



# HAPPY EASTER 1982

## CHAPLAINS MESSAGES

### POUR LA SURVIE PAQUES — Fleuries

Paques, c'est la fete du grand recommencement! C'est parce que Jesus est bien vivant que je peux garder le gout de revivre, de recommencer, de ressusciter. Le vrai chemin des recommencements, c'est le seul chemin possible pour vivre Paques.

Paques tous les jours, quel paradoxe! Paques avec des souffrances, avec des incertitudes, avec des tenebres, avec des amours blessees... Paques tous les jours, quelle contradiction! Paques du pecheur que je suis, c'est l'esperance de revivre avec mes peches pardones, c'est la joie de la certitude qui me surprend en plein coeur de mes souffrances, c'est le gout eternel de vivre au milieu des morts quotidiennes qui m'assaillent.

Le chemin de Paques ne decoit pas. Le chemin de Paques n'a jamais decu personne. Il me fait decouvrir quotidiennement des raisons nouvelles de vivre, le gout des recommencements qui n'est jamais repetition. Je dis a ma bien-aimee que je l'aime mille fois et que sa presence me fait vivre. Je ne repete jamais, meme si je dis toujours la meme chose avec les memes mots. Quand j'aime, je ne repete jamais mais je recommence toujours parce que recommencer, c'est trouver des raisons nouvelles de vivre; recommencer, c'est repartir avec des certitudes nouvelles.

La certitude de Paques: parce que Jesus est ressuscite, je vivrai. J'ai toutes les raisons du monde pour esperer l'impossible parce que deja le salut m'est donne en ce Jesus mort et ressuscite. Le salut m'est donne a jamais sur les croix quotidiennes qui jalonnent le long chemin de ma vie. Le chemin de nos croix est toujours balise par des lueurs pascales qui nourrissent en nous le gout de passer de la mort a la vie.

Chaque fois que je veux vivre, chaque geste que je pose aujourd'hui pour la vie, je ressuscite a cause de Jesus; chaque fois que mes gestes sont porteurs de salut, je suis temoin de la Resurrection.



**Easter, celebration of the Israelites**  
The Israelites, joyful and free, were delivered from the oppression of the Egyptian Pharaoh. God through Moses freed them from their misery. Yes, there's a desert to cross, in order to enter the promised Land. They are a people who go from slavery to freedom and they celebrate by eating the "Paschal Lamb." They are a people who have found life worth living!

**Easter, Jesus' feast**  
It's also the meal of Holy Thursday; It's Jesus who celebrates with his disciples the successive freedoms of Isael. But, it's even more. It's the meal of the New Covenant He institutes: the Eucharist. It is still Jesus who goes from death to life forever, from Good Friday to his Resurrection. He is a Jesus, strong and beautiful, who makes life worth living.

**Easter, a Christian feast**  
It's our own feast, Christians. In Jesus and through Jesus, we too have gone from the death of sin to life. In every Eucharist, "we recall his death, and we celebrate his Resurrection" and each year we celebrate our deliverance. It's the feast of our life in Jesus!

**Easter, feast of the elect**  
At last, we definitely find ourselves together with Jesus, always living, after our death and resurrection. "We await your return in glory." It's certainly in this hope that we walk in faith and that we find life always worth living! Let life burst forth! Happy Easter to all!

### AN EASTER MESSAGE

Are you ladies going to buy a new hat for Easter? Most people entering the CAF today can't remember when it was traditional to wear your new spring finery to church on Easter Sunday.

Easter is the day when Christians celebrate the resurrection of Jesus Christ. We can argue forever about the possibility of a resurrection. We can sift the historical evidence til doomsday. But the only proof of the resurrection is when the risen Lord meets us personally. If we meet him on Easter morning, we will need no further argument. If we do not meet him, all other arguments will be futile.

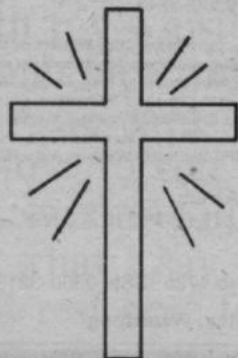
But where should we look for this Risen Christ? Will he be around our local area? To answer these questions we should take a look at the first Easter story.

The wonderful truth that leaps at us out of the New Testament stories of Easter is that the Risen Christ was seeking for his disciples far more eagerly than they were seeking for him. Jesus met them. He met Mary in Joseph's garden, he met the women on their way from the tomb. He met the two on the road to Emmaus. He came to them when they were hidden behind barred doors and windows for fear of the Jews. He came back again especially to meet Thomas. He met them again by the Sea of Tiberius, and gave a special message to Peter. They did not meet him because they went where he was. They met him because he went where they were.

So — if we come to church this Easter Sunday to renew our acquaintance with the Risen Lord, we may not find him there. And this is our message for this Easter — He is alive and looking for us just as he looked for the disciples. The Risen Lord will be at church on Easter Sunday, and in many other places as well. He can find us, and we will recognize him, if we come with a loving heart. It is love alone that takes the veil from our spiritual eyes.

Easter is a time of joy and happiness at the remembrance of Christ's victory over death in the Resurrection. We would like to wish you a very happy Easter and hope you will join with us in our special Easter Worship Services.

Padre Stan Fowke



# LETTER TO THE EDITOR

March 18, 1982

Dear Captain Lawrence:

Please accept my sincere congratulations and best wishes as you assume the important duties of the office of Editor of Voxair.

The editor of Voxair plays an important role in the community. A strong sense of community identity is encouraged by a newspaper and its staff. I have always enjoyed reading Voxair.

May I take this opportunity to wish you continued success in your new role.

Yours sincerely,

Pearl McGonigal  
Lieutenant-Governor of Manitoba

# EDITORIAL

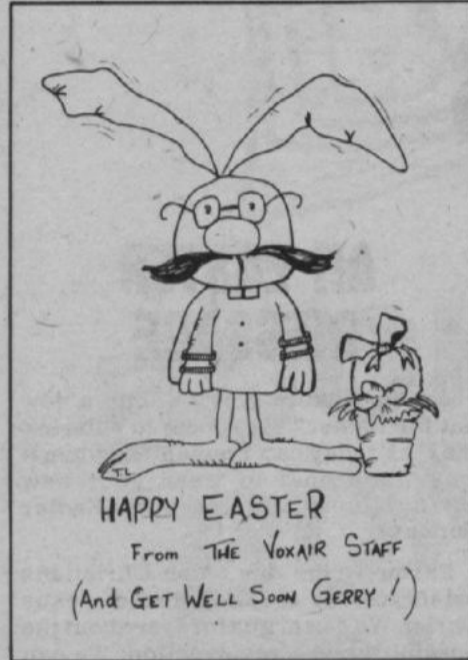
April at last. Surely this must be Spring.

Such a gentle time of year. Unlike last month which saw the brand-new Editor somewhat bloodied and severely clipped. Ah well, the joys of journalistic jousting and the far reaching arms of the determined gotcha!

Lots happening in the city lately. Boat and Trailer Show, Motorcycle Show, dog shows, new plays and concerts and by no means taking a back seat, Activity Days coming up right here at the CFB. Time to end your winter hibernation Dear Reader. You have survived the third worst winter on record but remember, summer is too short.

As we put Voxair "to bed" this time we wait with baited breath for word on the much anticipated pay raise. Hopefully it will be enough to discourage candidates for Free Press writer Gordon Sinclairs' front page notoriety!

P.S. — Just as we were going to press we received what struck us as a sarcastic cut aimed at Flight Lustre and Uncle Vox. We would have printed it but it wasn't signed...



## COMMUNITY SERVICE AWARDS HAVE YOU CAST YOUR NOMINATION YET? WHAT NOMINATION, YOU SAY?

For the CFB Winnipeg Military Community Service Award. All members of the Winnipeg Military Community are invited to submit names of those they feel deserve a Community Service Award for their volunteer efforts in helping to improve our community. Nominees should have provided voluntarily his/her time and experience in some respect, not necessarily benefitting the whole community but certainly a reasonable part. Full guidelines on who, why and how you should vote have been published in the 24 February 1982 issue of VOXAIR.

Don't delay! Nominations must be submitted by the 30 April 1982. Awards will be presented on 6 June in a special ceremony at the Hercules Lounge.

## NOMINATION FORM

MAJ B.D. Brennan  
Chairman  
Community Services Awards Committee  
Canadian Forces Base Winnipeg  
Westwin, Manitoba  
R2R 0T0

1. I/we nominate:

SIN NO	RANK	MR/MRS/MS	SURNAME	INITIALS

UNIT/PLACE OF EMPLOYMENT	TELEPHONE	YEAR

2. He/she is nominated for the following unpaid community service(s):

3. He/she has a voluntary ( ), appointed ( ), or elected ( ) position.

4. He/she has participated in the above activity for (length of time, hours per week, etc.).

5. Submitted by:

SIN NO	RANK	MR/MRS/MS	SURNAME	INITIALS

SIGNATURE	UNIT/PLACE OF EMPLOYMENT	TELEPHONE

PLEASE COMPLETE THIS FORM AS FULLY AS POSSIBLE. Remember, everyone may not be fully familiar with the activity. A clear description of the contribution of the nominee will assist the committee to select the award winners. Military personnel, DND employees and dependants of all ages are eligible for nomination. Completed nomination forms are to be mailed or delivered to the above address no later than 30 April 1982.

THANK YOU

# NEWS RELEASE

OTTAWA—General Ramsey Withers, Canada's Chief of the Defence Staff, announced today the establishment of a new formation within the Canadian Forces Effective July 15.

