



VOXAIR

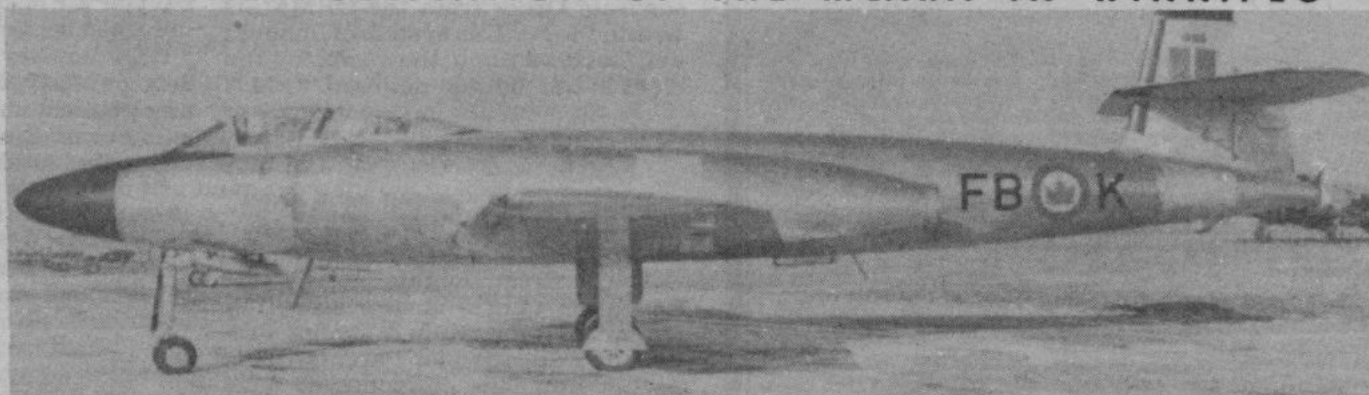


THE VOICE
of the AIR FORCE
in Winnipeg

DECEMBER 22, 1952

Price 10 cents

OFFICIAL PUBLICATION OF THE R.C.A.F. IN WINNIPEG



CF-100 VISITS WINNIPEG

An RCAF CF-100, on the strength of Central Experimental and Proving Establishment, Rockcliffe, flown by F/L Doug Biden, of Moncton, arrived at RCAF Station Winnipeg Sunday, December 7th.

The 1,100 mile flight was made in two hours and forty nine minutes.

Accompanying F/L Biden as observer was Cpl. D. L. Barkley, of Spencerville, Ont., who is also attached to the staff of CE&PE.

This was the first time that one of the new fighters has been seen in Western Canada.

The CF-100 remained in Winnipeg until Tuesday, December 9th, and was then flown to the RCAF Climatic Detachment at Namao, near Edmonton. The distance of 750 miles was made in 94 minutes, averaging 500 miles per hour.

The CF-100, one of the long-range, anti-weather jet fighters being built for the RCAF by A. V. Roe, Canada, will be given routine cold weather

tests at Namao throughout the winter. All new types of aircraft going into service with the RCAF are put through these cold weather tests at Namao as part of the routine testing program by CE & PE.

F/L Biden, flying the first jet mili-



The Pilot of CF-100
F/L Doug. Biden

tary aircraft to be designed and built in this country, encountered an outside temperature of 56 degrees (Centigrade) below zero.

On this trip, the CF-100 did not carry wing drop tanks which boost the aircraft's range up to 2,000 miles.

Normally the plane is intended to carry a pilot and radio operator or radio navigator.

Cpl. Barkley came along to refuel and service the plane because, "No one here really knows the aircraft yet," said F/L Biden.

Coming west the plane bucked head winds up to 150 knots. Solid overcast for two thirds of the distance between Ottawa and Winnipeg made it a mystery flight for the crew of two.

"Coming in from Kenora to Winnipeg was the only time we could see the ground," said the pilot.

Following delivery of the plane to Namao, F/L Biden and Cpl. Barkley returned to Rockcliffe.

THE CLUNK MAKES LAST VISIT 29 YEARS LATER

Capping 31 years of service with the RFAC and Canadian forces the venerable CF100 made a last operational appearance at CFB Winnipeg in December 1981. Two Canucks, "Clunks" as they are affectionately known took part in exercise Amalgam Chief 82-2, marking the last time CF100's took

part in a NORAD exercise.

From the first flight of the CF100 in 1950, the "Clunk" has performed exceptionally well at home and abroad. In true Canadian Forces tradition it fulfilled many diversified tasks, including all weather fighter interceptor, reconnaissance, test, tar-

get towing and electronic warfare exercise and training.

Aircrews and Groundcrews alike have their favourite "Clunk" stories from the use of long handled scrapers to keep the ice from the inside of the windscreen to securing rivets with chewing gum and tar from the ramp. With the passing of the "Clunk", the

stories can only get better.

Shown below are the crew of the CF100 No. 504, the last to visit Winnipeg and some of CFB Winnipeg BAMEO personnel all of whom go "way back". With the old CF100 (The caption under the latter photo lists their first affiliation with the "Clunk").



MAJ Peter Growen

CAPT Mike Campbell



Winnipeg BAMEO Personnel.

ON LADDER - WO Marcel Vaillancourt 423 Sqn 2(F) Wing
LEFT TO RIGHT: MCPL T. Badour - 413 Sqn Bagotville; MCPL Wright - 445 Sqn 1(F) Wing; SGT King - 6RD Trenton; CPL Shultz - RCAF Stn Cold Lake; MCPL Sokoluk - 445 Sqn 1(F) Wing; SGT Corbin - 6RD Trenton; MCPL Burk - EWU Ottawa



VOXAIR is the unofficial Service newspaper and is published under the authority of the Base Commander, COL B.L. Smith CD.

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RESERVES RECRUITING

WINNIPEG — The eight Canadian Forces Reserve Units comprising Manitoba Militia District have launched a three month recruiting drive aimed at attracting between 200 and 250 new Militia men and women between now and the end of March, it was announced this week.

To mark the occasion, Colonel J.A. Hubbard, Commander of Manitoba Militia District, invited representatives of the news media to participate in a media tour of Minto Armoury, the district's largest armoury and home base of half a dozen Militia units.

The tour was scheduled for 8 p.m. Thursday, Jan. 14, 1982, starting with an opportunity for media representatives to interview COL Hubbard in the Officers' Mess of Minto Armoury, 969 St. Matthews Ave.

After interviews and refreshments, reporters had the opportunity to observe militia units during their regular training activities in various parts of the armoury.

The eight Manitoba District Militia units — The Fort Garry Horse, the Royal Winnipeg Rifles, the Queen's Own Cameron Highlanders of Canada, 26 Field Regiment of Brandon and 13 Field Battery of Portage la Prairie, 17 Service Battalion, 17 Medical Company, 21 Field Squadron of Flin Flon and 116 Independent Field Battery of Kenora — now comprise about 600 officers and other ranks. The current recruiting drive is aimed at enrolling between 200 and 250 additional personnel.

NORAD PROMOTION

OTTAWA — Defence Minister Gilles Lamontagne has announced the promotion of Major-General Kenneth J. Thorneycroft, 53, CMM, CD, of Swift Current, Sask., to Lieutenant-General effective 17 December.

LGEN Thorneycroft is deputy commander of the North American Aerospace Defence Command (NORAD) at Colorado Springs, Colo., USA.

LGEN Thorneycroft began his military career in 1946 as a Royal Canadian Air Force radio technician. After completing pilot training he received his commission in 1948. Since then, LGEN Thorneycroft has held a variety of senior appointments including commander Canadian Forces Base Chatham, N.B., commander 10 Tactical Air Group, commander Northern Region and deputy commander Canadian Air Command. He was named NORAD's deputy commander in June 1980.

NORAD was established more than 20 years ago as a joint Canada-US defence command. Its mission is three-fold; to ensure the air-defence of North America; to provide warning of missile attack; and, most recently, space defence.

LETTER TO THE EDITOR

Dear Sir:

The December 16 issue of VOXAIR (pp. 6,7) contained an article with photographic coverage of the recent investiture in the Order of Military Merit (ORMM). The item was well done and, I am sure, appreciated by all who attended the investiture.

Unfortunately the article was marred by the deletion of the word "Military" from the heading, which of course should have read "Order of Military Merit Presentations" instead of "Order of Merit Presentation".

The Order of Merit is a completely separate Order from the ORMM, is within the civilian system of honours and bestows upon the recipient the right to use the post-nominal "O.M."

N.R. Bryan
Captain

MEDIA RELEASE

1. The River Heights Family Life Education Centre is now accepting registration for "Kids & Drugs: Prevention Education for Parents". This 7-week program, co-sponsored with the Alcoholism Foundation of Manitoba, will include topics dealing with current drug use, responsible attitudes and behavior and communication with your children. The dates are Wednesday, January 20 to March 3, 1982, from 7:30-9:00 p.m.

2. A Mothers' Support Group for mothers of special needs young children aged infancy to 3½ years old will be meeting Wednesday, January 27, 1982, 1:30 p.m., at 222 Niagara Street. The intention of the group is to find outlets for friendship, child care, acceptance, and learning from each other.

For more information on both these programs please call the River Heights Family Life Education Centre at 452-1742.



The 5 Point Club meets for Lunch — 1st Wednesday of each month at east end of Bldg #61. Next Lunch — Feb 3/82 — 12:00 Hrs. sharp.

