



"FORCES PILOTS HAPPY"

SAYS CADO

CF-18 EXCEEDS EXPECTATIONS

(Ottawa) — "In the short time that we have been operating the CF-18, our new fighter is already exceeding our very high expectations. All pilots and maintenance crews are extremely enthusiastic and happy with the aircraft. It is a superb fighter."

With these words Major-General Paul D. Manson, chief of air doctrine and operations at National Defence Headquarters summarized the performance of Canada's newest fighter aircraft.

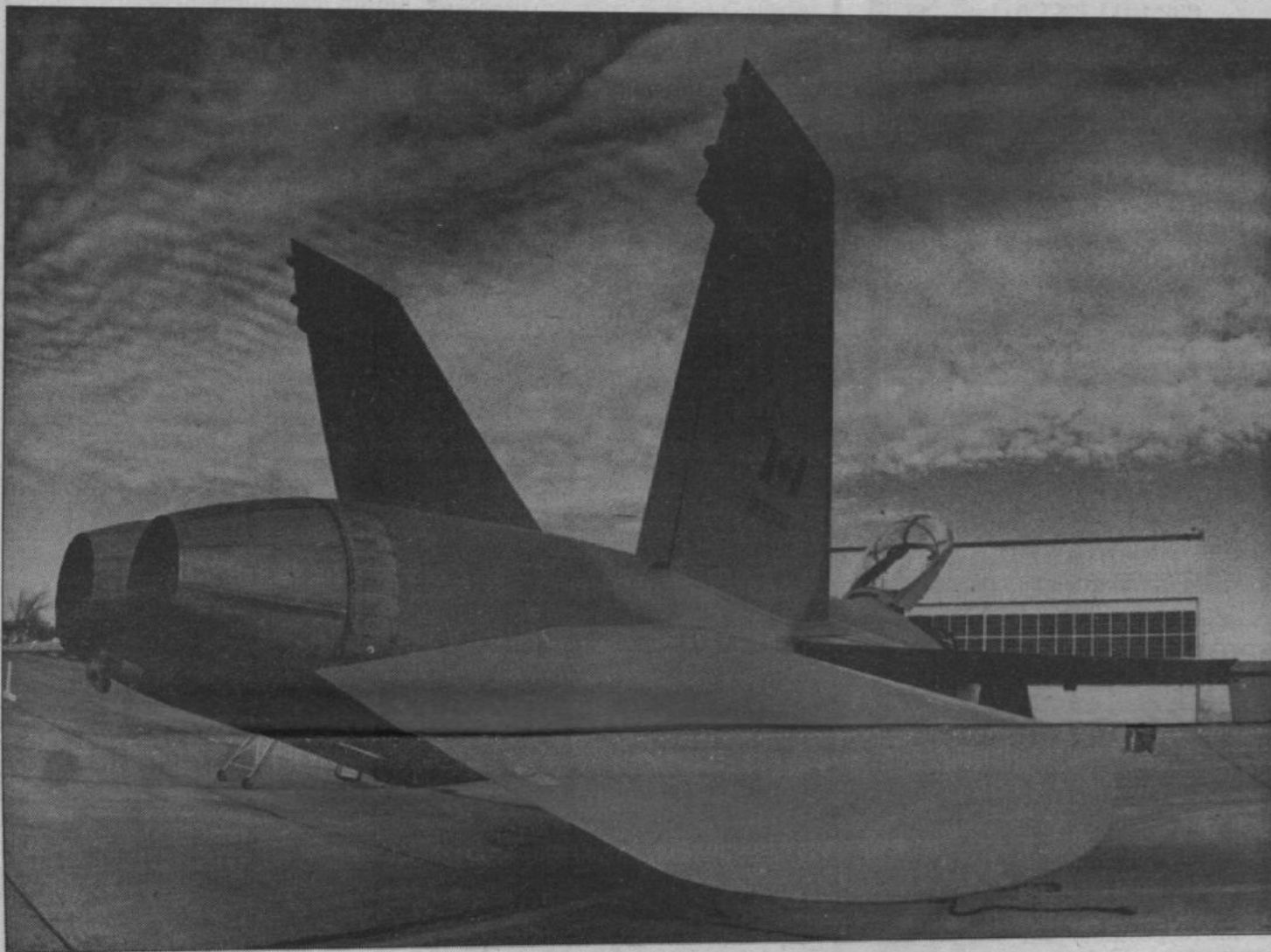
For the last ten weeks instructor pilots of 410 Squadron have been putting the first two CF-18s delivered to Canada through their paces at CFB Cold Lake, Alta. Operational squadron training is scheduled to commence this month. Operations so far have been conducted in cold weather down to -30°C and under light to moderate icing conditions. Throughout the CF-18 performed exceptionally well. All avionic systems, including the radar, proved very reliable and easy to operate. The squadron has experienced aircraft availability rates approaching 100 percent. No less than 115 missions for a total of 147.5 hours have been thus far. The training of CF-18 support personnel. "One hundred and sixty technicians are currently being converted to the new aircraft. Our servicing load will be reduced tremendously with the CF-18. Fifteen minute turn-arounds have been accomplished. Tires have to be changed only every 100 landings or so — compared to less than 25 landings for the CF 101s and CF 104s. On the first try, our people have changed a complete engine in four hours. With more training we'll cut that in half."