Designated Fighter Group, the new organization will have its headquarters at Canadian Forces Base (CFB) North Bay, Ont. It will absorb the operational responsibilities and functions of what is presently known as Air Defence Group, as well as the fixed wing element of 10 Tactical Air Group (10 TAG) and the fighter operational training responsibility now under Air Command Headquarters.

The operational coordination and control of all Canada-based fighters, including the new CF-18 Hornet, will be an important responsibility of the new Fighter Group. Canada will buy a total of 138 of the sophisticated new Hornets, the first of which is scheduled to arrive at CFB Cold Lake later this year.

Fighter Group will be comprised of all the units now allocated to Air Defence Group including the new Region Operations Control Centres (ROCCs) presently being installed at North Bay. It will also include 433 and 434 Tactical Fighter Squadrons, 417 Tactical Fighter Operational Training Squadron, 419 Tactical Fighter Training Squadron, CFB Cold Lake and 10 Field Technical Training Unit.

The new formation will be commanded by Brigadier-General William Paisley, 52, of Nipawin, Sask. He is chief of staff, operations at Air Command Headquarters in Winnipeg, Man. at the present time. His promotion to Major-General will be effective when he assumes command July 15.

# COMMUNIQUE

OTTAWA—Le chef de l'état-major de la Défense, le General Ramsey Withers, a annoncé aujourd'hui la mise sur pied d'une nouvelle formation de la Force aérienne, a partir du 15 juillet.

La nouvelle organisation aura son quartier général à North Bay (Ont.) et sera connue sous le nom de "Groupe de chasse". Elle assumera les responsabilités et les fonctions opérationnelles du Groupe de la défense aérienne, ainsi que celles du 10ème Groupe aérien tactique à l'exception des hélicoptères, et l'entraînement opérationnel des pilotes de chasse qui actuellement est la responsabilité du quartier général du Commandement aérien.

La coordination opérationnelle et le contrôle de tous les avions de chasse bases au Canada, y compris le nouveau CF-18 Hornet comptent parmi les tâches les plus importantes du nouveau Groupe de chasse. Le Canada achète 138 Hornets, dont les premiers arriveront à la base des Forces canadiennes Cold Lake (Alta.), plus tard cette année.

Toutes les unités qui font présentement partie du Groupe de la défense aérienne ainsi que les nouveaux centres régionaux de contrôle opérationnel envoies d'installation à North Bay formeront le Groupe de chasse. Les 433e et 434e Escadrons tactiques de combat, la base de Cold Lake, le 417e Escadron tactique d'entraînement opérationnel, le 419e Escadron tactique d'entraînement et la 10e Unité d'instruction technique en campagne feront aussi partie du Groupe de chasse.

La nouvelle formation sera sous le commandement du brigadier-général William Paisley de Nipawin, (Sask.). Il est présentement chef d'état-major pour les opérations auprès du Commandement aérien, à Winnipeg (Man.). Il sera promu au grade de major-général quand il prendra le commandement le 15 juillet.



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### EDITOR-REDACTEUR EN CHEF

CAPT Terry Lawrence, 689

### WOMENS EDITOR

Jane Lawrence (430) 885-5569

### ADVERTISING

### PUBLICITE

Gerry Gavin 885-2727

### DISTRIBUTION

Stacey Pennell, 889-8027

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ASSISTANT EDITOR  
REDACTEUR ADJOINT  
CAPT Grant Russell, 355

MAKE-UP  
MISE EN PAGES  
Cindy McKenna 888-1784

SPORTS EDITOR  
REDACTEUR SPORTIF  
CPL Michaud, 509

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# BCWO'S CORNER

CWO A. Poltaruk

## MAKING IT HAPPEN

Two months have gone since the first Sr NCO's Leadership Seminar has been held in CFB Winnipeg and 40 SGTS now have become prominent citizens of the Canadian Forces family.

Unfortunately, many newly promoted Sr NCO's have assumed their new duties as senior Supervisors without fully appreciating the increase in responsibility and authority which goes with that rank and positions, and without a clear understanding of what is expected of them. There has been no formal course designed specifically to prepare the new Sr NCO for his supervisory role

and for the many personnel related problems with which he/she may be faced.

CFB Winnipeg Sr Supervisors recognized this problem and have put together a 3-day hands on Seminar, conducted almost entirely by experienced Base Sr Supervisors as a form of indoctrination for SGTS. We are now in the third Seminar which is to be held on the 5, 6, and 7 Apr 82 in the WO's and SGTS Mess fireside lounge. Although this Seminar started out for new SGTS, it has now been extended to all SGTS.

The attached is the 2nd Seminar photo of the Instructor Supervisors and the attendees.



L to R, Back Row — Seminar #2

SGT Coppes MH, SGT Duncan J, SGT Drewlo LJ, SGT Timkew A, SGT Lahaise JE, WO Nolet TD, SGT Gelineau GW, SGT Bennett JC, SGT Gray A, SGT Stinson WA, SGT Hansen B, SGT Thomas RK, SGT Harper JL, SGT Millard WH, SGT Fehr V, SGT Neville GF, SGT Melanson RD, SGT Barron BE, SGT Garnier RL, SGT Lawrence JG.

L to R, Front Row — Instructor Supervisors

SGT Breese, CWO Hodgson, MWO Mt Pleasant, CWO Blais, MAJ White, COL Smith (BComd), CWO Poltaruk (BCWO), CWO Barton, CWO Pettigrew, CWO Sanford. Missing from this phot is MWO Morrison. (Photo by PTE S. Sauve)

# CHAPEL SERVICES

## ROMAN CATHOLIC

### Our Lady of The Airways (N)

#### Masses:

Sunday: 7:00 on Saturday  
11:00 on Sunday

#### Masses

Daily:  
4:45 Tuesday & Thursday  
10:00 Wednesday & Friday

#### Confession:

Before and after each mass on request.  
A vant et après chaque messe, et sur demande.

#### C.W.L.:

Meetings every 2nd Monday of the Month.

#### Sunday School:

Every Sunday from October to June, for Grades 1-9 inclusive at the Air Nav School from 9:45 to 10:30.

#### Baptism:

On request. Give us a "One Month Notice".

#### Choir:

Every Thursday evening at 7:00  
Tous les jeudi soirs — 7:00.

#### Marriage:

It is absolutely necessary to give us a "Three Month Notice" and to follow a course of preparation.

Nous exigeons de connitre vos intentions au moins 3 mois avant le mariage. Un cours de préparation est nécessaire aussi.

### St. George's Chapel (S)

#### Masses:

Sunday: 11:00  
Daily: Thursday at 7:00 p.m.  
Friday at 9:30 a.m.

#### Baptism:

On request. Give us a "One Month Notice."

#### Marriage:

It is absolutely necessary to give a "Three Month Notice" and to follow a course of preparation.

To contact a Chaplain  
Just ask our Switchboard  
Operators

## SEMAINE SAINTE ET PA'QUE HOLY WEEK AND EASTER

### 4 APRIL

#### Palm Sunday

— Blessing of the Palms — 11:00 hours  
— Benediction des Rameaux

— Blessing of new water  
— Baptism

— Celebration of the Eucharist  
"Le Feu nouveau"

### 5 - 6 - 7 APRIL

— Daily Mass at 19:00 hours  
— Messe Quotidienne

### 11 APRIL

— Service de P+ques  
— Service of the Risen Christ —  
11:00 hours

GOD BLESS YOU ALL

#### CONFESSIONS

— Evenings of April - 5 - 6 - 7  
From 18:00 - 20:00 hours.  
— Holy Thursday — April 8  
From 20:00 - 22:00 hours.  
— Good Friday — April 9  
From 13:00 - 15:00 hours.  
— Holy Saturday — April 10  
From 18:00 - 20:00 hours.  
There will not be any Confession on  
Easter Sunday.

QUÉ LE SEIGNEUR VOUS BENISSE  
TOUS

### 9 APRIL

#### Good Friday

— Service of the Death of Christ —  
— 15:00 hours  
Way of the Cross (Live) — 20:00 hours  
— La mort du Christ

### 10 APRIL

#### Holy Saturday

— Easter Vigil Service — 20:00 hours  
— Blessing of new fire

## PROTESTANT CHAPEL SERVICES

### Chapel of the Good Shepherd

#### (N)

Church Service:  
11:00 on Sunday

Sunday School:  
11:00 on Sunday

Chapel Groups:

Baptisms and Weddings as arranged.

### Chapel of St. Andrew (S)

#### Church Services:

10:30 on Sunday

#### Sunday School:

10:30 on Sunday

#### Chapel Activities:

Weddings and Baptisms as arranged.

To contact a Chapel

Just ask our Switchboard

Operators

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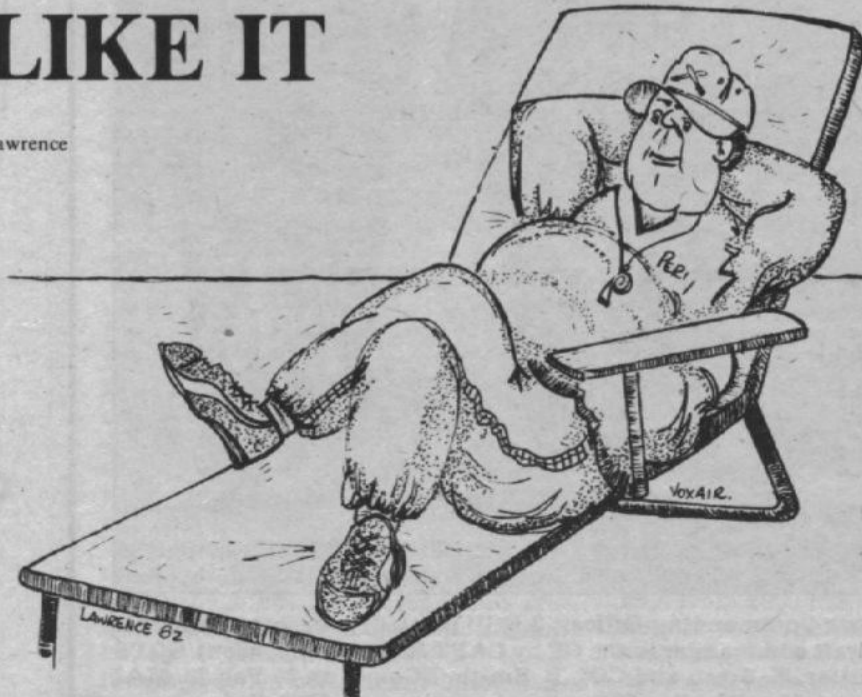
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# THERE'S NO LIFE LIKE IT

By Terry Lawrence

No 11. THE REC. SPEC.