Further Information Contact
Geo Burton — 697
Wes Coombe — 225
Doug Johnston — 225



It was bound to happen. Voxair has run out of Vixen photographs. Taking the cue from Voxair of the 1970's we are interested in publishing photos of local ladies. (OK girls - we will include male models too). If you are interested in appearing as VOXAIR VIXEN or VOXAIR VIC write a note to the Assistant Editor, Voxair, Bldg. 10, CFB Winnipeg or Phone 832-1311 local 689.

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BCWO'S CORNER LEADERSHIP

The comments on the past issues of Leadership have been coming into this office in dribs and drabs. One that I lately received from an Airman (WO D. Taylor) seems to say it all.

"Your world is about to collapse, from overwork, frustrating situations, all is going wrong and nothing seems to help. One could always look up and see the Senior NCO standing straight and tall, no panic in his face, a picture of complete confidence.

You would then relax, knowing this pillar of authority would work everything out and lay all your troubles to rest.

But alas where has this mightier than human disappeared to? Dissolved in apathy perhaps, or is it unknowing rather than unconcern that has brought this once immortal being to his knees.

Rise up, rise up, you who would lead to once again put the world in focus for the wavering recruit, pursue the mantle of authority that you once bore so Royally, lest the beginner shed his suit of green, giving up in his futile search for the leadership so demanded.

"MAKE IT HAPPEN"

As I have tried to explain to you in the past, the NCO should be a dedicated professional and is necessary and a permanent part of all elements of the Canadian Forces.

As an NCO you are part of a special group.

As an NCO you are a leader and have been chosen to lead.

As an NCO you must lead by example and build teamwork.

As an NCO you must have knowledge about your subordinates, yourself and your job.

But above all, you as an NCO must at all times be honest — tell it like it is — not what you think someone would like to hear. Be objective, straightforward and present the facts.

Remember you may be able to fool those you work for. But you'll never be able to fool your subordinates. An attempt to fool them is a gamble and is seldom worth the risks involved.

As I have stated, you have been chosen to be an NCO. Training, practice and experience builds good leaders.

Be proud you were chosen.

Be the best and make it happen.

REDUCTION IN CAR INSURANCE

(By LT J. M. Y. Lupien)

Canadian Armed Forces members will be happy to learn that the Insurers Advisory Organization of Canada has recommended to its member companies that trained driver status be awarded to military personnel having successfully completed MSE TQ 3*Training or the Basic Driver eTraining Course (Non-trade) at CFSAL. This status usually entitles customers to reduction in vehicle insurance.

Presentation of adequate proof of eligibility in the form of a Certificate of Achievement will be required. Letters of certification may be produced from UER documents for Service

members who lost or misplaced previously issued certificates. Such letters should indicate that members have 30 hours of theoretical instruction, 14 hours simulators (if applicable) and 20 hours in vehicle instructions and practical driving on military and commercial types of vehicles for up to 3 ton cargo capacity.

Unfortunately, members of the CAF actually posted in Manitoba will not be able to obtain this reduction since Autopac, at present, does not give insurance reductions under this program. However, members should inquire about details from their local insurer if and when they are posted out of Manitoba.



SO YOU STILL WANT A POSTING TO COMOX!

Sure it's cold in Winnipeg, it's part of The Great White North, eh! It is January after all and somebody has to serve here. Pity the poor military personnel at CFB Comox, just look at the photograph. Wooden sidewalks and hip-high grass! SGT Keith Jones of 401 CFTSD swears that Comox looked just like that when he left and he should know, it's his photo. CE Section there must be a victim of fiscal restraint, either that or somebody stole the goat.

VOXAIR

PUBLISHING DATES 1982

CLOSING DATE	PUBLISHING DATE
12 Jan 82	20 Jan 82
02 Feb 82	10 Feb 82
16 Feb 82	24 Feb 82
02 Mar 82	10 Mar 82
16 Mar 82	24 Mar 82

BALDWINSON AGENCIES

Rec Centre (Whyteford Rd)

Fire Insurance
Autopac

889-2204

THERE'S NO LIFE LIKE IT

(by Terry Lawrence)

No 6 THE SUPPLY TECH.

I am a happy Supply Tech;
Sure, I can hear you mock,
But you'd better show me some respect
Or I'll close to check the stock.
We try our best, we really do,
But you have to realize
Our unofficial Motto is
"We haven't got your size."





December 1981 Promotions

SIN NO	RANK	NAME	INIT	DATE	SECTION
To Captain					
455 022 020	CAPT	SAWYER	S. M.	29 NOV 81	2 PPCLI
106 740 434	CAPT	OKE	H. D.	18 DEC 81	CFANS
To 2 LT					
247 120 652	2 LT	LAROCHE	J. A.	14 JUNE 81	CFANS
718 827 785	2 LT	SHARPE	A. D.	14 JUNE 81	CFANS
631 083 300	2 LT	RIDDELL	R. R.	12 JUNE 81	CFANS
432 438 455	2 LT	SNUDDEN	R. H.	14 JUNE 81	CFANS
To CWO					
707 460 234	CWO	OUELLETTE	J. Y.	22 DEC 81	AIRCOMD
431 061 340	CWO	ARTHUR	J. R.	01 DEC 81	73 COM GRP
To MWO					
106 105 661	MWO	MURRAY	H. R.	22 DEC 81	AIRCOM
422 158 691	MWO	FLETCHER	J. R.	30 NOV 81	73 COM GRP
To WO/AL					
106 772 924	WO/AL	ANDREWS	J. E.	24 NOV 81	AIRCOM MCSU
219 800 356	WO/AL	MICHALCHAN	M. W.	18 NOV 81	BCEO
708 082 698	WO/AL	ANDERSON	B. E.	02 DEC 81	2 PPCLI
To SGT					
431 560 515	SGT	IVY	R. G.	18 NOV 81	BTNO
612 183 343	SGT	ROWE	J. R.	18 NOV 81	BTNO
435 216 346	SGT	FISHER	D. J.	18 DEC 81	BOPSO
610 399 859	SGT	GELINEAU	G. W.	26 NOV 81	BMET
To Master Corporal					
113 559 504	MCPL	CUMMINGS	R. B.	13 NOV 81	2 PPCLI
To Master Corporal/AP					
469 662 423	MCPL/AP	GRAVELINE	D. J.	10 DEC 81	2 PPCLI
111 887 246	MCPL/AP	HAMILTON	R. J.	10 DEC 81	2 PPCLI
468 717 152	MCPL/AP	CROSLY	C. W.	10 DEC 81	2 PPCLI
457 502 193	MCPL/AP	CLANCY	M. D.	10 DEC 81	2 PPCLI
471 040 075	MCPL/AP	CALDWELL	T. K.	15 DEC 81	2 PPCLI
243 733 904	MCPL/AP	GRAVES	R. C.	17 DEC 81	2 PPCLI
465 669 299	MCPL/AP	UKLEJA	W. J.	17 DEC 81	2 PPCLI
To Corporal					
240 744 300	CPL	LANGLOIS	J. L.	23 MAY 81	BCEO
462 858 366	CPL	CLOGG	D. J.	03 DEC 81	BTNO
626 990 782	CPL	HOWELLS	R. S.	25 NOV 81	2 PPCLI
114 547 995	CPL	JORDAN	D. J.	23 SEP 81	BTNO
116 579 947	CPL	WHITE	M. T.	12 NOV 81	BSURG
To Corporal/AL					
117 486 761	CPL/AL	MACLEAN	J. W.	09 SEP 81	BAMEO

UNDE LOCALLY YOURS

NEW YEAR WISHES: The President and Executive wish for all members and management a year of peace and good will. 62 members vote in new executive.

The annual meeting of local 705 was held November 23, 1981 in the Hercules Lounge. 62 members came out to elect their new executive for 1982. The positions of chief shop steward and deputy chief steward were hotly contested by a number of members. When votes all had been cast and ballots counted, the following members were sworn in by Regional Vice President, Don Godfrey.

President Minnie Chaikoski: res. ph. 832-1639, bus. 458
 1st Vice President Doug Johnston: res. ph. 832-3809, bus. 225
 2nd Vice President Walt Gidyk: res. ph. 253-0005, bus. 667
 Treasurer Ev. Ogren: res. ph. 832-0717, bus. 889-1441
 Recording Secretary Annemarie Gillick: res. ph. 888-9508, bus. 405
 Corresponding Secretary Jackie Robinson: res. ph. 889-6289, bus. 252
 Chief Shop Steward Meinard Dielschneider: res. ph. 832-0663, bus. 477
 Deputy Shop Steward Al Chilton: res. ph. 888-1850, bus. 775-4229
 Good & Welfare Bill Bradwell: res. ph. 257-7940, bus. 477
 Sargeant at Arms Jack Campbell: res. ph. 475-9869, bus. 937-1996
 Education Officer Donna Campbell: res. ph. 944-7125, bus. 775-5492

Members wishing to obtain information with regards to their rights or problems encountered at the work place, should first direct their questions to their shop steward, then, if satisfactory answers are not provided, any member of the executive can be contacted at the above phone numbers.

Good and Welfare Chairman, Bill Bradwell is responsible for cards to sick members, however, there is no way that Bill can find out who is sick unless members take it upon themselves to advise him when their fellow workers are sick.

General meetings for 1982 are scheduled for January 19, March 23, June 22, September 21, November 30 at 7:30 in the Hercules Lounge. Signs, listing agenda items, will be posted on most notice boards throughout the base.

There are presently between 80 and 90 weekly PSAC newsletters being distributed to various locations throughout the base. If there are none on your notice board, and you are willing to be responsible for putting them up, phone Doug Johnston at 225 and request your name be added to the distribution list.

Members entitled to 3 weeks unemployment benefits.