The pace of training now has increased with the delivery of the third CF-18 on 21 Dec. LCol Al DeQuetteville, the commanding officer of 410 Sqn, summed his pilots reactions by saying "The CF-18 is everything and more than we expected".

In May 1981 Canex instituted its cross-merchandising Bonus Bucks program. The purpose of the program was to return a financial benefit to those people who use their Canex facilities and to increase patronage. The Bonus Bucks issued on gas sales paid by cash or Shell credit card can be used in the Service Station, Minimart or Retail Store to purchase anything but gas, tobacco and lottery tickets.

LAHR GIVES \$35K TO BLIND CHILDREN

The Canadian Forces community at Lahr, West Germany recently raised more than \$35,000 in aid of the Military Police Fund for Blind Children. Fund raising can take many forms in West Germany. During a 24-hour requestathon the two CF radio stations in Germany remained on air all night, taking requests for music in exchange for donations to the fund. This year a country and western festival netted the largest single contribution of \$8,500. Money raised for the fund goes to schools for the blind to purchase toys, clothing and teaching aids.



"JUST ONE MORE LOOK AT YOU"

Photo by Sgt. Van Tunstad

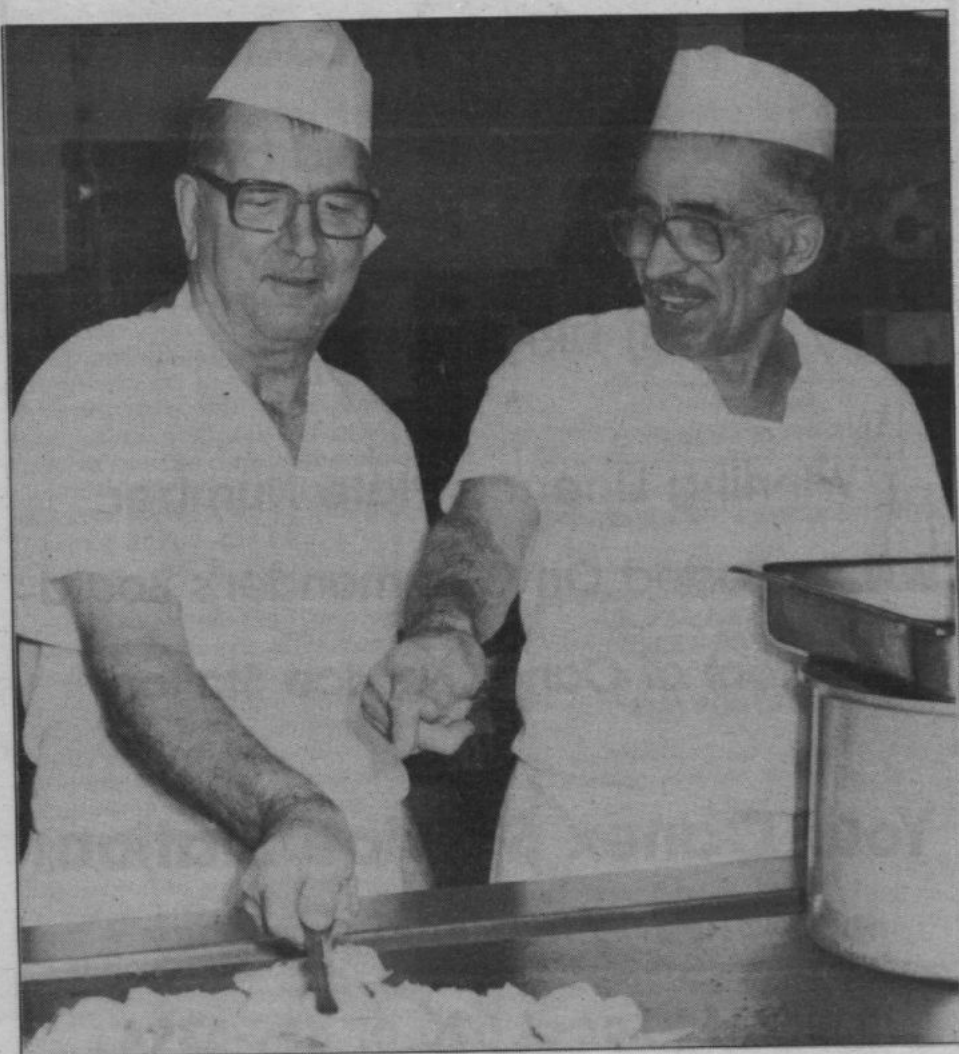
THOUSANDS OF DOLLARS HELD BY CANEX PATRONS

According to figures provided by Ottawa, CFB Winnipeg has the second highest Bonus Bucks redemption rate at 78%. That means there are Canex customers walking around out there with 22% of the Bonus Bucks which have not been redeemed. By our calculations that adds up to \$6157.00 as of 31 Dec 82.