I'm happy, I'm a Rec Spec  
With my whistle 'round my neck,  
I don't have the strength to blow it  
But who cares? What the heck!  
I'd love to run and throw the ball  
But sweating ain't my style,  
Do what I say, not what I do  
As I rest here for a while!





# CANADIAN FORCES CENTRAL FUND

**General.** The CFCF, established 1 Mar 68 with an initial capital from the former single service funds (similar to the CFCF), receives recurring revenues in the form of levies on mess and exchange sales, bank interest, loan interest as well as realizing the assets of disbanded units. This consolidation of NPF cash assets provides a medium through which certain common services and financial assistance can be offered to individual units at reduced or no cost.

**Common Services.** CFCF resources are utilized to provide certain services that are common requirements for most CF units. Consolidation of these services under a single administrative entity has resulted in substantial savings to NPF operations. Common services that are funded by the CFCF resources include:

**Consolidated Banking System.** NPF activities in Canada conduct their financial transactions through a single consolidated bank account. The CFCF provides for management of this account, and pays all related bank service charges. Bank services charges funded by the CFCF were approximately \$43,000 during FY 80.

**Accounting Equipment and Forms.** The CFCF provides CF units with standardized accounting equipment and forms that are used in accounting for NPF operations. During fiscal year 80 the cost for printing cheques and accounting forms was approximately \$26,000. Additionally, approximately \$86,000 was funded during the fiscal year towards the development of the NPF automated accounting system.

**Consolidated Insurance Program (CIP).** The CFCF maintains a collective insurance policy on NPF property owned by the various activities. The CFCF is responsible for the insurance premiums and a portion of the deductible. This program ensures adequate coverage for CF units with the additional advantage of reduced costs resulting from purchasing a single collective policy. During FY 80 CIP costs were approximately \$239,000.

**NPF Employee Sick Leave Assistance Program.** Under this program the CFCF pays the salary costs of NPF employees who are on sick leave in excess of 30 days. This program reduces the burden of duplicate salary costs that would be borne by the Unit. During FY 80 the cost to the CFCF of this program was approximately \$63,000.

**Financial Assistance Loans & Grants.** Through the consolidation of NPF cash assets, the CFCF has been able to offer low cost loans and grant assistance to individual CF units for the purposes of establishing or improving NPF facilities and programs that are available to serving members and their dependents:

**a. Loans.** Since 1968 a large portion of the collective NPF assets have been redistributed to bases, stations and ships in the form of low cost loans. During FY 80 loans valued at \$1,955,800 were issued. Included in this value was \$352,280 issued in the form of advances for NPF projects that are still in progress and for which repayment is not required until the project is completed. The following are some examples of the projects undertaken in FY 80.

**Exchange Projects.** \$584,300 was issued by the CFCF to finance construction and renovation of CANEX facilities at nine CF units.

**Base Fund Recreation Projects.** \$364,900 was issued by the CFCF to finance such items as curling rinks, swimming pools, community centres and bowling alleys at 13 CF units.

**Mess Projects.** \$139,600 was issued by the CFCF to finance renovations and furnishings for seven mess facilities.

**Other Projects.** The CFCF provided \$867,000 to finance the resupply of merchandise at northern isolated locations. In addition the CFCF has committed to fund other projects valued at \$2,909,700 for FY 80 but which had not progressed sufficiently to require cash advances. The status of existing loans as at the end of FY 80 is depicted in the following Table:

Purpose	Number of Loans	Value Outstanding
Exchange (Facilities)	36	11,148,128.47
Exchange (Working Capital)	11	773,507.95
Base Fund (Recreation)	40	1,991,711.36
Messes	51	1,647,921.14
<b>TOTALS</b>	<b>138</b>	<b>15,561,268.92</b>

**b. Grants.** Annually the CFCF provides outright grants in support of NPF activities for which there are no existing resources available. Included in the FY 80 program were grants for such items as:

(1) supporting the Canadian Legion Book Depot which supplies books to isolated units.

(2) supporting CF sports championships.

(3) supporting development of other NPF activities in areas of limited resources. For FY 80 the CFCF station and small base grant program was increased from \$150,000 to \$250,000 and 35 units received assistance for 43 projects ranging from alcohol-free lounges to bowling alleys.

**c. Amenities.** The CFCF also serves those personnel serving at DEW Line sites and military attache posts. Through the central fund, goods that are not locally available are purchased from recognized suppliers and shipped to those remote locations. This service is provided by the CFCF on a cost recoverable basis.

### CONCLUSION

This is a brief summary of the CFCF activities over the past year. The level of NPF activity now being offered to members of the military community at CF Units would not be possible without the collective NPF resources that are administered by the CFCF.

Over the years your Central Fund has provided substantial real assistance to CF units. At the same time, particularly in the last two fiscal years, the fund has established a sound financial position. In FY 80 the CFCF realized an unprecedented net income, due mainly to the very high interest rates received on our dollars in the Consolidated Bank Account. Because of this growth of revenue and the favourable financial position of the fund the decision was taken in 1980 to reduce the CFCF levy on sales. Effective 1 Mar 81 this contribution was reduced from one percent to one-half of one percent, resulting in approximately \$800,000 additional funds to be retained in 1981 at bases, stations and ships for their use on NPF projects.



## DAK DRIVER RETIRES



MAJ C.E. Roberts Commanding Officer, 3 RSU (seated) is escorted from his last flight as aircraft commander in the CF by CAPT R. Leask (not seen), SGTS D. Gardner, D. Miller, K. Swan and COL B. Smith, BComd. on 23 Feb 82. MAJ Roberts retired on 1 Mar 82 after 30 years of service and 6500 flying hours in the RCAF and CF.



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# AEROSPACE REPORTS

The Aerospace Systems Course (ASC 34) returned from its annual three-week invasion of American Industry at precisely the same moment that spring arrived in Manitoba. We had no trouble checking through customs, but it looks like spring did.

Everyone was quite relieved that a complete luggage check was not required, as threatened by the Hammer, to find the missing Rockwell B-1 Bomber. Yes, the model turned up. To this day, Bill Learmond swears he doesn't remember repacking it in his luggage. I guess it must have flown off his bed to avoid getting crushed as he crashed out after a hard day's night. We did say farewell to General Stewart in style; polishing off a dozen heels and, to Hammer's delight, a bottle of French champagne.

To be honest, Bill deserves a word of praise. He did an excellent job of coordinating the myriad of details; transport was always there and on time; no one got lost and our luggage always arrived intact. Mind you, since the Preacher was driving the baggage van, God must have intended it to be that way. Besides the Preacher, the only other thing Bill couldn't control, was the weather, and that's another story.

The new theme song of ASC 34 is a toss up between "Raindrops keep falling on my head" and "Just walking in the rain". The rain made headlines in Los Angeles and in San Diego where it washed out bridges and caused numerous fender benders. Tampa was also inundated and it snowed in Boston and rained in Washington, D.C. To be honest, the weather was also unusual in Seattle — the sun was shining.

You may think all that rain dampened the golfer's spirits. Don't believe it. In Florida, General Stewart convinced Stu Gallagher, Dave Myatt, Danny Martella, Bill Learmond and the Hammer that golfing was the only way to overcome a hangover. Of course, the more practical troops opted for a tour of Busch Gardens.

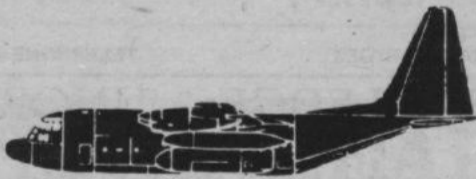
One exciting aspect of a tour of continental USA is sampling all the fine cuisine. A rule of thumb, proposed by world travellers Stu Gallagher and Merle Preuss, was that when in coastal cities eat sea food and when inland eat meat. Doug Martin will vouch for that philosophy after sampling steak in Florida. On the other hand, there are those who

believe that when in the South eat Mexican. Holy Jalapenos! Natchos were followed by copious quantities of Heinecken dark. Would you believe, we drank them out of Heinecken in three hotels. In San Diego, after a pitcher of margaritas, Al Hamelin was finally willing to try Mexican and asked the resident connoisseur, Dave Lewis, "Dave, what's an enchilada?" Answer: "Oh, that's just a small chimichanga." Well, Al, now you know.

All in all, it was a good trip. For those who like to travel, we saw many sights in passing: The Empire State Building; the Washington monument; the Capitol, the Fourteenth Street Bridge. We also saw airports, bars, and hotels, too numerous to mention. Everywhere we went, people flashed a smile and in Florida one gal just plain flashed. We were welcomed enthusiastically at the John Wayne Airport, and the Rodeway Inn even stocked an extra case of bloody Mary mix.