If you are reaching age 65 in the near future, or are aware of any recently retired 65 year old member, there is an entitlement of 3 weeks unemployment benefit for workers who have reached that age, and have been employed for at least 20 weeks out of the past 52. This benefit is not paid automatic; it must be applied for and is obtainable regardless of the fact that you may continue working after age 65. Application forms are available from the Canada Employment Centre.

YOU CAN PREVENT PLUMBING FREEZE-UPS

There are several steps you can take to prevent winter freeze-ups of your home plumbing system. These are neither complicated nor expensive, but can save you considerable money in preventing broken pipes and water damage.

There are three kinds of plumbing freeze-ups:

1. Sudden, brief and extreme cold snaps that affect one localized area in the house.
2. Full-season exposure of a few pipes to sub-freezing conditions.
3. Total house freeze-up while unoccupied.

Basic protective materials to help guard against freeze-ups include: caulking for small air leaks, insulation for pipes and exposed water

tanks, heat cables or tape and antifreeze (for toilets and traps when house is unoccupied for long periods of time).

Feel with your hands for cold air entering anywhere a pipe comes near an outside wall. Wherever you feel cold air you will need to plug with caulking.

If you intend to leave your home unoccupied for long periods of time, you may want to consider completely draining your plumbing system. Be sure to get proper information on how to do this correctly.

If you have questions, send them to YES YOU CAN c/o Canadian Do-It-Yourself Magazine, 2000 Ellesmere Rd., Unit 3, Scarborough, Ont. M1H 2W4.

CATHOLIC WOMEN'S LEAGUE REPORT

The C.W.L. Council would like to thank all those who were so very generous in support of our rock-a-thon held in November. Beyond all expectations, our fifteen "Rocking Ladies" have raised \$1,172.00 with a few more pledges yet to be collected. This money will be presented to the society for crippled children and adults at our January meeting to be held at the chapel annex. Also, we wish to thank the cooks who provided the brunch and the ladies who provided goodies during the day.

Our special night in December was the pot-luck supper held in the hercules lounge with the protestant ladies guild and chaplains (R.C. and Prot) as our guests. Lovely poinsetta name tags were provided by the guild. After a delicious buffet meal, gifts were exchanged in a rollicking rendition of "What You Choose Is Not Necessarily What To Keep". Gifts were exchanged many times before being opened.

Six of our members assisted with the Red Cross Blood Donor Clinic on 14 January.

Bazaar workshops are being held on Tuesdays. If you have craft supplies or ideas to share, please call Barbara Whalen. We hope to have a guest speaker at our February meeting so keep Feb 8th free for the CWL meeting. A Valentine's tea for the residents of Oakview Place Personal Care Home is planned for Feb 10th. All members will be contacted and any help you can give in the areas of food preparation or serving at the tea will be appreciated.

A day of recollection at St. Charles Sisters' residence is planned for early March. A similar day was held last year and was enjoyed by all who attended. When the details are finalized, all members will be notified.

Until next time, remember to save your postage stamps for the White Fathers and deposit them in the box at the rear of the chapel.
See you at the meeting!

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

**MAJ B.D. Brennan
B. Padmo**

NAME TELEPHONE

PRIDE OF CFB TORONTO CHAPEL

TORONTO, Ont. — For Protestant Chaplain Fred W. Love, the new stained glass window at CFB Toronto's Chapel is a source of pride after a year's work.

"It really expresses the wide range of backgrounds and professions of the people who work at CFB Toronto", he said. "I don't think there's another like it".

Planning for the window began rather abruptly when Padre Love discovered the windows in the rear of the small chapel were rotting and would have to be replaced in the near future.

The chapel, once a cafeteria in the deHavilland Aircraft complex, hardly resembled a place of worship. In fact, when Padre Love first arrived at CFB Toronto, he drove past the chapel three times before discovering it. He was sure that a stained glass window would help rectify the problem.

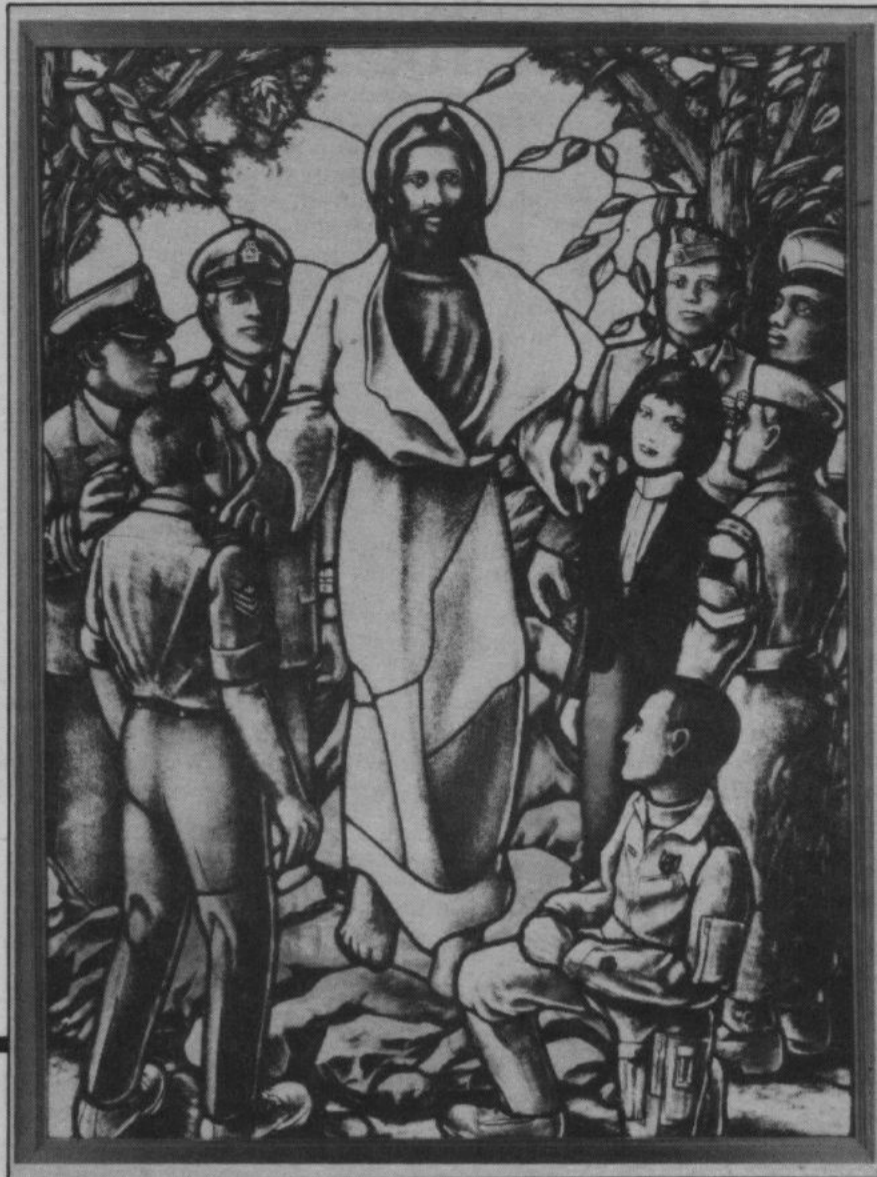
A search began almost immediately for a 'used' stained glass window from recently closed bases or stations. Unfortunately, that search was fruitless. The only window the Padre could locate had no apparent military theme and was held at a civilian church in Winnipeg. Cost, coupled with the absence of a military subject, discouraged Padre Love from going further.

Instead, he and his Protestant congregation decided to commission the construction of an original window for the chapel. The Roman Catholic congregation, which shares the chapel with the Protestants, was also in favour and became active in the window's design and fund raising.

The congregation decided on military members, old and new, surrounding a Christ figure. Looking at it now, Padre Love smiles broadly. "It meets the theme of the chapel and its tri-service nature, past and present, male and female, black and white".

The four foot by three foot, full coloured window was first seen installed by personnel who attended Remembrance Day services. It was a fitting debut for a window — which like Remembrance Day — looks backward and forward on the lives of military members.

(Canadian Forces Photo)



LES RER NE SE VALENT PAS TOUS!! JETEZ UN COUP D'OEIL AU REER MILITAIRE

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Pour obtenir de plus amples informations sur le REERM ou sur la façon d'en faire partie, contactez votre conseiller RARM/REERM.

**MAJ B.D. Brennan
B. Padmo**

NOM

TÉLÉPHONE



GOOD NEWS!

SISIP DISABILITY INSURANCE IS NOW AVAILABLE SEPARATE FROM SISIP LIFE INSURANCE REGARDLESS OF MARITAL STATUS

MORE GOOD NEWS!

DURING THE OPEN ENROLMENT PERIOD 1 JANUARY 1982 THROUGH 30 JUNE 1982 YOU MAY APPLY FOR DISABILITY INSURANCE REGARDLESS OF YOUR MEDICAL CONDITION*

SEE YOUR SISIP/SRRSP ADVISER FOR DETAILS

**MAJ B.D. Brennan
B. Padmo**

*NOTE: not available to personnel in hospital, on sick leave, or on terminal leave.

PRESENTATIONS AT BASE FOODS



Mrs. Lydia Iluk of Base Foods 2 PPCLI Junior Ranks' Mess staff is shown proudly receiving her plaque in recognition of 25 years of service in the the Public Service of Canada. Presenting the award is Major G. E. Holland, Base Pers. Services Officer.



Congratulations to Mr. Steve Armstrong of Base Foods Junior Ranks' Mess staff who was recently presented with a plaque in recognition of 25 years service in the Public Service of Canada. Shown presenting the award to Mr. Armstrong is MAJ G. E. Holland, BPSVCSO.