So, where are these Bonus Bucks? In glove compartments, wallets? They're no good to you in those places. At Canex they're as good as cash.

HOT KNIFE THROUGH BUTTER

When a CF Kiowa helicopter and an uncharted cable suspended over a Quebec river valley came into collision, the outcome could have been disastrous. The fact that it wasn't can be attributed to the Kiowa's Wire Strike Protection System (WSPS). The WSPS is a Canadian designed and built system that features a saw-tooth metal ridge running between sets of cutting blades mounted above and below the helicopter's windscreen. The system has been installed on all CF Kiowa helicopters. In 1980, before the system was installed, wire strikes accounted for 20 per cent of fatalities in helicopter accidents throughout NATO.



Angelo Maida, on the right, relies on his 25 years experience to point out to Adam Reichert that he shouldn't build roads and dams in the mash potatoes. For the rest of the story see page 9. Photo by Bob Jones



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LETTERS TO THE EDITOR

Dear Sir,
Whether or not pornography is forced on the public. Women, whether they watch pornography or not, are affected in their everyday life by the attitudes of those that do. Sex role stereotypes are reinforced and this in turn affects the way women are treated in economic, social and legal matters.

For Playboy to continue to be of interest to "closet peeping toms", they must increasingly sensationalize their product. Note the difference in the Playboy magazine from the beginning to what is available today! Note also the pornographic video tapes readily available in respectable shops in every neighbourhood today! Now further desensitization to pornography has begun on Society's most accessible media, T.V.

Guidelines regarding pornography in the media are so ambiguous, authorities rely a great deal on what Society accepts as okay. The onus is on responsible people to speak out in protest against what they find unacceptable. To ignore the proliferation of pornography and keep silent is the same as condoning it. Pornography uses women, and sometimes children, in a way that cannot be tolerated in a just Society.

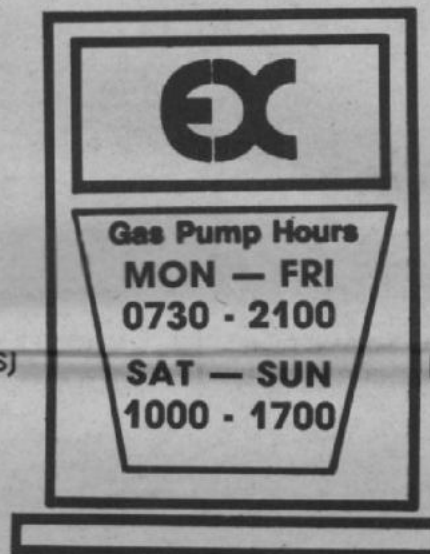
By the way, "Real Men don't need Pornography!"
Yours truly,
Lydia Giles

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**AVIONICS COURSE
MORE THAN A DAY'S DRIVE**

Avionics education will be the topic of a seminar and workshop to be sponsored by Parks College of St. Louis University on May 5-7. The seminar will be held on the Parks campus in Cahokia, Illinois, just ten minutes from downtown St. Louis. Parks will begin a new avionics program in September.

The seminar is planned to bring together representatives from industry and education to discuss the development and improvement of post-secondary avionics education programs. Participants in Friday's sessions will discuss such topics as the history of avionics; the state-of-the-art today, including digital avionics systems; and personnel needs in the avionics field. Criteria for accrediting avionics education programs will be outlined as required by the Federal Aviation Administration, the University Aviation Association, and the Accreditation Board for Engineering and Technology.

Separate workshops will be held on Saturday for those interested in avionics engineering technology on the bachelor's and associate degree levels, and for those interested in avionics industrial technology on the associate degree and certificate level. Tours to area aircraft manufacturers are also planned for Saturday.

The seminar fee of \$40 includes necessary materials and two lunches. For more information write Dr. William F. Schallert at Parks College of St. Louis University, Cahokia, Ill. 62206 or call 1-800-851-3048.

My normally soft and tender hands look like a pair of cracked and chapped cactus (or is that cacti?). Those New Improved cleaning products which we used to scrub down the old PMQ do the job alright but are murder on the old epidermis. I tried rubber gloves at Jane's insistence but wrote off three pairs on the sharp corners in the hidden recesses of fridge and range. Now is the time to turn to a life of crime, I have no fingerprints left!