The companies we visited all treated us well, but Norm Bonikowsky was disappointed that he didn't get a pointer. He conceded, however, that the ball caps we got from Sperry kept the rain off our heads. At Rockwell, in Columbus, Ohio we received extra special attention as international visitors of NATO. In our group, we had dignitaries such as CAPT Bruno Schenck from the Swiss Air Force; Flight Lieutenant Derek Baker from the CAF; Squadron Leader Stu Gallagher from the RCAF and Hauptman Karl Hammerschmidt from the West German Air Force. One company in Los Angeles also wasn't too sure what all the different badges on the green uniforms meant, and greeted us with, "It's always a pleasure to address such a distinguished group of fighter pilots, engineers and what have you".

Naturally, the visit has a purpose. We went to hear about the latest technological developments in millimetre wave radars, IR sensor systems and weapons platforms. We learned how everything could be computerized, productized, fixturized, conveyerized and ruggedized. We learned that MMW was in the fourth dimension, explained by graphs unencumbered by dimensions. Yes, you could say some briefings were over your head but, in reality most were pasteurized. Better luck next time. Happy Easter.



## NAV SCHOOL REPORT CADET OF THE WEEK

Voxair July 28, 1961



F/C G.R. Whitson, 6014 RO of Ryley, Alberta was chosen as Cadet of the Week for the period 17-21 July. He received his education at Ryley High School prior to joining the RCAF in Oct., 1960. His parents Mr. and Mrs. R.N. Whitson reside in Ryley, Alberta.

## PROPANE POWER

OTTAWA—The first production line propane-powered staff cars will be officially handed over to the Department of National Defence (DND) Wednesday 17 March, 1982.

The Ford Canada staff cars will be presented to Minister of National Defence, The Honourable Gilles Lamontagne, by Mr. Kenneth W. Harrigan, President and Chief Executive Officer, Ford Motor Company of Canada. The hand-over ceremony will take place at the CFB Ottawa (South) (Uplands) Air Movements Unit commencing at 11:30 a.m.

DND will purchase between 4,000 and 6,000 propane-powered vehicles as part of its overall energy conservation program. Although a propane-powered vehicle initially costs more than its gasoline-powered equivalent, the annual savings in fuel costs make propane-powered travel a viable economical alternative.



## JUNIOR RANKS

Another Bosses' Nite has passed in the Junior Ranks Mess, and as usual it was a great success. Everyone certainly seemed to have a good time. We wish to thank Colonel Smith, and all the other bosses who attended and helped make the night the success that it was.

I'm happy to report that all the Mess Renovations have been completed and all the members that I've talked to are really encouraged and pleased with the new look in the Mess. We'd like to give a special "thanks" to CWO Hodgson and MWO Cartlidge for all their help during the planning and completion of the renovations. And of course thanks go out to those Mess Members who helped with the Mess clean-up.

We have a good line up of entertainment planned for April. We have Rick Enns on the "Bus" entertaining us with some great music every Sunday in April. Mike Thayer will be playing on the 07 & 14 of April. On Saturday April 10 Mike will have a little added feature for all you Punks. It's going to be "Punk Nite" so color your hair and come on down and Punk Out.

On April 09, 21, 23 & 24 Knights of the Turntable will be performing.

For the highlight in April we are trying to bring in a top notch band called "SHAZZAM" but reports have it that your Entertainment Chairman is still in the negotiation room with them.



## BXO COLUMN

In February of this year I was approached by one of our local suppliers to offer a complete office coffee service through Canex. At first look this appeared to be an excellent opportunity to offer a needed service while picking up a few bucks for Canex. However, this is one of those times when procrastination is a good thing.

A check with four other companies who offer similar service made me decide to stay out of the coffee business. The companies all offer essentially the same service:

- coffee making equipment provided completely free;
- free installation, repair, replacement; and
- coffee supplies delivered direct to your office with no delivery charge.

The differences come in pricing. Coffee costs anywhere from \$19.00 to \$32.00 per case — probably an indicator of different brands and qualities. As a casual coffee drinker myself I am not prepared to recommend anything except that it appears that the business is extremely competitive and the service excellent. By using a coffee service a cup of your favourite eye opener will cost you between 5 cents to 10 cents, and you will not have to buy your brewing equipment, or go shopping for your supplies.

The decision not to get involved is based on the fact that each office can get everything they need at a reasonable price by going directly to a coffee service. Canex could not provide direct delivery, the price would have to go up to provide some return to the middleman (Canex), and there is too much variance in price and quality to recommend one company's brand.

Those people I spoke to who already use a coffee service considered it good value. So there you go...just look in the yellow pages under "Coffee Service."

A final word on national sales. In the past it has been our practice to mail the national flyers out. Due to the cost of postage we will no longer be doing this. The flyers will now be distributed through Canex outlets, base sections, and door to door for occupants of military housing.

On May 01 your Entertainment Chairman has a special treat for you. Believe it or not he has booked recording artist "QUEEN CITY KIDS" for this event John is going to need all your support. So if you want great bands come out and help him prove that if great entertainment is brought into the Mess the Mess Members will support it. Good Luck John.

From the Snake Pit side of things you may have noticed that the pool table has been recovered and the small table has been removed. They are going to replace the Video Games with more and better games. For you "Defender Fans" we are trying to get the Defender Game installed.

The Junior Ranks Dart League held their playdowns on 23 March and the League will be holding their annual wind up dinner on the 23 of April.

The new Big Screen Television in the Snake pit has proven to be quite popular. Just remember that Sports Events have priority on this TV.

Remember that the Mess will have Entertainment on April 08. Rick Enns will be entertaining you with his music from 2000 hrs to 0100 hrs. And finally Hoser Night which was held on March 13 was a total success, with nearly everyone ending up wethead. So until next time, good time, good partying and good day. EH.

**??**

### New Arrivals

**Puzzled about  
Manitoba License Plates?**

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-Contents? -Pleasure Items?  
Life Insurance?

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RMI BLDG. 90  
889-2204  
MON-FRI 8:30-4:30

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# POLICE POINTERS

(By MCPL Dale)

## NEIGHBOURHOOD WATCH HOME SECURITY PROGRAM

It is impractical and virtually impossible to make your home completely Burglar-Proof. However, most break-ins are relatively unsophisticated and many are simply "crimes of opportunity". As a result, with a little effort you can bring your house to a point of minimum security that will discourage most burglars from even attempting a break-in. This point of minimum security is the point where destructive force must be applied to gain access to your home. The cost to bring your home up to this level of security is relatively inexpensive both in terms of time and money. In addition, it is a one time expense that will insure your security for as long as you live in that house.

### DOOR SECURITY

#### DO NOT RELY ON KEY IN THE KNOB LOCKS.

Although these are very common locking devices, they provide little security. This type of lock on an outside door is an invitation to even the most inexperienced burglar. Over the years, this type of lock has proven the entry point to many burglaries. **USE DEAD BOLT LOCKS ON ALL EXTERIOR DOORS.**

A good quality deadbolt with solid bar stock cylinder guard and hardened steel bolts that securely fix the lock to the door.

This type of lock provides excellent security and should be added to all exterior doors in your home that are equipped with key in the knob type locks.

#### DEADBOLTS LOCKS — SINGLE CYLINDER?

Deadbolt locks are available in either single or double cylinder models. The single cylinder model is operated by a key from the outside and a thumb turn on the inside.

Deadbolt locks with double cylinders are operated by a key both inside and outside. It is designed to provide additional security on doors where a glass window is within 40 inches or arm's length of the door lock.

**CAUTION:** The double cylinder deadbolt locks are extremely hazardous if the door they secure is to be used as a

fire or emergency exit. If used in your home, a key should be left in the inside cylinder whenever the home is occupied.

#### DOOR CONSTRUCTION

Hollow core and glass doors are not very secure. Ideally all exterior doors should be solid wood or laminated wood core construction 1-3/4 inch thick. The door frame should be solid wood or laminated wood construction as well as should be equipped with a proper strike plate.

#### GLASS PANELS

If your home has a window within 40" or arms length of an exterior door lock, the glass in the window should be replaced with plexiglass or lexan (a tough, clear, mar resistance, unbreakable plastic).

#### OUTSIDE HINGES

Exterior doors with hinges on the outside will provide a burglar with easy access to your home. He has only to remove the hinges and lift the door out of its frame. This situation can be corrected three ways:

- have the door removed and the hinges remounted on the inside of the frame so that the door swings inward.
- install a set of hinges with non-removable hinge pins.
- install a locking pin in the existing hinge plate.

#### EXPECT THE PEDESTRIAN TO DO THE UNEXPECTED

The definition of a pedestrian is "one who walks" and not as some drivers believe — "A person who wants to cross the street when I want to make a turn"

Pedestrians come in all shapes & sizes, they move at varying speed, many with no regard to their surroundings. Some obey traffic signals, while others believe they are only for motorists. Some are motorists on foot. The latter often undergo a complete change of perspective when they leave their vehicle. Often times, the actions of pedestrians are not only unpredictable, but downright foolish, however, these are the conditions with which the driver has to cope. The safest way for a driver to deal with the problem is to give the pedestrian his freedom, expect the unexpected, keep his cool, and be safe, not sorry.

**THINK ABOUT IT!**

## STEREO HEADSETS — WARNING!

The Canada Safety Council issued a warning regarding the use of portable stereo headsets a few weeks ago.

There is nothing inherently wrong with the equipment from a safety standpoint — the problems come in the way some headphones are used.

Late last year, a Toronto teenager was killed when he walked in front of a train at a level crossing. He could not hear the train coming, presumably, because the volume of his music, and the ability of his headphones to block outside noise.

The warning then, is in the sense that headphone sets should never be used within a traffic environment. Not as a pedestrian, not as a driver of any enclosed vehicle, and certainly never on a bicycle or motorcycle.