MCPL Brenda Buckman of the Base Foods staff is presented with her MCPL stripes by MAJ G. E. Holland BPSVCSO. Proudly looking on is MWO Al Desjarlais, Acting BFOODSO and members of his staff.

429 SQN

BISON BREW



"The Dog Crew"
L to R SGT Pat Smith, LT Gord Hodson, MAJ Paunch Glen, CAPT Ken Pfander, MCPL Carter Galick, MCPL Bill McMullen.

The four hundred and twenty ninth transport squadron has done it again. We commemorated the 100th anniversary of the inception of mail service from Churchill to Norway House in Manitoba by flying the dog teams into Norway House in style on a 429 Hercules. CAPT Pfander and his crew airlifted 28 huskies plus their four sleds up to the northland for this auspicious occasion; however the 28 passengers did complain that the toilet facilities did not meet their needs.

In other news, our Christmas festivities went well, with a squadron day during which we entertained the BAMEO staff and ourselves. At the

end of November (seems so long and warm ago) we had a lovely dinner and dance.

The Squadron would like to take this opportunity to welcome our newest member and his family to Winnipeg. MCPL McMullen, his wife Debbie and their two sons have just arrived out here from Trenton. Bill McMullen brings a wealth of experience to bolster our Loadmaster section.

We shall be participating in some major exercises in the new future so stay tuned for more news — Alloy Express in coming. As for now, have a good New Year.

MINISTER SPENDS BIG BUCKS

OTTAWA — Defence Minister Gilles Lamontagne and Transport Canada Minister Jean-Luc Pépin have announced today that Treasury Board approval in principle has been received by the Department of National Defence for a multi-million dollar upgrading of the Canadian Forces' Land Engineering Test Establishment (LETE) facility in Orleans near Ottawa.

Total cost of the project is estimated at close to \$25 million.

A decision on the original DND submission to Treasury Board in December of 1980 was delayed pending a joint DND-Department of Regional Economic Expansion investigation into the benefits and costs of reloca-

tion of LETE to an economically depressed region. The investigation revealed that renovation and construction at the existing site would be most cost-effective.

Authority has also been given to proceed with the design and development of firm cost estimates for the project.

The upgrading would include the demolition of a number of buildings, the renovation of others, and construction of a new consolidated building and a new weapons test range. With the exception of renovations to one LETE building at the National Research Council on Montread Rd., all work will be carried out at the Orleans Proving Grounds.

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Under water Hockey?!! What a great way to get back in shape after a food stuffing holiday. Starting 5 Jan 82 and every Tuesday thereafter. The Goldeyes will be practicing for an upcoming tournament. Join the fun and get fit. 20:00 to 21:00 at the Westwin Pool.

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Tell me. CAPT Dick Hanson BXO - 832-0787

AEROSPACE REPORTS

Well that certainly was a quick holiday season. Seems it was just yesterday when we were wishing each other the season's best. Many travelled far and some stayed home for a break. Either way, a change was as good as a rest.

We can be thankful that Christmas was white but, someone should tell the weatherman that there is no need to overdo the cold. Those of us who like converting Celsius to Fahrenheit (how does it go again? double it, less 10%, add 32 . . .) found out that -35 is cold in any man's scale. It seems no one is being spared this winter either. The United States, England, and Europe are all getting a taste of the worst winter in years.

In this cold weather one must remember to plug in the car to get it going in the morning. Most Winnipeggers are used to the routine, but a British exchange officer may find this colonial custom difficult to get used to. It's not the plugging in of the car at night that's hard to remember; it's the unplugging of the beast in the morning that is. Attempting to drive a car to work that is still attached to the house could have serious consequences; the least of which is a "grilling" by fellow workers. The cold weather has also proven to be a nemesis for our other exchange officer.

He has even threatened to record one of our weather forecasts and replay it someday when he's back in the sunny South. I don't think he'll get much sympathy.

To conserve energy, perhaps, the temperature of the school was kept very low over the holidays. Merle Preuss was seen in the computer room wearing his parka and wishing Santa had brought him Intellivision.

When classes started again at the beginning of the month, the school wasn't much warmer. One morning it was only 58° F in the classroom. No need to worry, however, the temperature was almost normal by noon thanks to an abundant supply of hot air from the instructors.

Brian Handley has been getting a fair bit of exposure in the Winnipeg Free Press lately. He seems to be taking it all in stride, but insists that the "shoe" is on the wrong foot. He also insists he's still leaving us in July. Lots of luck Brian. Sometimes you should never answer the phone.

Traditionally this is a very difficult time of year. Depression has been known to set in following the Christmas/New Year's high. To keep up the spirit level and to help prevent frost bite or pregnancies, a wine and cheese party is scheduled for Saturday. Noel Funge has generously offered the use of his abode and Rich Cameron is looking after the wine and cheese. The party will provide a chance for everyone to meet and welcome aboard Terry and Linda Dav.

Lloyd and Linda are pleased to announce the arrival of a daughter, Holly Lovatt, 7 lbs. 13 oz. on January 15. Mother and daughter doing fine. Congratulations and best wishes from the Aerospace Squadron.

AEROSPACE PRESENTATIONS



Major N. T. Funge receives his seventh aerobics seal from General R. Pattee, Commander 14 Trg Gp.



Major S. E. Morthole receives the USAF Meritorious Service Medal from General R. Pattee, Commander 14 Trg. Gp.

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VOXAIR SPORTS & RECREATION NEWS

CFB WINNIPEG CURLING CLUB

With the holiday season behind us, playdowns and bonspiels are in full swing. There is still open ice time, and we are organizing leagues for Monday and Thursday evenings. Ladies', men's, or any combination of male/female teams will be accepted. If you are interested in either one, or both of these evenings, please call CAPT Harry Steingard immediately, at 885-2837 or 885-2962. We will try to accommodate you.

The club playdowns were run off in December, with these teams coming up as winners: Mixed — Barry Coleman, Gwen Finch, Peter Humble, Donna Coleman

Senior Men — Joe Price, Gord Pollock, Cec Goulding, Morley McArter
Men's — 1st Spot Barry Coleman, Winston Warren, Peter Humble, and Ken Robertson.

2nd Spot — Terry Patton, Gord Lins, Wes Walker, and Mel Marsh.

Half Spot — Dave Lloyd, Don Meakin, Norm Either, and Ken Meakin.

The ladies of the club have also been very busy. They hosted the Interstation Bonspiel, a day of fun and curling, with participating curlers from Gypsumville, Shilo, and Por-

tage. Following this, the Manitoba Senior Ladies' Bonspiel was held at CFB. The first event was taken by Pat Brunson and team, while the second event went to our own club team of Mary Ling, Marj Hamilton, Gert Gray, and Irene Feasy. By capturing these trophies, they both won trips to the Provincial Playdowns in Brandon, Feb. 15th to 18th.

The world's largest bonspiel, the M.C.A., and the M.L.C.A. Bonspiel begin January 28th, and even though regular club curling is cancelled at this time, you can still catch a good game at either club.

Other curling dates to keep in mind, are the Manitoba Junior Men's playdowns at Charleswood C.C. Feb. 4th to 7th, Ladies' Scottie Provincial playdowns at Heather C.C. Feb. 8th to 11th, Labatt Men's Provincial playdowns at the Winnipeg Arena Feb. 10th to 14th, and the Alcan Junior Girls' playdowns Feb. 18th to 21st.

And you'd better circle Sat. Feb. 13th on your calendar. That's the night of the annual Monte Carlo night at FOB Curling Club. It's a great evening of fun and curling hosted by the ladies. You pay your money and take your chances, on and off the ice.

is scheduled for 30 May, while the Manitoba Marathon will be run on 20 June.

The Masters organization will host a 5 km race in May, and a 10 km event in September. In addition, most other races will have masters age-group categories.

Annual events such as the Charleswood-in-Motion Days, the Nike 20 km, Corporate Relays, Thanksgiving Turkey Trot, and Hallowe'en Hustle are also listed. Out-of-town races include events at Brandon, Pinawa, Portage la Prairie, and Gimli.

A new event to the MRA calendar is the Greater Winnipeg Rat Race. Advertised as two laps of the Saskatchewan Ave Dump, this run should draw some interesting entrants!

For more information on these events, and information on MRA membership, contact SGT Bob Thomas, loc 471, or MAJ Ben Rathbone, loc 607.

TOASTMISTRESS CLUB JUST FORMING

Looking for Members... Join now and become a charter member. Build your oral communication skills and hence confidence and poise. Learn the basics of Parliamentary procedure. Come to Silver Heights Collegiate 350 Lodge Avenue on Monday Jan. 4, 1982 at 8:00 p.m. Sit in on a meeting — male or female — everyone welcome — all you need is the desire to better yourself.

For more information call 837-2463 or 837-9202.

Flowers and Fruit Baskets



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X-COUNTRY SKI CLINIC

This clinic will be held at the Westwin Recreation Centre 22 and 23 January 1982. Friday night will be in the classroom, from 1900-2200 hours on various ski equipment and coaching techniques. Saturday will be spent outside all day, on practical.

For more information and registration, contact the Recreation Centre at local 511.

BASIC CANOE LESSONS DATE/TIME CHANGE

Due to instructor availability, date and times have been changed and are as follows:

- 17 JAN Sun. 3:00 to 5:00 pm
- 23 JAN Sat. 9:00 to 12:00 pm
- 24 JAN Sun. 3:00 to 5:00 pm
- 30 JAN Sat. 9:00 to 12:00 pm
- 31 JAN Sun. 3:00 to 5:00 pm

There is still space available. For more information and registration, contact the Recreation Centre at local 511.