Was it worth it? Time will tell. We were reasonably comfortable in the PMQ, give or take a few ice patches on walls and floors and the odd draft. At least we knew where everything was. Now, in our mortgaged pride we are up to our proverbial neck in cardboard cartons and piles of stuff identified as "Why in Hell did we keep that."

Moving day had to be the coldest day of the year but the cheery and competent crew from Atlas had our assorted belongings loaded, weighed and unloaded in record time. The two ladies who did the packing, with T.L.C., obviously have shares in the paper industry.

I really shouldn't report this, but I can't resist. Just prior to the move, Jane was watching the Sharpe Blvd. sparrow flock clustered around our bird feeder. "When we move," said she, "Do you think the birds will follow us?" It's true, I swear.

Number-one son borrowed Dad's van to transport his newly acquired motorcycle home. Purchased at the same time was a new full coverage helmet. The young fella started on mini bikes when he was about twelve years old and the helmet has always been a part of the required kit. Sure hope it continues that way. Dad is a Chief Instructor (Motorcycles) with the Canada Safety Council and has VERY DEFINITE opinions on the use of helmets.

On the subject of motorcycles, the annual Bike Show will have just closed in Winnipeg when this edition is published. Undoubtedly some new prospective buyers will appear from the ranks of our readers, ready to shell out anywhere from two to ten thousand on a new bike. An extra hundred or so will buy a good helmet and another 95 will get them an excellent course on motorcycle safety. Learning to ride by trial and error is a fool's game. Call Manitoba Safety Council at 949-1085 for information. Courses start in April.

Did you read in the Personnel Newsletter Question Corner where a male service member wants to carry an umbrella while in uniform? Obviously one of the "Newer Fellows," right? Maybe not; he used big words and impeccable grammar so he probably attended school some time ago. He seems to be familiar with APC's and combat boots so was obviously subjected to some grunt orientation prior to duty in a valley city large enough to have bus service. Ottawa, right? We all know that everyone stationed in Ottawa carries a briefcase in one hand... now add an umbrella in the other hand and how does one salute or open doors. I can hardly wait for the announcement of the dress reg's... and the Canex Contract.

PROMOTIONS — JANUARY 1983

SIN NO	RANK	NAME	INIT DATE	SECTION
TO MAJOR				
612 068 973	MAJOR	HORNSBY	P.J.A. 01 JAN 83	RSS PRAIRIE
436 937 403	MAJOR	RYAN	R.R. 01 JAN 83	AIRCOM HQ
226 066 066	MAJOR	BROCK	B.L. 01 JAN 83	CFANS
604 794 099	MAJOR	HANSON	R.A. 01 JAN 83	BXO
106 807 609	MAJOR	MOSHER	M.R. 01 JAN 83	AIRCOM HQ
107 811 010	MAJOR	WHITTY	M.E.J. 01 JAN 83	AIRCOM HQ
TO CAPTAIN				
457 402 410	CAPT	FRASER	D.A. 22 NOV 82	2 PPCLI
TO WO.AL				
612 151 076	WO.AL	HUGHES	J.R. 20 DEC 82	AIRCOM
706 620 010	WO.AL	PURDY	S.R. 14 DEC 82	1 CEU
TO MCPL				
112 057 666	MCPL	DAUPHINEE	O.R. 31 DEC 82	BSUPPLY
TO CPL.S				
459 174 413	CPL	RENAUD	C.K. 24 NOV 82	BAMEO
245 795 687	CPL	MARTEL	J.G. 21 JAN 83	BAMEO
456 864 594	CPL	HUFFMAN	W.G. 24 DEC 83	BAMEO
624 242 103	CPL	SMID	S.H. 25 JAN 83	BAMEO
469 738 942	CPL	MARTIN	J.B. 20 JAN 83	2 PPCLI
459 579 744	CPL	VELSS	G. 06 JAN 83	BAMEO
623 577 095	CPL	MCDERMID	M.G. 19 JAN 83	2 PPCLI
459 712 386	CPL	HULAN	D.J. 20 JAN 83	2 PPCLI
TO CPL.AL				
627 746 191	CPL.AL	GOLDING	H.G. 10 JAN 83	733 COMM SQN
631 555 943	CPL.AL	VERSCHOORE	K. 26 JAN 83	2 PPCLI
463 359 851	CPL.AL	GREER	M.D. 18 JAN 83	2 PPCLI

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ARGHQ RENOVATED

On Friday, 4 Feb 83, Air Reserve Group Headquarters (ARGHQ) returned to renovated accommodation in 10 hangar. With a general sigh of relief, a feeling of permanence once again settled on ARGHQ following the official Ribbon Cutting ceremony and requisite toast of champagne.

The staff of ARGHQ wishes to extend their appreciation to all Base Staff who helped to make this event possible. Now, if they would only obtain approval for the essential Air Conditioners . . .