A similar problem exists with the new-style stereo systems that are fitted to cars. Played at high volume, they too drown all outside noises — including warning signals that could avert a crash.

We use our hearing second only to eyesight in the amount of information we take in for driving safety. When that hearing is artificially impaired, trouble is seldom far ahead. It should be pointed out that persons with hearing defects stay extra alert, using other senses to compensate for a deficiency. They are safe individuals because they know their limitations, and adjust accordingly.

Stereo headphone sets are not illegal — even within the traffic

environment. Legislation seldom keeps pace with technology in any area. However, most provinces have "catch-all" type phrases within existing legislation, and that is all that is needed. One press report in Ontario mentioned police considering "careless driving" charges.

As this publication reported a few months ago, charges have already been laid and convictions registered against headset wearing motorists in Italy, and we understand there has been similar action in Switzerland, but no details are available.

Stereo headphone sets, portable or stationary, are extremely useful pieces of equipment. They enable any individual to listen to music of individual choice without obligating others to listen. At home, or in public areas such as beaches or picnic grounds, blaring radios can be an annoyance.

That is why the original warning related only to the sensible use of the equipment, not the purchase.

It may be that the volume the more sophisticated king of headsets are capable of handling may present a danger to the hearing of the user over a period of time — we have as yet seen no research on the subject. But that's another matter.

Nothing can change the situation for the youngster who died in the accident mentioned, or for his family. Only if others heed the warning and avoid the same fate may at least some of the hurt and sorrow be alleviated.



Mr. Lester J. Keith, Chief Caretaker at Minto Armouries is presented with a plaque by the BCEO, MAJ Gibson, to mark 25 years with the Public Service. Mr. Keith commenced his service with 10 Works by RCE and has served as a Caretaker at Minto Armouries, Headingley Transmitter Site and HMCS Chippawa.

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### *Problems with CANEX?*

Don't tell your friends

Tell me. CAPT Dick Hanson BXO - 832-0787

Your entertainment chairman has really gone all out for our Spring Social this year; he has even committed a thousand dollars of your money to subsidize the event, just to ensure it will be to your taste. So for an evening of wining, dining and good dance music. Mark your calendar for April 23 at the Reserve Officers Mess, cocktails 6:30, dinner 7:30. Tickets at \$18.00 per couple (union members only), are available from members of the executive.

The next LMRC meeting is scheduled for 16 April at 10:00 a.m. in bldg. 86 conference room. There will be 3 speakers to inform those present on the progress of the jointly sponsored Employee Assistance Program. Mr. T. Dobie, Base Chief Personnel Services Officer, will outline the background and current status of the program.

Miss M. Seegmiller, our National Health and Welfare Public Health Nurse and Assistance Councillor, will outline her role in the EAP. Mr. A. Gloss, local 705's EAP representative, will review his responsibilities and those of the Union Shop Steward with regard to the program. It would be nice to see all our Shop Stewards come out as observers to hear how they can help our members who require assistance through this most important program.

### **GS BACK PAY AND SALARY INCREASE**

All members of the GS group should have now received back pay and a salary increase equal to 12½%. Any member having doubts about their pay adjustment should request their supervisor to have the BCPO review and explain to them the method of back pay and salary adjustment.

GS members in, or were in sub groups for Food, Laundry and Miscellaneous Services should read the Equal Pay information in the March PSAC Weekly Newsletter.

If you are aware of any previous employee in the GS category, whether term, casual, part-time, seasonal or full-time, during the period 15 November 1978 to 31 December 1980, you should advise them to contact the BCPO for retroactive salary adjustments.

The "Competition and Appeals course recently advertised by the PSAC office has had such an overwhelming response that other courses

will be scheduled in the near future. Members wishing to take this most informative course are asked to call Donna Campbell at Office 772-1652 to have their names added to the list. If enough members from local 705 respond, it is quite probable that a weekend or an evening course could be held in the Hercules Lounge.

A recent UNDE instructor training course held in Levis, Quebec has increased the number of instructors to 23. Mr. Julien Pezet, Director of Education for UNDE, has programmed Grievances and Appeals courses for various locations across the country during April and May of this year. All stewards or prospective stewards that have not had this 3 day in residence course should also submit their names to Donna Campbell.

**CLOTHING DRIVE** — a great success! Over 4 hundred pounds of used clothing were delivered to the Reverend Malinowski, who combined it with approximately 5 tons of food and other supplies that were air freighted to Warsaw on 16 March. Members of 705 and military personnel that donated so generously should be proud of their achievement for such a worthy cause.

**BARGAINING INPUT** — A survey is presently under way amongst the SCYs, STs, TYPs, OCEs and COR members for proposed changes to their collective agreement. Any member not receiving a request for input can contact the following personnel in the buildings noted.

#### **CFB Winnipeg North**

Bldg 52 — c/o Cathy Dowhan, CFTMPC  
Bldg 62 — c/o Kathy Williams, RSWO  
Bldg 84 — c/o Secretary, CFANS  
Bldg 86 — c/o Norah Hunt, BAoO  
Hangar 10 — c/o Secretary, Air Reserve Group HQ  
Hangar 16 — c/o Elsie Edwards, Defence Planning

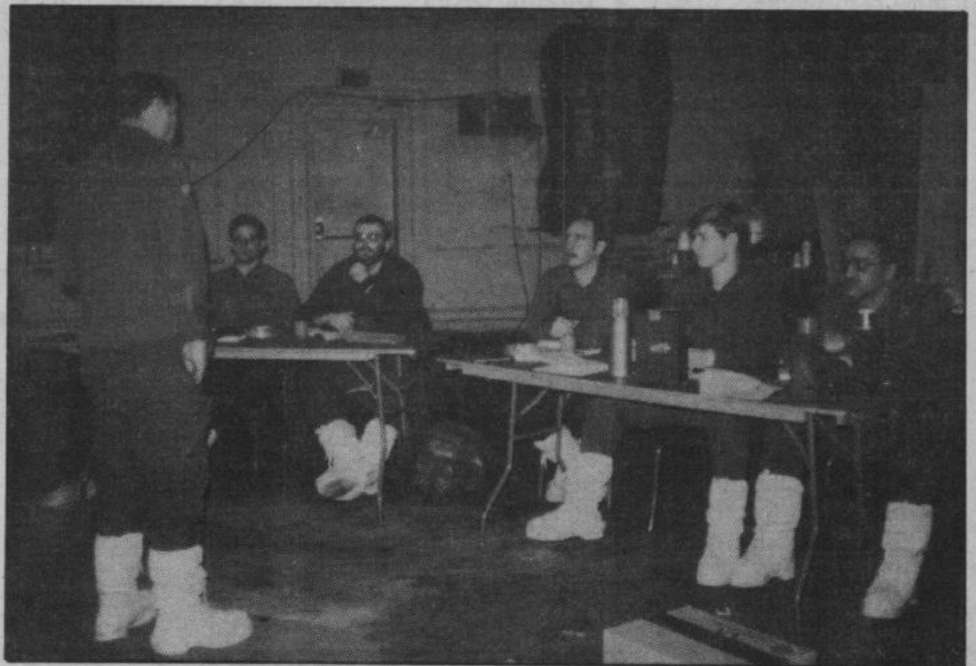
#### **CFB Winnipeg South**

Bldg P2 — c/o M. Keatinge, Base Supply

#### **Air Command Headquarters**

Bldg 2 — c/o Carol Suggitt, DCOS OR and Chris Chapman, 14 Trg Gp  
Bldg 4 — c/o Rose Payne, DCOS MILE  
Bldg 13 — c/o F. Potempa, DCOS LOG  
Bldg 14 — c/o M. Bull, DCOS PERS  
Bldg 16 — c/o B. Hardy, DCOS MAINT  
Bldg 17 — c/o D. Bauerlein, DCOS C&E  
Bldg 15 — c/o G. Harrison, CFE

## **COMM SQN TRAIN FOR WINTER SURVIVAL**



The last winter storm to hit CFB Winnipeg was used to full advantage by members of 733 CommSqn to train in winter survival techniques. After classroom instructions, everyone marched to the St Charles Rifle Range to gain practical experience in pitching tents and sleeping out in a blizzard. This training was conducted to prepare for Exercise JACKAROO Hunt, an 8 day winter exercise at The Pas. Once there, no time was lost in putting their lessons to practical use.

SGT Maddocks (left) lectures on winter survival techniques.

# VOXAIR SPORTS & RECREATION NEWS

## CFB MENS SOFTBALL

Try-outs and practices are being held at Building 90 every Monday and Wednesday at 4:30 pm. All personnel interested in participating are requested to attend. All positions on the team roster are open.

## MANITOBA MARATHON

Those military personnel who wish to participate in this event can obtain race information and entry forms from the Recreation Centre.

Entry Fees will be paid by the individual.

For more information contact the Recreation Centre local 511.

## VALUE OF TRAINING

The duration of an athletic contest is but a few minutes, while the training for it takes many hours of arduous work and continuous exercise of self effort.

The real value of sport is not the actual contest, played in the line-light of applause, but the hours of dogged determination and self-discipline carried out, imposed and supervised by an exacting conscience. The accolades soon die away, the prize is left behind, but the character you build is yours — forever.

## SKEET SHOOT

CFS Alsask will host subject championship. Those military personnel interested in participating are to contact the Rec Centre local 511 not later than 8 April 1982.

Participants will be responsible for supplying their own ammunition and rifles.

## NEW GAMES DAY

"New Games" are just one of the new trends in the area of play and outdoor recreation, and are for anyone who likes to play! They emphasize participation, co-operation and fun, rather than competition. The cover photograph shows just one of the many "New Games" you can play, using the "EarthBall"!