LADIES FITNESS CLASSES

Ladies Fitness classes will be held at the Westwin Gym, Building 90, Tuesdays and Thursdays at the following times and dates: Fitness 1000-1100 hours Swimming 1100-1130 hours January 26, 28

February 2, 4, 9, 11, 16, 18, 23, 25

March 2, 4, 9, 11, 16, 18

Registration will be taken Monday, 25 January 1982 between 9:00 a.m. and 4:00 p.m.

The cost is \$15.00 for dependants and \$20.00 for civilians.

PRAIRIE REGION BADMINTON CHAMPIONSHIP

The Prairie Region Badminton Championships will be held at CFB Portage la Prairie from 25-26 February 1982.

All personnel interested in trying out for the Base team are asked to submit their names to SGT Ches Bennett at 888-5021 or local 511 prior to 27 January 1982.

The CFB Winnipeg Badminton team will be selected and seeded from the results of Base play-offs to be held Friday, 29 January 1982.



BUSY YEAR PLANNED FOR RUNNERS

Over thirty races are listed on the 1982 calendar for Manitoba Runners. The recently released fixtures list published by the Manitoba Runners Association details events from a 1 km foot race and BBQ up to the 42.2 km Manitoba Marathon.

Starting off what promises to be a great year for runners is the Festival du Voyageur 5 km to be held at Witter Park, 1000 hrs, Sunday 21 Feb. This will be followed by the Puma Grand Prix series of 5, 10, and 15 km races to be held on 14, 28 March and 11 April, all at different city parks.

A 21 km tune-up for the marathon

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Winners: Base Hospital.



2nd Place: 2 PPCLI — Admin Coy.

THUNDER SKI COUNTRY

HIGH TIMES IN ONTARIO'S NORTHWEST



Skier's paradise: Long, uncrowded slopes like this one at Loch Lomond are a feature of skiing in the Thunder Bay area.

THUNDER BAY — To paraphrase Horace Greeley, the cry for this season's winter enthusiast will be "Go North, young skier," for the Thunder Bay area is preparing for another wild and white ski season.

And with good reason, too, for the area offers Ontario's highest hills, its longest runs, its most consistent snow, its longest season and — joy for any skier to hear — its least crowded slopes.

You can ski at any of the Thunder Country ski hills on weekends and never wait in a lift line for more than five minutes. On a weekday, you need only slow down at the bottom of a run and slip into the chair for another ride up the slope.

But wait, you say, isn't Thunder Bay somewhere this side of Winnipeg and just south of the Arctic Circle? And if so, it must be too far away and certainly too expensive for a ski weekend. Right?

Wrong. This year, Nordair is continuing its super-saver special to the north by offering a 50 percent reduced airfare of only \$120 return (take any 9:30 p.m. flight and return on any 7 a.m. flight). Nordair flights are also included in many ski packages to Thunder Country.

Flying time from Toronto to this skier's paradise is only about an hour and 20 minutes. That is certainly better than a three-hour drive along icy highways to get to your favourite "local slope".

Another misconception is that the area is too cold for skiing. In fact, Thunder Bay has more hours of sunshine than anywhere in the province, so it's possible to ski for a weekend and return home with a suntan!

Hotels here have joined together to promote the area as a winter destination with weekend packages — including two nights' accommodation and two-day lift tickets — at the bargain rate of \$47 per person, based on four-to-a-room occupancy. More expensive weekend packages from \$71 (excluding tips and tax) come complete with two breakfasts and buffet dinner, plus a five-area lift ticket, on the four-to-a room basis.

Altogether this year there are 27 packages to choose from, ranging from a standard weekend plan to a specially priced mid-week session.

Some packages include free transportation to the slopes while others provide inexpensive car rental (\$21 per day).

Nordair flights are included with certain Thunder Country packages. Check with your travel agent.

Participating hotels include the Red Oak Inn, just 1 km (six-tenths of a mile) from the airport, the downtown Prince Arthur, the Landmark Inn and the brand new Valhalla Inn, also beside the airport. All hotels have swimming pools, whirlpool and sauna.

As for nightlife, there are many bars, discos and clubs such as the Sundance Ski Resort where one can sample a special local brew (hot chocolate and peppermint schnapps) around the fireplace.

Then there is the Neebing Hotel, a true skiers' clubhouse and as friendly as a house party, with popcorn and movies on Monday and rock bands later in the week.

Thunder Country also lays claim to Big Thunder, an Olympic ski jump which at 90 metres (295 feet) is one of the two longest jumps in the world. This is the home base of Canada's world-class ski jumpers including Steve Collins and Horst Bulau. The action is at the big Thunder resort just off Highway 61, where three world-class championships will be held this winter: the Molson World Cup Jan. 23-30, the Shell Cup (for Canadians only) Feb. 6-7 and the International Tournee March 13-14. If you wish to visit on any of those three weekends, better book early.

Five local resorts — Candy Mountain, Sundance, Mount McKay, Loch Lomond and Mount Baldy — are still holding the line on ticket tariffs. Mid-week prices start at \$9 a day while a weekend ticket is \$12 a day — quite a savings from the typical southern Ontario fee of \$17.

For further information on Thunder Country skiing, contact Ontario Travel at 900 Bay Street, Toronto, or call the following numbers. Toronto calling area: English (416) 965-4008; French, (416) 965-3448. Toll-free lines: Canada-English (except Yukon & N.W.T.), 1-800-268-3736; New York State, 1-800-462-8404; other continental U.S. (except Alaska), 1-800-828-8585.

Thunder Country Tours can be reached at (807) 623-0345 or toll-free from Ontario, Manitoba and Saskatchewan at 1-800-465-6950. Other sources of information are Central-Canada Tours. (807) 623-3223, or your travel agent.

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Team	G.P.	W	L	T	G.F.	G.A.	PTS.
2 PPCLI	7	3	2	2	11	6	8
B. SUP & CFANS	6	1	3	2	4	11	4
BAMEO	9	4	3	2	13	11	10

CURRENT AS OF END DEC.

	G	A	PTS.
DÉSJARDIN — BAMEO	8	2	10
ROY — BAMEO	3	4	7
ST. PIERRE — 2 PPCLI	2	4	6
SLAUNWHITE — 2 PPCLI	4	2	6
BALLAM — 2 PPCLI	3	1	4

1982



MONDAY TO
FRIDAY



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8:00 a.m. to 8:00 p.m.

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PATRICIA REPORT



WINNIPEG — Men and equipment of the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI), based at Kap'Yong Barracks here, are on the move again.

More than 300 men and 59 wheeled and tracked vehicles are travelling by road, rail and air to Wainwright, Alta., to participate in the 1 Combat Brigade Group winter field training exercise, Rapier Thrust 82. This exercise begins with the deployment of men and equipment on January 7 and ends with their re-deployment late in January.

The movement of personnel and equipment to Wainwright is an exercise in itself. Twenty armoured personnel carriers were loaded onto railway cars in Winnipeg on January 4 and 5. They will arrive in Wainwright on January 9. C-130 Hercules aircraft from 435 Squadron, Edmonton, 436 Squadron, Trenton, Ont., and 429 Squadron, Winnipeg, will transport 160 men and six armoured personnel carriers from Winnipeg to

Wainwright on Sunday, January 10. The battalion's 33 wheeled vehicles will travel by road, leaving Winnipeg on January 10 and 11. Each vehicle will carry two drivers. Another 80 members of the battalion will travel to Alberta on a scheduled Canadian Forces Boeing 707 flight on January 14.

In addition to moving troops from Winnipeg to Wainwright, Air Transport Group, headquartered at Trenton, Ont., will also airlift troops and equipment from Victoria and Abbotsford, B.C. A total of 63 C-130 flights will be required to get people and equipment to the exercise area between January 7 and 11: seven from Winnipeg, 46 from Victoria and 10 from Abbotsford.

2 PPCLI, commanded by Lieutenant-Colonel John S. Bremner, joined other units of Mobile Command in Gagetown, N.B., in June and July for Exercise Rendezvous 81. Members of the battalion also spent August and September on Cornwallis Island in Canada's High Arctic.



Private R. H. Allison is presented with the 2 PPCLI Best Soldier Award by Major-General G.G. Brown, Colonel of the Regiment, PPCLI. The presentation took place during the Men's Christmas Dinner.



Lieutenant-Colonel J.S. Bremner, Commanding Officer 2 PPCLI, is pictured carving the turkey during the Men's Christmas Dinner on 18 December 1981.



Master Corporal S.C. Riles is presented with the award of Best 2 PPCLI Master Corporal by Major-General G.G. Brown, Colonel of the Regiment, PPCLI, during the Men's Christmas Dinner.



Major-General G.G. Brown, Colonel of the Regiment, PPCLI, is pictured presenting the A. Hamilton Gault Memorial Trophy to the Commanding Officer, 2 PPCLI, Lieutenant-Colonel J.S. Bremner and the Regimental Sergeant-Major CWO J.M. Clarke. The trophy which is emblematic of marksmanship in the Canadian Army is presented annually to the infantry unit which achieves the best score on the annual rifle classification. General Brown presented the trophy during the 2 PPCLI Men's Christmas Dinner.

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SAFE DRIVING WEEK 1981

Congratulations to the 25 people who received a Safe Driving Week Silver Dollar courtesy of Baldwin Agencies for doing their part in trying to reduce accidents and personal injury. To be a safe driver, the first thing you must do is think safe. Safe drivers follow the basic principles of driving such as stopping at stop signs, signalling for all turns and lane changes, obeying the speed limit and driving defensively. Also, wear your seatbelt because you never know when you will meet a bad driver.