BGen R.L. Hughes — Comd Air Reserve Group and Col. B.L. Smith, BComd officially open the new ARGHQ in 10 Hangar while Capt. R.C. Hunt — ARGHQ Renovation Coordinator — looks on (with an expression of relief).

FIRE PREVENTION NEWS

A fire is no fun . . . but practicing fire safety really can be. Here are

1. Plan two escape routes from every room. It's important. Fire often blocks a door or window, but you won't lose a minute if you've planned escaping two different ways from each room.
2. Practice home fire drills. Planning and thinking about what you'll do in case of an emergency is really not enough. You have to practice escaping, each and every member of the family, and meeting in a pre-arranged place outside and away from the house where you can count noses and see that one and all are safe.

Many experts believe that if smoke detectors were installed in every room in the home, smoke detectors are a critical life saving device. Installing and maintaining smoke detectors is a family affair. Check to be sure they are in good working order and that they are installed in the correct place — at the top of the stairs outside the bedroom doors. Smoke detectors should be tested monthly by home occupants to ensure they are in a serviceable condition. Any unserviceabilities in the smoke detectors shall be reported to work reception at local 207. Testing procedures may be obtained by contacting Fire Prevention Bureau at local 501.

THE DEVIL MADE ME DO IT

by Sgt. John Giles

The time of year has come where our thoughts turn to promotions and postings. Two promotions I can confirm are those of Sgt Thrasher from M/CPL and M/CPL Dauphinee from CPL. Of course postings are another story and too numerous to list. I can say for sure that yours truly is leaving for 1 SVC BN Calgary 30 June 83. Although there are some drawbacks in returning to field duty there are also some good points to be noted. First, we all dress exactly the same, winters are nice. I'm not far from where No. 99 plays hockey and of course any complaints I may have about not travelling enough will be laid to rest. All in all this time around should be as rewarding as my first tour.

Speaking of leaving, one of our SAC's has got up and left. 4MV had outlived its usefulness and to ensure more efficient and effective control of warehouse space and material we decided to incorporate it into SAC 4MW. Remember 4MV is no longer the word for cleaning material.

I thought it might be interesting to note that Patty (Broomball Stick) Woods had mentioned the other day how much weight she had gained. Of course realizing her dilemma and to encourage her to lose weight we sent her to an appropriate section. Where? Why Rations of course.

Before I sign off rumor has it that Sgt Ron Stenger has lots of storage room in 4MM since completing his re-warehousing project. I naturally assumed that 4MW could begin transferring stock to help fill those spaces. Since its physically impossible to grant his request on what I could do with my usage I decided discretion was the best part of valour.

Just a reminder to all Sup Tech's that would like to submit or have ideas for future articles, to just drop by and see me.

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3. And drop it in the out basket. Off-base readers mail entry to: Contest, Voxair, CFB Winnipeg, Westwin, Man. R2R 0T0.

Deadline for entry is 4:30 p.m. on Tuesday, March 1, 1983. One winning name will be drawn at 8 p.m., March 1, 1983. The winner will be notified by telephone on March 2, 1983 and arrangements made for delivery or pickup of the prize. The editorial staff of Voxair and their families are not eligible for any prizes. Prizes to be made from selection available at Canex store or gas bar.

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1983

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WESTWIN CHILDRENS' CHRISTMAS PARTY

The childrens' Christmas Party was held on 11 Dec 82. Approximately 250 children attended the party as the photos show everyone had a good time. had a good time.



WESTWIN COMMUNITY ACTIVITIES

Christmas Decorating Contest Winners

Winners of the Westwin Community Council Christmas Decorating Contest were:

1st prize \$75 — Bob Dutchin 429 Moorgate St.

2nd prize \$50 — J. Smith 38 Braintree Cres.

3rd prize \$25 — G. Joss 39 Ladywood Dr.

The Community Council would like to thank Colonel and Mrs. Poole for judging the contest.

Youth Dances

Several scheduled youth dances had to be cancelled because of a lack of chaperons. Anyone interested in chaperoning can contact Sgt Gord Sheritt at 832-3570. Lets support the youths of the community by providing regular dances.

Westwin Rink

Timings for casual skating are as follows:

Mon 6:30 to 8:00 p.m.

Tues 6:30 to 8:00 p.m.

Thurs 6:30 to 8:00 p.m.

Fri 6:30 to 10:00 p.m.

Sat 2:00 to 4:00 p.m.

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Major Brennan

NOM

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SPORTS & RECREATION

CASUAL GYM TIMES BLDG 90 - NOTICE

Tuesday and Thursday Casual Gym times from 6:00 to 8:00 p.m. are now open to all military and dependants of CFB Winnipeg.

CRAFT BAZAAR

The Base Recreation Centre, Building 90, will be holding a Craft Bazaar 15-16 April 1983. Any organization or individuals wishing to show and/or sell their wares are to contact M/Cpl Tom Langer, 832-1311, local 511. The last Craft Bazaar was a success so let's get your name in, as soon as possible, for a space in the Recreation Centre. Forms for this event will be at the Recreation Centre, Building 90, CFB Winnipeg.