We hope that you will be able to join us in some of these fun-filled, playful activities at "New Games Day"! This special event will take place on Sunday, June 13th from 1:00 to 4:00 p.m., at Vimy Ridge Park (corner of Portage Avenue and Home Street). There will be music to play by, as well as many other activities for your enjoyment.

The event is free of charge and no pre-registration is needed — just come on out and have fun! Remember...New Games are for people of all ages!

## EAGLES ON ICE

(WO J. Cox)

Air Command Headquarters held a curling bonspiel on Friday 12 March 1982. The overall winning rink was: PTE Cox, MAJ Byrne, WO Hines, SGT Nadeau from ARGHQ. The runner-up rink was: LCOL Best, Wendy Montigambeai, Louise Nichols and SGT Parker from SSOFS.

Winners for their flights were:

- a. Mike Collis, Donna Robertson, Greg Woloszyn, and Gerry Allan from HQ COMDT;
- b. R. Cook, MAJ Malcomson, CAPT Barr, PTE Campbell from SSO PERS;
- c. Gord Radul, Lil Girard, Al Wilcox, Pat Middleton from SSO CDTs;
- d. MAJ Vanrooyen, CWO Lloyd, SGT Mahon, CAPT Wilson from DCOS PERS;

Runners-up for their flights were:

- a. MAJ Pirson, CWO Gregoire, CAPT Wingert, Jane Lawrence, from SSOTN;
- b. S. Magnne, CWO Daze, CAPT Urquhart, K. Doyle from SSO PERS;
- c. MAJ Potter, MAJ Armstrong, MAJ Weir, MAJ Krall from DCOS IP & R;
- d. M. Martens, Don Delamere, G. Berger, R. Dick from SSO AMS.

Other prize winners were:

- a. Judy Carlidge, Earl McGlinchey, Anna-Marie Gillich, Ken MacDonald from AIRCOM CR;
- b. Gloria Frederick, Chev Cheverie, MAJ L. Burnham, Duncan MacLeod from DCOS MAINT;
- c. MAJ H.F. Leggett, COL G.W. Duguid, CAPT J. Gowans, MAJ G. Alex from RGN OPS;
- d. MAJ Paunch Glen, MAJ Brian MacGregor, Maureen Westcott, Art Timkew from AIRCOM CR.

The committee wishes to thank all those who participated and helped make this a successful bonspiel.



BGEN Paisley being escorted to the hack in preparation for throwing the 1st rock to open the AirCom Bonspiel.

CFB WINNIPEG

## "Activity Days"

16 & 17 APRIL 82 **SCUBA**  
BLDG 21

FRI 16 APR 1 - 4 PM & 6 - 8 PM  
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**SOME ARTS & CRAFTS FOR SALE !**  
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**FRIDAY & SATURDAY AFTERNOONS**

## INTER-SECTION SOFTBALL MEETINGS

Those sections interested in participating in this league, are to call the Recreation Centre, local 511 prior to 9 April 1982.

A meeting will be held 15 April 1982, Thursday, 1:00 pm at the Recreation Centre. One representative from each team must attend.

## UMPIRES

Interested in umpiring Inter-Section SOFTBALL? Contact the Recreation Centre, local 511 and leave particulars.

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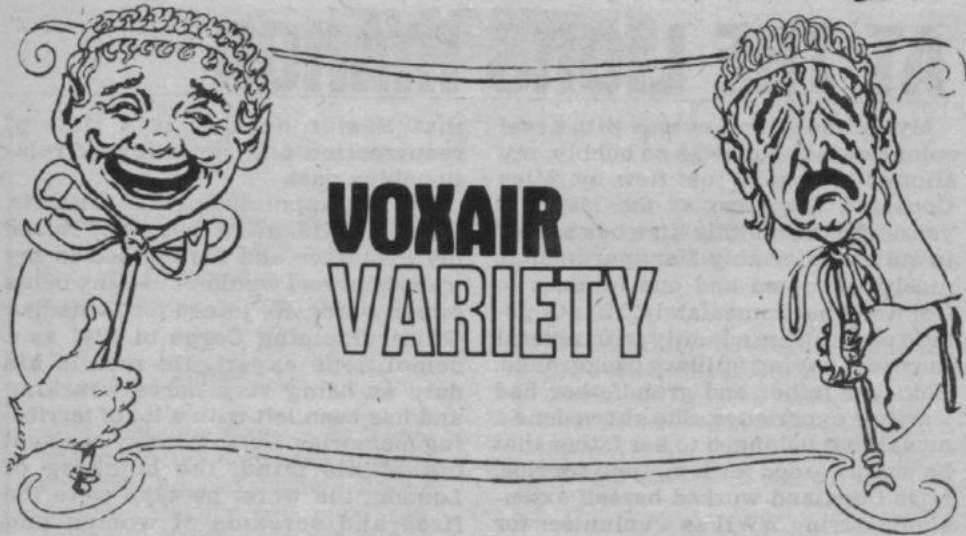
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**northern**  
THE NORTHERN ASSURANCE COMPANY OF CANADA



(by John Lauder)

The peoples' network is busy walking the streets asking citizens as to their choice of the best entertainment of the week. Selections range from such TV shows as Brideshead Revisited to West Rock Hote, and one of those interviewed named the musical Side by Side by Sondheim. Unfortunately, some of those questioned stated that there was absolutely nothing that had caught their fancy in a seven day period, which would indicate that either we are indifferent to what is being offered, or that there is really not too much available.

My own choice, had I been caught out wandering the street, would be the current Manitoba Theatre Centre production of *The Little Foxes*. Lillian Hellman's play is very well written, tightly directed, by Louis Scheeder, and features fine acting by a cast of ten players. The so-called Resident Acting Company of MTC provide most of the talent, with a few outsiders to fill in the blanks. Leueen Willoughby as Regina, the queen bee in this turn-of-the-century drama, and John Innes, as her ailing husband, were outstanding, as was Goldie Semple in the sympathetic role of a southern belle gone sour on booze. Michael Ball and newcomer Barney O'Sullivan, as a pair of money hungry brothers, were also very convincing.

The play runs until April 10th, it is live theatre at its best.

The Sondheim revue, mentioned above, is completely different, but in its own way as much a success as the Foxes. This Warehouse production will pack in the crowds, if anyone is reading two out of three reviews in the other parts of the media. Favourable comments included "touching rendition", "hilariously hammy", "tremendously effective" and "best show of the year". On the negative side the Thompson newspaper did dismiss the show as "loosely assembled and unevenly performed" but with sellout crowds giving standing ovations, I don't suppose that Richard Ouzounian, director, is too uptight. He made his own contribution to the show with some smart-ace remarks for the sidelines, and no doubt laughs en route to the bank.

Like to sing and dance? Act in summer musical theatre? Then note that the Rainbow Stage organization is now accepting audition applications for the 1982 season, for two productions to be offered in late June, July and in August. The auditions for singing/acting chorus will be held on April 17th and 18th, and application forms can be obtained by calling 942-2091 Monday to Friday, or picked up at Ste. #303 at 93 Lombard Avenue East, during regular office hours. The deadline is April 8th, so act fast.

And if you have skills in other types of arts, literary, visual, or musical, then the Manitoba Arts Council has money for you. (The new government is giving us back some of our own money, and in bigger amounts.) The major grants run to \$10,000, and are for professionals in all disciplines. Short-term project grants of \$500 can be obtained for workshops, exhibitions, classes, and etc. The visual and literary grants go up to \$2,500 and can include costs of materials as well as work time. More info can be obtained from the Council at 944-2237, or at 123-555 Main Street.

The Royal Winnipeg Ballet is off to tour eastern Canada, from Rimouski and Port Hawkesbury to Deep River and Orillia, and will be back for their final show here on May 5th to 9th. This will feature a world premiere of the new number Firebird. Meanwhile at the Concert Hall the Manitoba Opera Association will present *The Marriage of Figaro* on April 20th to 27, while John Prine and Steve Goodman will be in concert on the 28th. The Symphony will offer their ever popular "Springtime in Vienna" on April 30th and May 1st.

Actors Showcase is sponsoring the "Paul Gaulin Mime Company", April 6-11, at the Winnipeg Art Gallery. This company is noted for its work in introducing children to a broad range of ideas and the possibilities that mime can show characters, situations, and even non-human forms. Reservations must be made by calling the Showcase at 237-6303.

## BABYSITTERS

### PARENTS

We hope parents employing babysitters will realize the importance of this course and encourage their sitter to enrol.

For a compassionate community there can be no sadder news than the death by fire of children in the home.

The sorrow deepens when the headlines read: "WE ONLY LEFT THEM ALONE FOR A FEW MINUTES."

Parents who go out have a duty to their children, their community and themselves to see that the children are properly looked after.

### BABYSITTERS' COURSE

As a babysitter you have a great responsibility, the children you sit and your employer's home.

To help you do this job, the CFB Winnipeg Fire Prevention Bureau has organized a babysitters' course.

The course will be held on the North Site, in Building 81, from 1830 hrs to 2100 hrs on Apr 27th and 28th.

The course will cover Fire Prevention, Safety, Security, Child Care and Basic First-aid.



# SUMMER PLAYSITES

Summer is the time for fun in the outdoors. And what better opportunity for a super summer than to share it with your friends and a trained play leader at one of our neighbourhood playsites. Games, crafts, sports and special festivals are always in the works and this year we are planning outdoor gardening, family nights, and overnight camp-out. These activities and many more await your children at the following playsites:

Butterworth School	Heritage School
Linwood School	Robert Browning School
Britannia School	Voyageur School
Jameswood School	Lakewood School
Strathmillan School	Buchanan School
Athlone School	Alexander Ross School
Woodhaven School	

Further information regarding days and times will be available in a bulletin to the schools in mid-June or through the Program Office at 2055 Ness Avenue. (call 885-7562 and asks for Carol or Linda).

