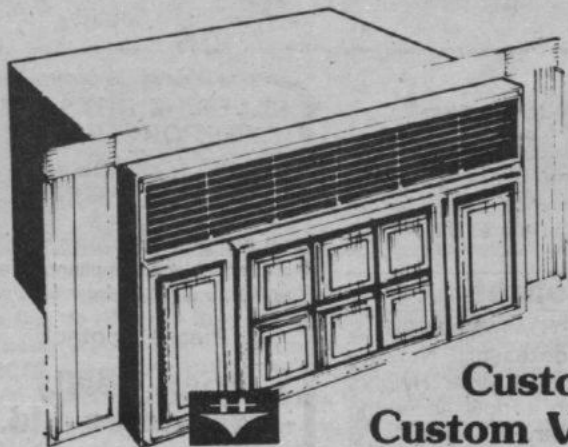
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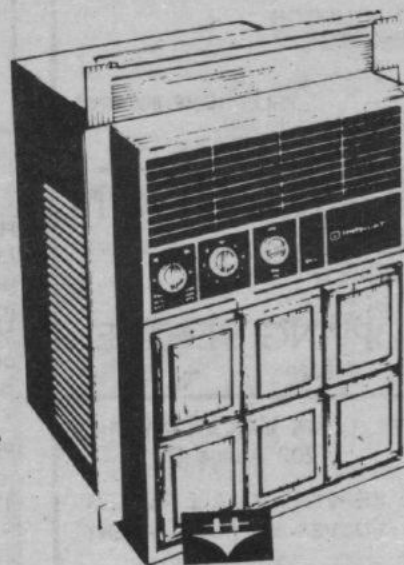
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