This Craft Bazaar is open to Military, dependants, and DND employees.

OTTAWA TO HOST CF PHOTO CONTEST

The annual Canadian Forces National Photography Contest will be held this year at CFB Ottawa from 14 to 22 May 83.

Members of the Armed Forces including Reserves, Militia, civilian employees of DND, their families and cadets of all three services are eligible to submit entries.

The contest is divided into three classifications: (1) military life (unclassified material only), (2) portrait (person or group), and (3) open. The classifications will be further divided into Amateur and Professional.

Work may consist of black and white prints, colour prints, and 35 mm colour slides. All work will be returned at the completion of the competition and exhibition.

Awards of scrolls, and ribbons will be given to firsts in each category as well as to photos of "honorable mention."

The deadline for the contest submission to arrive in Ottawa is April 30, 1983.

The Base Physical Education and Recreation staff are responsible for coordinating, consolidating and shipping any entries from CFB Winnipeg to Ottawa. However, no decision has been made as to who will actually be the Winnipeg coordinator or what Winnipeg's deadline will be.

Photographers who are interested in submitting an entry or entries to the Photo Contest should contact their PERI staff for the list of entry requirements.

MEN & WOMEN HOW DIFFERENT

Continued from previous issue.

BODY COMPOSITION

With less total body weight, women have somewhat lighter bones than men and a considerably greater proportion of fat — an average of 20 percent fat, compared with the average 16 percent for men. It is not entirely clear whether women are relatively fatter than men solely for biological reasons or because they may also be less active than men.

The extra fat does have its advantages: it helps protect against the cold (the fat may act as an insulator for the female childbearer) and is an asset in an activity that requires buoyancy, such as swimming. But that same fat is a distinct disadvantage when it comes to an activity like running, whereby you're moving your body through space against gravity without any support. Women are generally slower than men because they have to push more fat with less muscle.

Whatever the case, more women than men have to combine a weight-loss program with their fitness activity in order to reach an optimum fitness level.

MUSCULAR STRENGTH

Men have a significantly greater muscle mass than women, thanks to their higher production of testosterone, the hormone that governs muscle size. Also, women are generally shorter and lighter than their male counterparts, and no matter how much they train, women won't be as strong as men who undertake a comparable training program.

But despite the natural differences in the area of strength, it is also often a case of women not training their muscles. When you consider young boys' vigorous participation in a variety of competitive sports that understand why women are notoriously weak in the shoulders and arms. (Try to do a dozen push-ups or chin-ups to put this statement to the test.) As a result, many average women do not excel at sports that require upper-body strength, such as racquet sports. By embarking on a strength-training program, you'll be surprised how quickly your muscle strength and your game improve.

BOWLING ALLEY MANAGER RECEIVES AWARDS

The Bowling Proprietor's Association of Canada has recognized CFB Winnipeg's Bowling Alley Manager's with their 1982 Appreciation Awards. These awards are for the two bowling lanes that these two deserving people have devoted many years to looking after. The two people involved are well known by the bowlers but to the unfortunate people that don't bowl their names are Jackie and Frank Gallagher.

Jackie and Frank have spent many years with the Youth Bowling Council, setting up men's, ladies and mixed leagues plus opening the alleys for casual bowling and special events.

Shown below, receiving their plaques from Captain Millard, BPERO, CFB Winnipeg, are Jackie (on the left) and Frank (on the right). From all who know Jackie and Frank Gallagher, a job well done and may it last for years to come.



Would you like to see the Winnipeg Jets play hockey against some of the best teams in the NHL. If so call the Recreation Centre, Building 90, 832-1311, local 509/511. The Recreation Centre has tickets available at "Discount Prices". The Recreation Centre can get tickets in the Reds, Blues, Tans and Greys. If you are interested call soonest so we can get the tickets for you.

GAMES AVAILABLE

- 25 Feb - Hartford
- 2 Mar - Vancouver
- 18 Mar - Toronto
- 27 Mar - Calgary
- 30 Mar - Los Angeles

CFB WINNIPEG INTER-SECTION HOCKEY STANDING

AS OF 10 FEB 1983

LEAGUE STANDINGS

TEAM	W	T	L	PTS
Canucks	9	2	0	20
Dolphins	5	3	4	13
Eagles	4	1	7	9
Arrows	1	2	8	4

TOP SCORERS

NAME	TEAM	G	A	PTS
Stubbert	D	46	17	63
St Laurent	D	40	21	61
Webb	D	25	28	53
Langer	E	29	20	49
Misener	C	31	10	41
Kennedy	A	26	15	41
Reid	C	29	11	40
Gallant	E	24	13	37
Veiria	C	19	14	33

PENALTY LEADERS

NAMES	TEAM	MIP
Staples	E	58
Neilson	A	53
Cline	C	50
Langer	E	46
Gallant	E	46
Stubbert	D	44
Lapointe	E	40
Campbell	D	39
Hagen	A	34

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Scuba Club

Join the CFB Winnipeg "Goldeyes" Scuba Club for professional instruction, fun and enjoyment. Share your dive stories with other divers.