Registration will take place on site the first day your child attends the program.

There is NO COST, except for the occasional special event.

### CFB WINNIPEG ACTIVITY DAYS

APRIL 16-17 1982

#### BUILDING 21 AIR COMMAND SITE

Nothing to do? Nonsense! This Base offers a wide variety of activities. Trouble is personnel don't know whom to contact, or where to go in order to pursue their favorite sport or activity. To answer all your questions, why not plan to attend CFB Winnipeg's Activity Days which will be held April 16 - 17 in Building 21, Air Command Site.

#### HOURS OPEN TO THE PUBLIC

Friday 16 April 1:00 - 4:00 pm & 6:00 - 8:00 pm  
Saturday 17 April 1:00 - 4:00 pm

Sports and recreational activities/ clubs directly involving the military community as well as individual arts and crafts will be on display such as photos, art, ceramics, scuba and many others. Some arts and crafts will be for sale.

So why not come out and take advantage of what is being offered by your Base and community.

### Westwin Community Council

## BINGO

EVERY WEDNESDAY — 2000 HRS. (8 P.M.)

16 Games at \$30.00 Each

3 Jackpots with Consolation Prizes

Building 21 CFB Winnipeg (North)  
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Free Entry

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NEW CARDS - NEW GAMES

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### APPLICATION

#### BABYSITTERS' COURSE

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

NOTE: — Return to:

Babysitter Coordinator

Mrs. Ann Campeau

100 Blanche Ave.

Winnipeg, Manitoba

R3N 0L5

RETURN BY: 23 April 82

## CFB WINNIPEG GOLF CLUB EARLY BIRD GOLF TOURNAMENT

### 5-6 JUN 82

1. CFB Winnipeg Golf Club will host their annual Early Bird Golf Tournament on 5-6 Jun 82 at the Wasagaming Golf Club in Riding Mountain National Park.
2. Individual applications must be received by Mr Baldwinson, Box 100, Westwin, Man. R2R 0T0, prior to 21 May 82. Entry is limited to 144 golfers on a first come first served basis. A womens division is available for either one or both days of the tournament. Application forms may be picked up at Baldwinson Insurance Agency Building 90 or the Westwin Curling Club.
3. The Meet and Greet will be held commencing at 1900 hrs on Friday 4 Jun 82 at the Wasagaming Community Hall (near Doners Lodge). See you on the Tee!

# FOR THE LADIES

(Jane Lawrence)

Easter, to me is a season of new beginnings, a holiday to spend with others, maybe a retired family member you haven't seen in some time.

Recently I made a visit to the Lions Manor on Sherbrooke St. which is a retirement facility. I spoke with a number of retired service personnel who have had wartime experience and I thought it would be interesting to relay their experience and impressions of the coming holiday. Before I do this let me tell you a little about the Manor itself.

The Lions Manor was a long-awaited dream for the Lions Club of Winnipeg when it finally became a reality in 1965 and the North Tower was opened. Popularity grew to the point that Tower B was built and opened in 1971 to house a total of 435 residents.

The Manor is divided up into minimal care units (hostels) which are furnished and maintained by house-keeping aides as well as low-cost apartment living (self-contained) units that the tenant cares for himself.

There are many extra amenities offered here such as laundry rooms, beauty salon, exercise room etc that the residents have access to without even leaving the building.

On the main floor is located a library which is run by volunteers and also a craft shop named "Hobby Lobby". This shop helps subsidize some of the tenants fixed income as most of the articles found here are hand made by the tenants themselves.

Another added feature that is worthy of mention is the availability of a guest suite. If one of the residents becomes ill and their family wants to be nearby, a furnished suite is provided at minimal charge.

The real heart of the Manor I feel is Harvey Hall. This room is the nucleus of the Manor's entertainment facility. When I first walked by an elderly gentleman was singing his favourite from his past "When Irish Eyes Are Smiling". It brought tears to my eyes. All types of entertainment is done here from professional to impromptu audience participation. Just a little secret between you and me, there is a possibility that Uncle Vox and Flight Lustre just might pay a visit to the Manor. That certainly would be an enlightening experience for the residents!

Before I get into the heart of this article, my special thanks go out to Mrs. Joan Barker, Director of Volunteers Services, who left a very hectic schedule to give me a tour of the Manor and also to set up my interviews.

I also want to thank Patti Ferguson, Executive Assistant Director of Residence Services for all the background she located and supplied me with.

Most importantly thanks to those special people who sat with me and opened up their past so this article could be written. Without them there would be no article. This is their story.

Mr. and Mrs. Smith were the first couple I interviewed. They live in a comfortable sized apartment and have been living contentedly at the Manor for eleven years. Mr. Smith first joined the Service in 1914 and shortly after this went overseas. He didn't elaborate but did mention he spent 3 years and 8 months as a POW. His experience was that he worked very long days and had little to eat but one does not complain when covered by a rifle. Easter to this couple will be just another quiet day at home.

My second interview was with a real colourful lady that was so bubbly, my allotted half hour just flew by. Miss Copeland has been at the Manor 4 years and during this time has settled in quite comfortably. Her apartment is nicely decorated and one is made to feel welcome immediately. Miss Copeland comes from a family with several members having military background. Both her father and grandfather had wartime experience. She showed me a medal that belonged to her father that he was awarded for long time service. Miss Copeland worked herself extensively during WWII as a volunteer for St. John's Ambulance. She worked all during the war as a first aider and feels her experience was very exciting. Miss Copeland at present has no plans for Easter but feels it is the time of renewing of oneself. Spring comes to life, flowers sprout new growth and winter is in the past.

The next interview set up for me by Joan, was with Mrs. Bayer. She has many fond memories of her son Edward Granville. He was better known to his family and friends as "Jerry" but I promised Mrs. Bayer I would mention his given name. Unfortunately memories are all she has though because he was shot down over Yorkshire at the young age of 22. She has a picture of Jerry on her living room wall that shows what a handsome young man he was. At one point she did have some letters he wrote while away but an act of vandalism took even those away from her. She impressed me as a happy person with good memories of her son and feels

that Easter holiday is a time of resurrection and renewing of relationships past.

My last appointment was with Mr. Hamilton. He, more than once raised my eyebrows and I promised in my transcription I wouldn't use any of his swear words. He joined the Canadian Officer Training Corps in 1941 as a demolitions expert. He recalls his duty as being very nerve wracking and has been left with a lot of terrifying memories. He, to this day can't get out of his mind, the bombing of London, the worst he says were the fires and screams of women and children.

He is currently writing a book called "Why I Cursed God". The title would seem almost self explanatory as he saw atrocities that hopefully won't be seen again.

Easter does not mean much to him anymore because he says he saw so much suffering.

Mr. Hamilton will spend a quiet Easter at the Lions Manor but he says Easter is to be shared with others.

After interviewing these people, most of whom are alone, I find myself lucky that I have not lived through experiences such as theirs. I agree with them that Easter is a time of sharing, with a loved one, someone maybe less fortunate than ourselves.

Maybe you have an elderly relative who you have not seen recently, someone in a nursing home or maybe just in hospital for a short stay.

Will that someone spend Easter alone?

## FASHION NOTES—WORKING WITH ACCESSORIES

(Jane Lawrence)

I have been asked numerous times now to write something about dressing up outfits with accessories.

It doesn't really take a lot of talent or money to make a plain outfit look special or dressed up, but just a little imagination. I believe, "If it feels good, do it". Don't be afraid to try something new. The only person you have to please is you.

If there is a special bracelet or piece of costume jewellery you would like, set aside \$5.00 each payday and tell yourself "This is for me".

One great item to work with is a scarf. Everyone has five or six tucked away in a drawer somewhere and they can be fun to experiment with. Different uses could be: feed through belt loops of a shirt, jeans or even tie around the waist of a dress and tie a knot to one side; attractive and different. Another good use is as an Indian headband. Fold scarf lengthwise into narrow band and place around the centre of your head and tie off to one side in a large bow or just a plain knot.

Take a square scarf and fold in half like the shape of a triangle. Drape it over to one side of the shoulder and hold with an attractive brooch. Turn it around and tuck it inside a blouse for another attractive look.

Feathers and ribbons are quite popular now. With these and a little imagination you can be creative. If you still don't want to spend money on such items, look around your sewing room and see what you can come up with. Silver or gold trim is attractive woven through hair or just tied in a bow. Satin seam binding fills the same purpose.

With spring in the air, colourful strands of beads or a string of imitation pearls always make an outfit look dressy.

For budget conscious people try and stick with neutral colours and work with colourful accessories.

Essentials of a basic wardrobe are four shoe colours: brown, black, beige and white. These mix and match well with any clothing article.

I do prefer that your shoes and purse match.

Another hint for people on a strict budget would be to stay away from the drop waistline and mini skirts this summer. Sure they will be the fad but what about next year? If you are pinching pennies, can you afford to let these clothes sit in the basement in future seasons?

Earrings are always a good investment. For a more conservative look button or stud types always dress up an outfit. Someone like myself, who has been termed as "flamboyant" in dress, I like feathers and long strands of Indian beads. The latter can be purchased at any Indian Craft Shop or if you like, can be made quickly and expertly at home. If you take this approach do buy good Shepherd hooks if your ears are pierced.

A woman's best asset is her hair if it is in good condition and well looked after. Experiment with barretts pinning hair on one side to expose the ear or if long enough pin up or put in a pony tail. Use two or three colours and types. There are many varieties from plain brown pin types to very pretty ones that are rhinestone studded.