Some of the "Smarts" are: L. Forrester, F. Weber, H. McSween, S. Osburn, T. Nobert, J. Robichaud, R. Gamble, G. Labchuk, L. Haines, W. Ritchie, J. Meyers, E. Milly, K. Hur, L. Forbes, P. Leitch, V. Fritz, B. Poulin, J. Denovan, C. MacFarlane, K. Pickford, C. Murphy, T. Downing, R. Grandmaison, C. Keats, and J. Seggie. These people were selected by our Safety Patrol for their good driving.

All these names were placed in a hat and Mrs. Helen McSween received a year's membership in the Manitoba Motor League and Mr. Lou Forbes received a complimentary oil change courtesy of Canex.

One interesting point that arose from the Safe Driving Week is the fact that there were no accidents for that period of time, involving either military vehicles nor POMV's on the base. This shows that you get results when you drive defensively. Why not make it a year long habit?



Major Verch is congratulating Mrs. McSween for winning a year membership to the Manitoba Motor League. Mrs. McSween was one of the 25 people to qualify as a "Defensive Driver" during the Safe Driving Week.



Major Verch, BTNO, is congratulating CPL Forbes, also from Base Transport, for winning a free oil change courtesy of Canex. CPL Forbes was one of the 25 people to qualify as a "Defensive Driver" during the Safe Driving Week.

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BXO COLUMN

Welcome to 1982. The best thing about any new year is that people are eternal optimists. No matter how bad things are, the New Year always instills in them the belief that next year will be better. Well, for all of you I hope it is, and of course for Canex I hope it is too, because 1981 was a very difficult year.

Along with the rest of the business community Canex in CFB Winnipeg has been through a very difficult year. Sales and profits have been scarce particularly in the retail business where because of high interest rates and consumer reluctance many businesses are desperate; the competition, to say the least, is very keen.

1982 is planned to be a year of many changes in Canex which should make it more efficient to better meet the needs of the military community. The biggest change will be the conversion of the Service Station to self serve which should happen in May. This change, which has been in the wind for some time, is intended to provide better service to the community by reducing operating costs, giving faster service at the pumps, and better profits for Base Fund. In addition, the very successful Bonus Buck program has been extended to the end of 1982, and effective 1 Mar 82 Bonus Bucks will

also be issued to customers using their Shell credit cards. There will be two Double Bonus Buck days every month, with the dates published in the Voxair and posted on the Commander's board in front of the Service Station. Watch for them with gas prices the way they are you can't afford not to fill up on Double Bonus Buck Days.

For the Retail Store, the Annex in Kapyong Barracks will be moving to the top floor of the Junior Ranks Club in February or March, and will include the installation of amusement machines and drink and snack machines to be replaced eventually by a Snack Bar. At the main Store plans are presently underway to upgrade and improve the appearance of the Store to make it a more attractive place to shop. For the ladies, Canex will be bringing out a new line of attractive Spring and Summer clothes priced to accommodate the Military family's budget.

Looking further ahead surveys will be conducted to assess the feasibility of opening a gas bar/expressmart at the south base, and dry cleaning outlets at both bases. The latter will be carried out only if a price discount can be negotiated with a local dry cleaner.

Finally, in an effort to make Canex more responsive to the Community's needs the Canex Customers' Advisory Committee will be set up in the near future. We will be publicizing the committee in the Voxair and looking for volunteers. 1982 figures to be a year of change for Canex; how effectively those changes serve you the military member, will depend considerably on your participation and the feedback you provide. Got a suggestion or complaint call me at local 580.

FIRE PREVENTION NEWS

Smoke Alarms Recalled

Some battery operated photoelectric smoke alarms sold since 1979 under the brand name of Chloride Pyrotector, Radio Shack, Master Guard, Protector Systems and Vantage 1 are being recalled because a potentially defective electronic micro-chip may prevent the alarm from sounding in the presence of smoke. The recall is being conducted by the Chloride Pyrotector Division of Chloride, Inc., Hingham, Mass in cooperation with ULC.

Some of the firm's smoke alarms manufactured prior to March 15, 1981 may contain a transistor array semiconductor that will not operate in the presence of smoke.

Owners of these smoke alarms have been asked by the manufacturer to remove the back plate of the product so that the model or code number may be checked on the

interior housing. Potentially defective smoke alarms include the following:

- Chloride Pyrotector - Models C7, CA30-78, or CA30-79;
- Radio Shack - Model 275453;
- Master Guard - Model MGB360;
- Protecter Systems - Model P365 and Model Vantage 1.

Potentially defective models also will have a 6-digit date code on the housing showing dates between 03-01-79 and 03-15-81.

Users may verify the integrity of these smoke alarms by testing the horn with a fresh, factory specified 9-volt battery. If the horn sounds when the test button is pressed, the smoke alarm does not contain a defective micro-chip. If the horn does not sound, the user is requested to call Roberta Calla of Chloride Pyrotector, collect at 617-749-3466, for instructions as to where to send the product for a free replacement or repair.

POLICE POINTERS

Ordinarily parents' arms are a very secure place for a child, but not so in a car. Even if you are wearing a lap and shoulder belt yourself, the child would be torn from your grasp by the violent force of a collision.

If the belt is secured around you and your child while in your lap your own weight, greatly increased by collision forces, would press the belt deeply into the child's body. This could lead to serious or even fatal injuries.

Even if the parent is buckled up, a 20 lb. child will exert a force of 600 lbs. in a head-on collision at 30 MPH.

If the parent is not buckled up the child will be virtually crushed be-

tween the parent and the dashboard. In a 30 MPH crash, a 150 lb. adult will exert a force of 4,500 lbs.

Passenger deaths in autos are now the largest single killer of children over 1 year of age. For every child that dies of an infectious disease in North America, 50 die as passengers in car accidents.

Child restraints correctly used can prevent 90 percent of deaths and 70 percent of injuries currently sustained by children in automobiles.

Here's a thought. Perhaps drivers who refuse to secure children safely in cars should be charged with child abuse. Think about it!

WESTWIN COMMUNITY ACTIVITIES

Christmas Contest Winners

Winners of the Westwin Community Council (North) Christmas Decorating Contest were:

- 1st prize \$50 — 64 Leicester Sq.
- 2nd prize \$25 — 34 Leicester Sq.
- 3rd prize \$15 — 26 Paisley St.

Honourable mentions: Roman Catholic Chapel, 110H Argus Sq., 15 Silverwood Cr.

Congratulations to all for a job well done. A note of interest: the young people were responsible for the excellent decorating of the RC Chapel. The honourable mentions were all well deserved.

Westwin Bingo

The Westwin Community Council (North) Bingo evenings are now back in full swing every week:

Place: Building 21, CFB Winnipeg (North)

Date: Every Wednesday
Time: 8:00 P.M.

16 GAMES FOR \$30.00 EACH
CARDS 50¢ EACH
FREE ENTRY
SNACK BAR
REFRESHMENTS

Westwin Winter Family Fun Day

The big winter event for Westwin Community residents will be the

Winter Family Fun Day scheduled for Sunday, 31 Jan 82.

Among the planned events are a skating party and a tobogganing slide. Hot dogs, hot chocolate, coffee and pop will be available free of charge. Watch for the flyer for full details.

Activities will begin at 1:00 p.m. on 31 Jan 82 and families are requested to congregate at the outdoor skating rink.

This Winter Family Fun Day is a family participation event. The Community Council can only organize — it is up to you to make it a successful day. PARTICIPATE!

WANTED

Councillor for Ward 9

Ward 9 of the Westwin Community has an urgent requirement for a councillor. For your information, Ward 9 is in the Moorgate/Conway St. area (off Sharpe Boulevard). Any service-minded resident of that area (rank is not a restriction) is encouraged to contact our mayor, CWO Bruce Barton at 888-5472 as soon as possible.



BEEFacts

Good news for Canadian meat eaters came out of a recent Nutrition Symposium on the "Role of Meat in the Diet". Beef has received a lot of bad publicity in the past about its reputed fat content. We are actually enjoying leaner beef than ever before due to the revised grading system that encourages the production of lean beef.

Research from the University of Guelph shows that nutrition tables overstate the amount of fat in a serving of beef by approximately 50%. These values, widely used in designing diets, have not been revised since the new grading system came into effect in 1972.

It appears that the present fat content of cooked beef compares favourably with cooked poultry and fish. A 3½ oz. serving of well-trimmed cooked sirloin steak contains 165 calories while the same amount of roasted turkey has 171 calories and broiled cod 153 calories. You can slim down with beef!

Calories can also be cut in cooking by following some simple rules. Choose lean cuts of beef such as round steaks, rump or sirloin tip roasts and lean stew or ground beef. By carefully trimming off visible fat, you can further reduce calories. Select a cooking method which allows melted fat to drain off, such as roasting or broiling.

So when you're counting calories, count on beef to add good nutrition, flavour and versatility to your menus. **Lemon Baked Beef Steak** is one delicious way to trim your waistline without trimming beef from your diet.

For more information and calorie cutting tips, write for your copy of "Beef and the Balanced Diet." Send 25 cents to cover postage and handling to Beef Information Centre, 590 Keele Street, Room 325, Toronto, Ontario M6N 3E3.

Lemon Baked Beef Steak
Caloric value: approx. 230 calories per serving.

- 1½ lb. round steak
- 1 tsp. salt
- Dash of pepper
- ½ large lemon, sliced
- 1 onion, sliced
- ½ cup ketchup
- 2 tsp. Worcestershire sauce
- 2 tbsp. water

Trim separable fat from steak; slowly heat trimmed fat in large frying pan to obtain 1 tablespoon drippings. Remove and place in baking dish. Season with salt and pepper. Cover with lemon and onion slices. Combine ketchup, worcestershire sauce and water; pour over steak. Cover tightly. Bake at 350°F for 1½ hours (until tender). Serves five.