Cost of joining the club is as follows:

— \$32.00 per year for a Regular Member

— \$42.00 per year for an Associate or Ordinary Member.

Scuba Club swim hours are as follows:

Tuesday — 8:00 to 10:00 p.m.

Thursday — 8:00 to 10:00 p.m.

Sunday — 10:00 to 12:00 p.m.

Courses Available

Tuesdays — Scuba Bronze and Bronze Medallion

Thursdays — Scuba Level I (possible Level II)

Sundays — Open

Contacts

Capt Don McLeod	Local 317
Sgt Al Bennett	Local 148
Cpl Dan Daigle	Local 316
Mr Herm Couilliard	452-8731



NEW WATER SAFETY PROGRAM

RED CROSS SOCIETY WATER SAFETY PROGRAMME SWIMMING LESSONS

It is proposed to offer swim lessons at both the Westwin and Lipsitt Hall swimming pools for all eight levels of the new Red Cross Water Safety Programme.

Swimming classes will only be conducted if a minimum of eight students register and each class will have a maximum of twelve students. Each course level will consist of ten swimming sessions of half hour duration.

Registration will be held at both the Westwin and Lipsitt Hall Gyms, **SAT 12 MAR 83**. All military, DND and Dependants 1000-1200 hrs. Civilian Guests may register their children between 1200-1230 hrs.

The cost for **Military, DND and Dependants** \$15. per course.
Civilian Guests . . . \$18. per course.

Instruction Days and Times

Tue	1700-1730 hrs
Thu	1730-1800 hrs
Mon	1700-1730 hrs
Wed	1730-1800 hrs

Course Starting Date **MON 14 MAR 83**

All information will be made available at the registration desks.

Registration **WILL NOT** be accepted prior to 12 Mar 83.

For further information contact the Westwin Gym 832-1311, local 511 or Lipsitt Hall 888-5021, or just ask your lifeguards.

FITNESS CLASS PROVES POPULAR

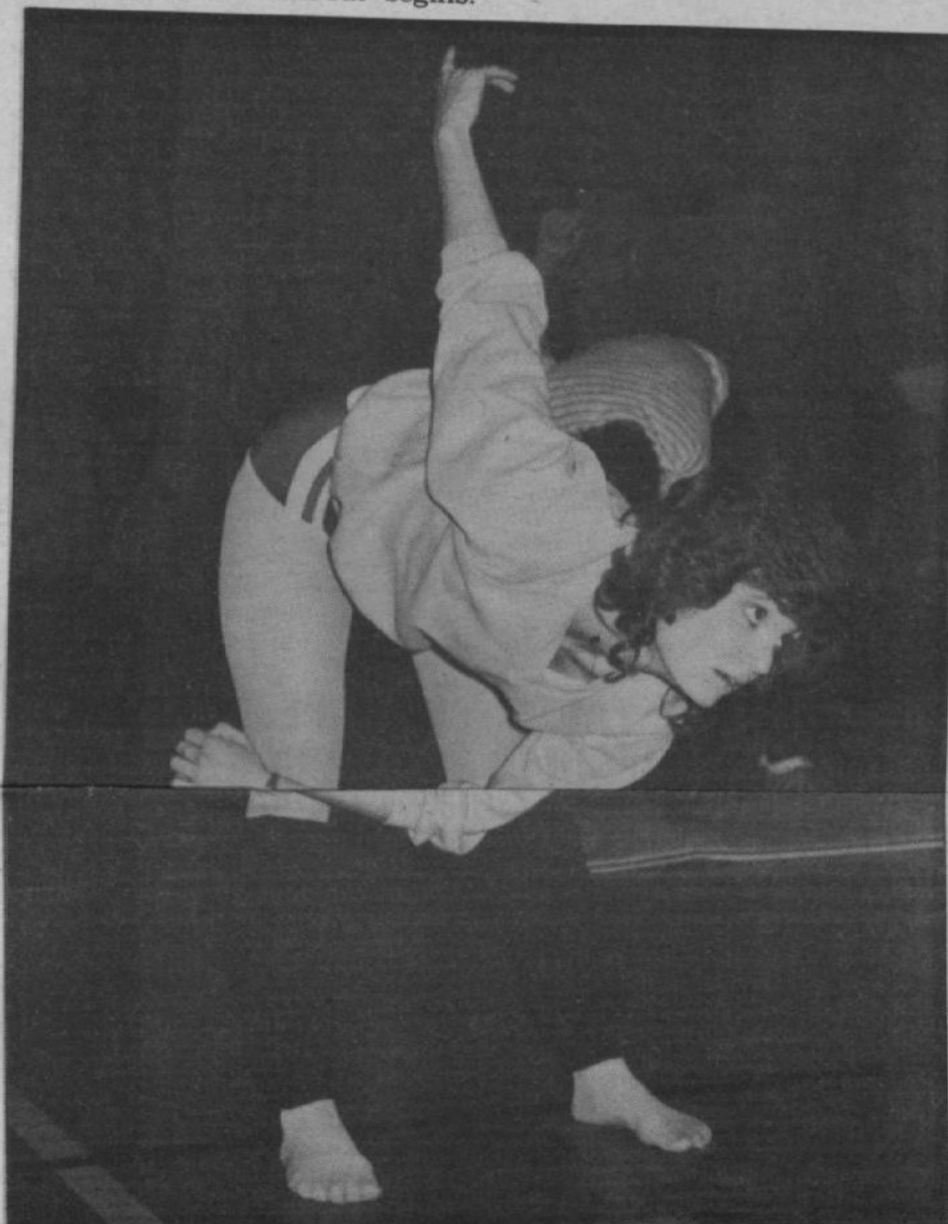
If you were to walk into the Base Gym at 8 o'clock on a Tuesday or Thursday night, you'd find 25 ladies dressed in everything from sweat-shirts and danskins to gym shorts and T-shirts, psyching their minds and bodies up for what awaited them. A ten mile run you ask? Not quite. The girls are about to begin a very brisk one hour aerobics class.