One last accessory is the hat. This clothing item can go from romantic, to sophisticated, to glamorous to sexy. But the most important thing is that hats are not expensive. With a little imagination you can take a really plain outfit and dress to the "tee" just by adding a hat.

So come on, be a little daring. I think there are some good ideas here, so why not experiment a little, I am sure you will have lots of fun. HAPPY SPRING!



## BEAUTIFUL YOU

By René Vincent

Judy Wells, President  
Allied Beauty Association



When you go into a hairdressing salon," advises Judy Wells, President of the Allied Beauty Association, "don't be afraid to say, 'This is what I want'."

"You should get your money's worth in a salon just as you do anywhere else you shop," she says. "I wish women would react to their haircuts in the

same way they do when they buy an appliance or a piece of meat. If you don't like what they give you, go back and demand satisfaction."

Judy Wells is an aggressive, outspoken businesswoman. In 1979, the Toronto Sun described her as "Canada's youngest self-made millionairess". She insists hairdressing is a service just like any other professional service you pay for.

"Too many women are intimidated by their hairdressers," she notes. "When they get a bad cut, they go home and cry about it or else they try to wash it out."

Judy strongly believes everyone should go to a beauty salon. She has a manicure every two weeks and a pedicure every two months. She also enjoys frequent facials for a thorough cleansing of the face. If a hairdresser does something wrong with Judy, you can be certain she will complain.

"You shouldn't be afraid to say anything," she stresses. "Make the hairdresser realize what he or she has done, right or wrong. Tell them how you feel about it."

"Our hairdressers are good," she says. "They are quite capable of doing good work. Also, they are willing and able to respond to your demands and criticisms. So, let them have it!"



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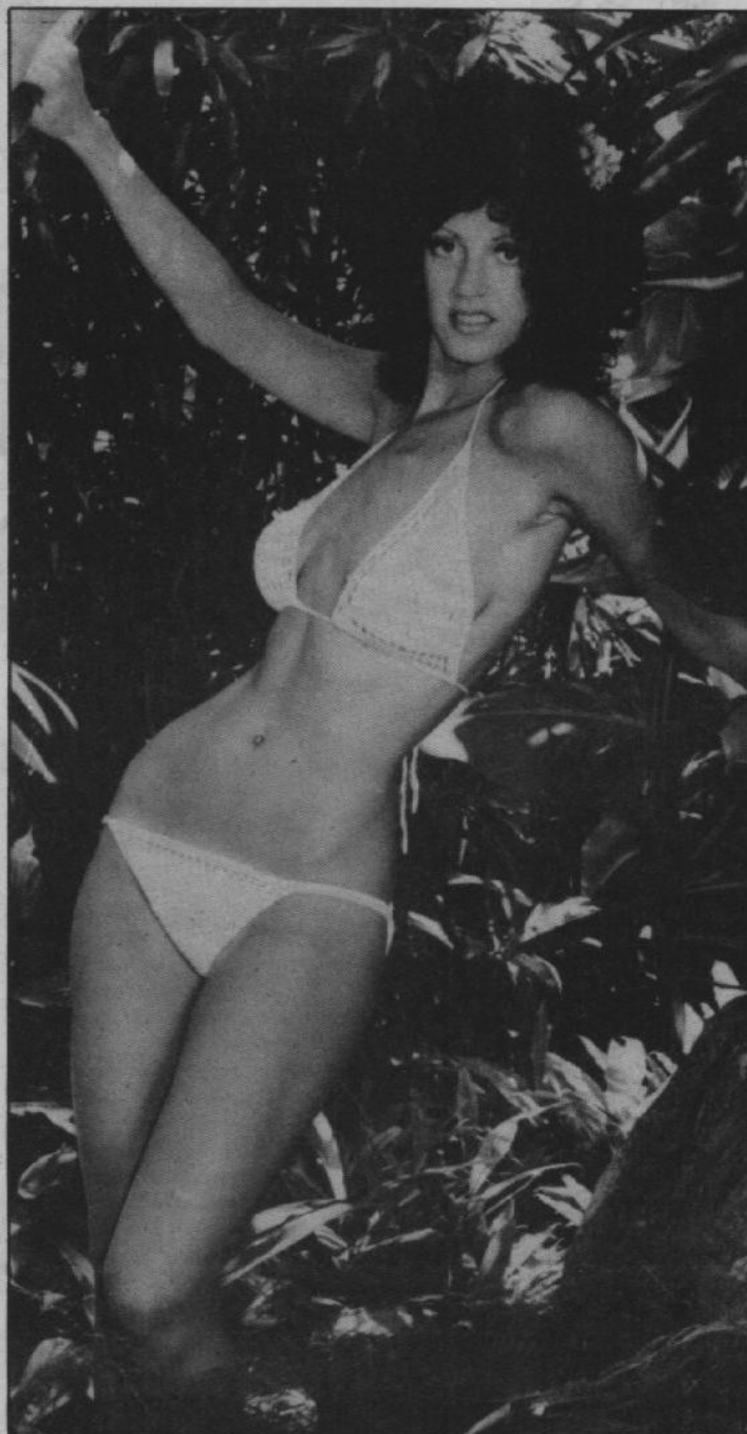
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Hey Sarge, want to help me hunt for Easter Eggs?

Courtesy Florida Sunken Gardens

**"FAST FOODS" AND EATING OUT**

"Fast Foods" usually bring to mind hamburgers, pizza, french fries and coke for starters, and the list can go on and on. Are these foods that are so popular very nutritious?

The answer is that they can be if prudently chosen and supplemented with other nutritious foods. Fast foods are often high in fats and/or sugar and overly laden with calories for the amount of essential nutrients they provide. Try to choose food items that are not fried and have a low sugar content. Some examples of good "Fast Food" items to choose are cheeseburgers or hamburgers (broiled is best), an Egg McMuffin, souvlaki, tacos, chili dogs, pizza, baked potato (if available), submarine sandwiches, milk and orange juice. Items to avoid are greasy french fries, soft drinks, "shakes", pies and cookies. Often the "shakes" of today are not like the milkshakes of old; they contain no milk or ice cream. They are made primarily from vegetable oil, casein, non fat milk solids, emulsifiers, flavourings and sugar.

Studies have shown that "fast foods" often do not supply vitamins A and C, several B vitamins and iron in the amounts needed for a well-balanced diet. A well-balanced diet is one that includes foods from all of the four food groups of Canada's Food Guide. By supplementing "fast food" meals with foods from the group(s) lacking, a well balanced diet can emerge. The four food groups of Canada's Food Guide are:

- Fruits and Vegetables
- Milk and Milk Products
- Meat and Alternatives
- Breads and Cereals

To illustrate how a "fast food" meal can be part of a well-balanced diet, let us imagine that we are eating at a hamburger stand. A cheeseburger and milk would be a good choice of foods. If no salads or fresh fruits are available, you should include them at some other

time of the day. French fries can supply some vitamin C and are a source of carbohydrate, but if you are watching your weight they should be avoided.

When some "fast foods" were analyzed for their nutrient content some interesting findings appeared:

**Pizza:** — turned out to be the most nutritious food tested. One serving, half a medium pizza, contained almost one-half the daily recommended intake for most of the vitamins and minerals. It was, however, found to be high in sodium content.

**Hamburgers:** — the ratings of hamburger chains were essentially equivalent in nutrition, when adjusted for serving size. All hamburgers were very high in protein, supplying more than fifty percent of the recommended daily intake. They also yielded almost one half of the recommended daily intake for most of the vitamins and minerals. The sodium content was very high.

**Fried Filet of Fish Sandwich:** — ounce for ounce, a hamburger supplies more protein and vitamins.

**Fried Chicken Meal:** — the chicken was found to be less salty than a hamburger but the deep frying produced the highest fat content.

"Fast foods" are often low in fibre content. This should be kept in mind, and high fibre foods such as raw fruits, vegetables, nuts, whole grain breads, etc., should be eaten daily.

In a nut shell, "fast foods" are acceptable nutritionally when consumed judiciously, infrequently and as part of a well-balanced diet.

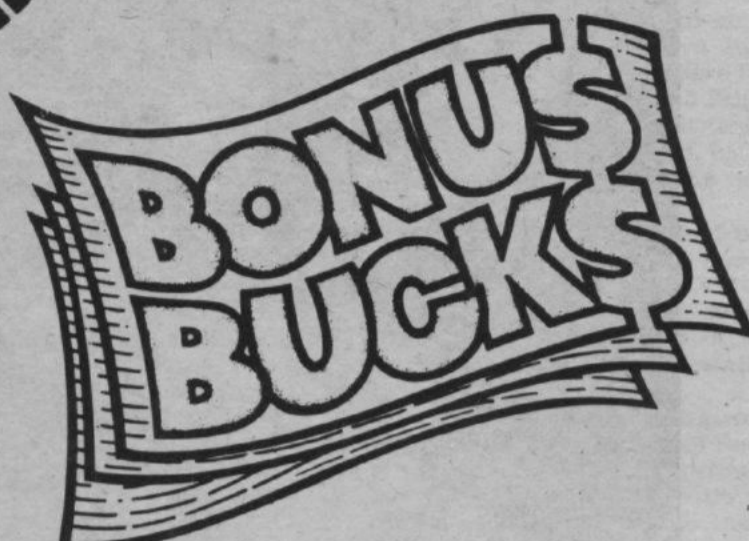
The same principles for choosing a well-balanced diet should be followed every time we eat out, whether we are eating at a "fast food" outlet, restaurant or in a cafeteria.

Brenda Inskip R.P.Dt.  
 Directorate of Food Services  
 National Defense Headquarters,  
 1982





# BULLETIN



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