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Wed - 6:30-8:30

Thurs - 1:30-3:30

Sat - 1st Sat of the month

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FOR MORE INFO CALL BARB WHALEN 889-6788

WHAT YOU ALWAYS WANTED TO KNOW

DND will sponsor 6000 vehicles operating under a variety of applications and climatic conditions thru 1989, to the federal governments 8000 vehicle Propane Vehicle Demonstration Project. The project will demonstrate the feasibility of propane as an automotive fuel under Canadian conditions.

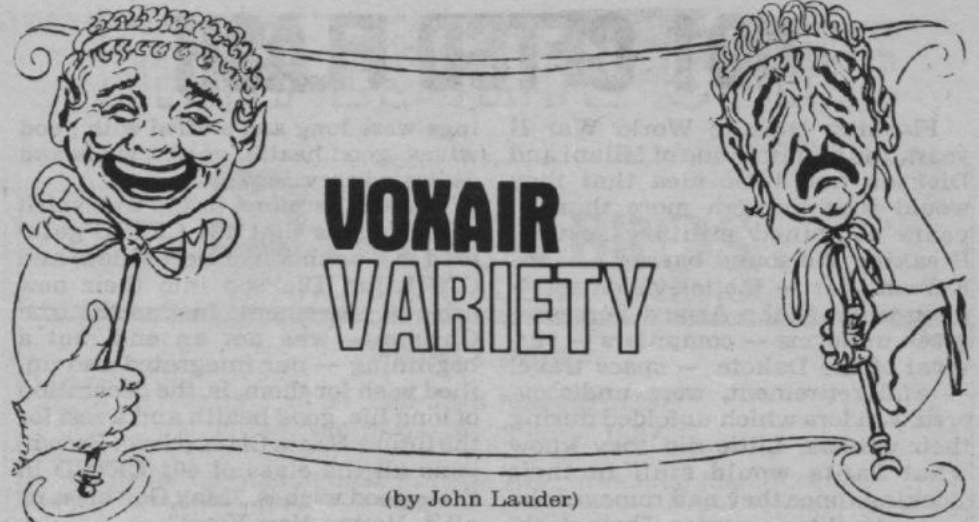
The CDS authorized the VPP following a pilot trial with 12 commercial support vehicles at CFB Ottawa. Each of 32 bases converted one vehicle to propane this year primarily for local training and experience reasons, with initial training provided to vehicle techs, drivers, and fuel handlers by local contractors. In future, CFSAOE and CFSAL will incorporate this training into their normal courses.

DNS VPP inventory will expand to 4000 vehicles by 1987 primarily by purchasing about 700 replacement vehicles annually. Later, Stations, Militia and Cadet unit vehicles will be included to expand DND VPP inventory to 6000 vehicles. The total incremental costs for vehicles, facilities, training, testing and evaluation are projected at \$7.2 million over five years, less \$5 million in fuel savings

and maintenance savings of \$300 per vehicle year. After 1986, fuel savings of \$2.5 million, plus maintenance savings, are forecast each year.

At CFB Winnipeg, one pick-up truck with a 225 cu in six cylinder engine and 8500 km experience was converted to propane 27 Aug 81. We expect four new arrivals in 1982 to be factory propane fueled vehicles. Within five years, we are forecast to have 129 propane fueled vehicles in our local fleet. The proposed composition of our propane fleet is 29 staff cars, 26 station wagons, 25 panel trucks, 2 small buses, 28 pick-ups and crew cabs, 10 medium trucks, 5 Special Purpose Vehicles, and 4 fork lifts. Base fueling facilities should be in place in 1982.

Conversion to propane makes sense. It will save fuel and reduce vehicle maintenance overhead which means we will have more money to spend on other things. This project is contributing to Energy Conservation. Remember, Energy Conservation is a Family Affair! Will your next new car be powered by propane fuel? Do we really need all that expensive ARAB oil?



(by John Lauder)

This is the best time of year when everyone picks their best and worst of the long gone year of 1981. Past experience has shown that choosing anything as the worst brings in a mass of protest mail, so no baddies will be listed below, and only a few bests named, and the choices limited to the local and live performing arts.

My play of the year was the Manitoba Theatre Centre production of *The Elephant Man*, strong drama well done. In ballet, the venerable *Nutcracker* — in spite of the nice try with the new *Romeo and Juliet* — stays in first place after some nine years. Set design prize goes to the Manitoba Opera Association, for their staging of *The Tales of Hoffmann* last fall. And for special effects the MTC play which opened in the last hours of 1981, *The Black Bonspiel of Wullie MacCrimmon*, wins over the same company's *Dracula* last spring. I would not try to pick a winning symphony, but consider the best performance in the orchestra business to be that of the Winnipeg Symphony getting rid of a million dollar debt in the past year.

For much more than special effects *The Bonspiel of Wullie MacCrimmon* deserves to be called a hit. In fact, in curling parlance it might be referred to as a double knock out. The play ends on the 23rd, so you only have a few more days to catch it. You do not have to be a curler to appreciate the humour, although almost any thrower of rocks would sell his soul to the Devil to get to the final of the Brier (now Tankard).

The W.O. Mitchel play proves that it is possible to have high quality Canadian content, and that life in small prairie towns can offer universal experiences. The cast, headed by Wayne Robson as Wullie, and Robert Benson as his rival, Mr. O. Clutie, was uniformly excellent, with John Innes, Andrew Gillies and Brian Paul bringing life to secondary roles. As mentioned above, the special effects alone are worth the price of admission.

Last week the Warehouse Theatre opened a new play by a Winnipeg author, the first such production in 15 years. Written by Alf Silver, directed by New York's Louis Scheeder, this musical play tells the story of six young people living with the problems of the early 1970s.

The title *Thimberlig* comes from the old con game played by sharpies with shells or thimbles and a pea, the object being to guess where the pea is hidden. The play follows this idea by quick changes in story line, flip flops to surprise the audience, just when they think they know what is happening. The result is somewhat episodic, and the set of eight songs spread over the two acts do not really help to tie things together.

In a newspaper interview prior to the world premiere of the play, director Scheeder stated that he was "not always sure of what was meant to be going on" and the first night audience shared this feeling at times.

In the cast, Kimble Hall as a psychopathic drug addict was very believable, as was Peter Jordan as an immature musician of the 60s, living in the 70s. The others had roles which were inconsistent, partly due to the shell game nature of the play.

The three part set was very effective, and timing of the action excellent. As with all so-called "modern" plays, four letter words came on strong when the author did not have enough to say. Do not take the kids, but this local effort deserves your support. *Thimberlig* runs until January 30th.

Footlight footnotes . . . upcoming events in the Centennial Concert Hall include the Winnipeg Symphony's Great Composers concert "Mozart" on January 22nd and 23rd at 8:30 p.m. with George Cleve as the guest conductor and two local musicians, flutist Jan Kocman and harpist Richard Turner as featured soloists. "A Children's concert" is offered on Sunday the 24th at 2:30 p.m., while the World Adventure Tours will show "Ireland" at 2:00 and 8:00 p.m. on the 25th. Then comes four editions of the Reveen Show from the 26th to 28th, with the Lion's Club Telethon taking over on Saturday and Sunday the 30th and 31st, offered for the good cause of raising money for the Disability Fund.

STUDENT PART TIME JOBS

The Canada Safety Council believes an increasing number of young Canadians are naively accepting part-time jobs that could have far reaching and damaging effects on their futures, and possibly that of their parents.

Many pizza restaurants and other fast food outlets are seeking to hire young people, with a small vehicle, to make local deliveries. They generally pay a minimum wage, plus a nominal extra sum for each delivery.

Many owners of such establishments may not realize the problems they may be creating for the young drivers and their parents. Others know full well, and specifically advise their drivers to dispose of all food, and not to admit to being "on delivery" if involved in any accident.

This group of drivers, males under twenty, are more accident prone, statistically, than any other group. Most people carry insurance on their private vehicles that cover only pleasure use, or possibly to and from a

place of employment. Use of vehicle for hire or compensation is precluded.

According to the Insurance Bureau of Canada in Toronto, if parents know of such activities on the part of a teenager, their collision coverage could be voided. If they did not know, it may still be valid, but the insurer could wait for the teenager to become of legal age and working, then submit a claim for repayment of monies expended in this regard, while the pizza house or restaurant may well become subject to legal claims for which they may have no coverage or insurance at all, resulting in the probable loss of their business.

How many people would stake their business on the unknown driving abilities of a youngster? And some do not even ask to see a valid driving licence.

These concerns do not affect the establishment which owns and provides its own vehicles, generally identified with the company name and covered by the proper insurance.

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ings were long and stuffed with good wives, good health, good friends and dedicated service.

It was, therefore, in the true spirit of Christmas that 401 CFTSD gathered to launch Major Bert Milani and CAPT Jim Dickson into their new orbit of retirement. Just as the first Christmas was not an end, but a beginning — our integrated and unified wish for them, is, the decoration of long life, good health and a zest for the future. Santa Claus (Norm Brown) joins all the elves of 401 CFTSD in these good wishes. "May God bless us all & Happy New Year!"



MAJ Bert Milani (37 yrs)



CAPT Jim Dickson (35 yrs)

CORROSION CAN SPELL DISASTER

Have you ever stopped to wonder how many cases of car trouble are directly attributed to engine neglect?

Several may come to mind: the dirty spark plug that caused your engine to misfire; the worn valve ring that created cylinder trouble, and the loose battery cable that prevented your car from starting that cold morning last February.

Yet, out of all the possible results of neglect, one that is overlooked the most, is corrosion.

An increasingly costly hazard, corrosion inside your car's cooling system can spell disaster. Today's average car has 6 metals — steel, cast iron, copper, brass, solder and aluminum — in its cooling system, and all of them are continually exposed to the ravages of corrosion.

A survey done by the Prestone people of some 1200 cars revealed that more than a third of the 3-year old models checked, had corrosion in their coolants. The percentages of cars with rust in their coolants were: One-year-old — 22%; Two-year-old — 32%; Three-year-old — 36%.

The consequences of internal corrosion can create a vicious cycle, and a very deceptive one too, since corrosion is invisible.

When corrosion starts, it creates deposits within the cooling system. Clogging tubes, pipes and other coolant passages, the corrosion deposits reduce the rate of the coolant's ability to remove heat. And, if excess heat is not removed from vital components such as valves, their deterioration is accelerated and they can:

- Gradually lose their sealing effect and thus reduce compression;
- Reduce the number of miles per gallon because of the lowered compression ratio; and
- Waste fuel by permitting "blow-by" (unburned) gasses passing into the exhaust system.

Furthermore, not only does corrosion provoke tiny holes in the water pump and radiator, but it can cause engine over-heating which can warp and crack cylinder heads and serious internal damage to various other components.

The final upshot of all these expensive attacks on your cooling system is that your car's fuel economy is reduced and your maintenance costs are increased. For example, a

clogged radiator, caused by corrosive tube blockage may cost up to \$300 to repair while burned valves caused by corrosion, rust and scale build-up may cost you as much as \$700.

The results of that Prestone survey also indicated that most drivers still believe that a so-called "permanent" anti-freeze/coolant can be left in the car for three years or more, — despite the fact that car-engine design has changed significantly in the last five years. But engineers and chemists at Prestone's automotive research laboratories recommended annual changes of anti-freeze/coolant; and certainly no longer than every 2 years.

The ideal coolant, the experts say, is a 70/30 mixture of a reliable anti-freeze/coolant with special corrosion inhibitors and water.

Prestone II, for example, contains a complex patented silicone/silicate inhibitor formula which applies a tough, protective film to all metal surfaces inside the cooling system.

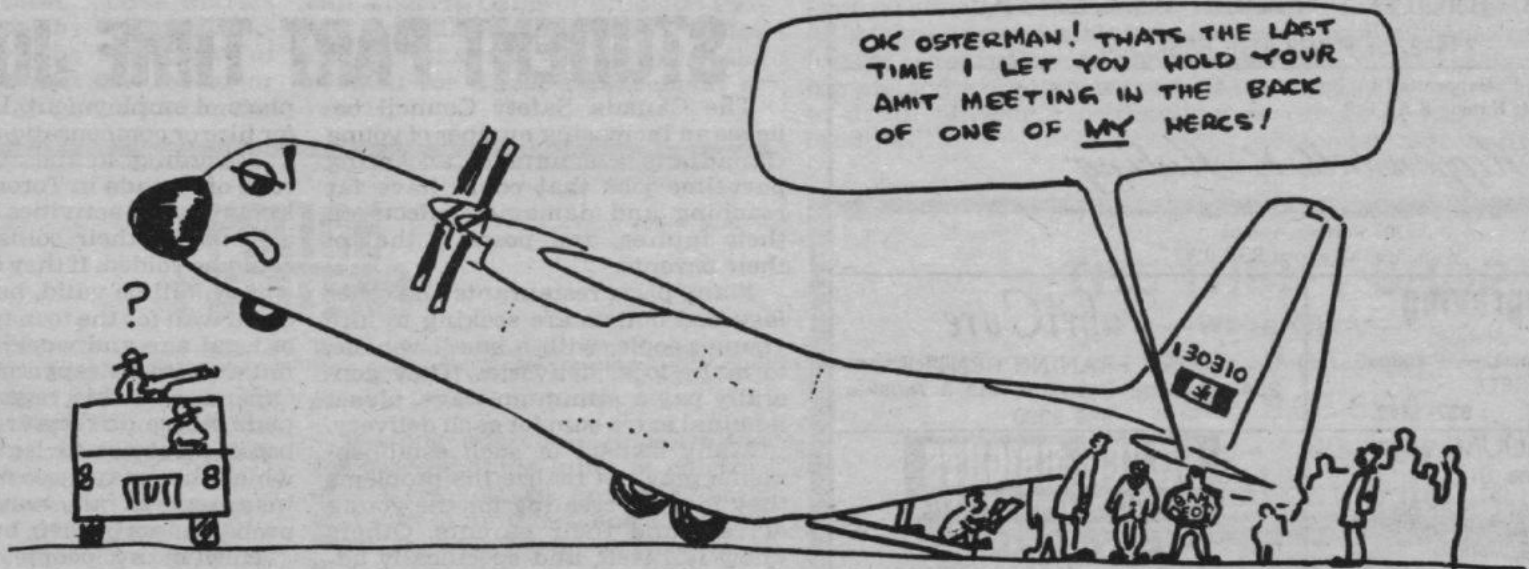
Anti-freeze/coolant inhibitors will eventually break down under the high heat operating conditions common in today's cars. If you want to keep your cooling system in top conditions, your anti-freeze/coolant should be replaced every twelve months, and after it has been thoroughly back-flushed.

The reverse-flush operation is not difficult to do; Prestone offers a special Flush and Fill kit in sizes to fit most cars. Once installed, the kit stays in position on your heater inlet hose and can be used as often as you like.

Using a garden hose and normal water pressure, you can clean out the old sediment and coolant, refill the radiator with a 70/30 mixture Prestone II and water in just 15 minutes.

With inflation hitting everyone's pocket book, particularly the car owner, more people are learning do-it-yourself techniques. A sharp knife, a screwdriver, a "Flush and Fill Kit," a garden hose and fifteen minutes of your time are all that you need to back-flush your cooling system, before adding the anti-freeze/coolant. The immediate dollar saving can run as high as \$30 and it could save you repair bills of up to \$700. Sounds like fifteen minutes well spent.

OOPS!!



Air Command AMIT really put Winnipeg BAMEO to the test. (Sorry Bert, but I had my fingers crossed when I promised).

LAST INSPECTION



CAPT. R. Wilson, who has served as an Air Cadet Officer and member of the RAF for the past 40 years, makes his last inspection before relinquishing command of 191 West Winnipeg Rotary Air Cadet Squadron to CAPT G. Evans.

Left to Right: WOII P. Carter, CAPT R. Wilson and CAPT G. Evans.

INSURING YOUR VALUABLES

Rapid changes in the price of gold, silver, jewellery and antiques have many people concerned about the extent of their insurance coverage. To ensure that your valuables are well insured, in the event of a fire or theft, the Insurance Bureau of Canada recommends that you contact your insurance agent or broker to make sure that the policy you hold is right for you.

Normally, most household contents are insured under a homeowner's, tenant's or condominium unit owner's package. These policies include coverage for fire, theft or other specified perils.

The maximum automatic coverage for contents under a homeowner's policy is usually 50 per cent of the insured value of the structure. If your house is insured for \$80,000, your coverage on contents is probably \$40,000. Under a tenant's or condominium unit owner's policy, the amount insured is dictated by what specifically is purchased.

When covering losses, most policies have a \$1,000 limit on securities and a \$200 limit on cash or bullion. For loss by theft there is a \$2,000 limit on jewellery, watches, gems and furs, a \$100 limit on coin collections and a \$500 limit on stamp collections. Some policies also have a special theft limit of \$5,000 on goldware and silverware. If, after carefully reading your policy you are in doubt about its special limitations, do not hesitate to consult your insurance agent or broker.

If your policy limits are not high enough, you can increase the total amount of contents coverage, in addition to insuring major items individually, on a value basis.

When making a claim on a loss, most

policies apply only if there is a loss because of a specified peril — such as a fire or theft. To ensure coverage on articles lost or missing, talk to your agent about including an 'all risks' floater form with your policy.

Most policies pay the actual cash value of an item at the time of loss, which means that depreciation is taken into account. If your 12 year old television set is destroyed in a fire and has already served half its normal life, you would receive half the cost of a similar new model unless your policy stipulates that you are to be reimbursed on replacement value. Most companies today make replacement cost insurance available on household contents.

If you own items which might prove difficult to value and which are not subject to normal depreciation (silverware, antiques or art) you should have these items appraised professionally. Give a copy of the appraisal form to your agent and secure the original in a safety deposit box.

Insuring household and personal property is certainly well worth the time it takes to survey possessions and discuss requirements with your insurance agent.

For more information about insuring and protecting your property, write to:

Insuring your Valuables,
Insurance Bureau of Canada
181 University Ave.
Toronto M5H 3M7.
1080 Beaver Hall Hill
Montreal H2Z 1S8.
409 Granville St.
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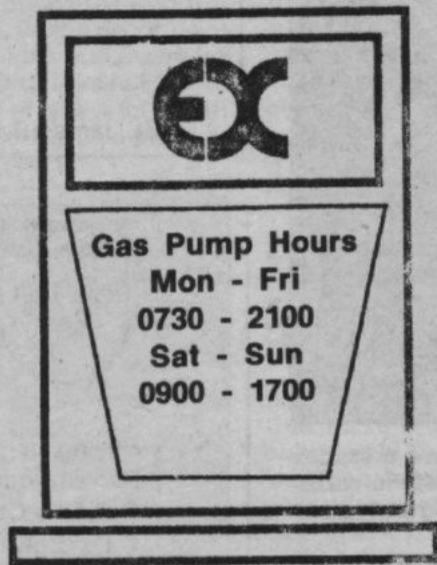


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