What are aerobics? Aerobics are basically one continuous set of exercises put to music that are designed to build up the cardiovascular system, increase the flexibility of the body, and help tone up and firm the muscle. The class begins by warming-up, which involves doing stretches, bends, neck rolls and other exercises to stimulate blood to the muscles before the main work-out begins.

Once completed, the exercises range from jumping jacks, sit-ups and leg raises to hop rolls, toe touches, and even push-ups.

The class is taught by Sandra and Sonora Waite, two very fit and trim ladies who believe the body beautiful should be just that. The sisters have been body building for four years. They are both ex-Blue Bomber Cheerleaders and gained dance experience with the Club as well.

The course is open to all women and sessions run for 10 weeks at a time. The current class is over in March and an April class is scheduled. The fee is \$20.00 for 10 wks. For more information contact Sonora or Sandra at the Gym Tuesdays or Thursday nights.



Donna Dirks warms up to her one hour exercise.



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PRAIRIE REGION CURLING CHAMPIONS



Left to Right: WO Gary Hachey (Lead), MWO Joe Meikle (Skip), Maj Soapy Waters (Third), Sgt Stan Schneider (Second).

AIR COMMAND HEADQUARTERS NOON HOUR VOLLEYBALL LEAGUE RESULTS

RESULTS AS OF 15 FEB 83

	Games Played	Wins	Losses	Points
DCOS LOG	36	24	12	24
DCOS MAINT #1	36	21	15	21
DCOS OPS (FIGHTERS)	36	19	17	19
DCOS PERS	36	18	18	18
SSO CADETS	36	16	20	16
DCOS MAINT #2	36	10	26	10

TRIM THE FAT CHALLENGE RESULTS

Final results of the challenge of 120 LBS.
 1 WHIMP DROPPED OUT
 6 PEOPLE ACHIEVED OR EXCEEDED THEIR GOAL
 7 PEOPLE DID NOT ACHIEVE THEIR GOAL
 TOTAL WEIGHT LOSS WAS 109 LBS.
 \$70.00 HANDED OVER TO PADRE GAGNON FOR LOCAL CHARITIES.
 Watch for the follow-up weigh out to be held 4 April 83.

WINNIPEG HIGH HOSTS 60th REUNION

The biggest reunion to be held in the St. Vital school division, Winnipeg. The event is scheduled for May 20th to 22nd, 1983, with activities at the high school, and the Winnipeg Convention Centre.

It is estimated that over 10,000 students have attended Glenlawn. Names and addresses of all former students since 1923 are needed by the Reunion Committee to complete the mailing of registration information. To date, contact has been made with alumni in all areas of Canada, and in parts of the United States.

The 60th Reunion will start with an Open House at the high school, 770 St. Mary's Rd., 6:30 p.m., Friday May 20th. The Reunion Committee is encouraging all alumni to gather according to class year that night at the school. Displays of memorabilia will be set up, and for all registered alumni (\$5.00/person), a Memory Book will be available at the Registration Area. The school will stay open on Saturday, May 21st for continued visiting of the displays.

Saturday, May 21st will also feature the Gala Banquet evening at the Winnipeg Convention Centre. Ticket orders are now being accepted at the high school (\$30/person). Sunday, May 22 the alumni and their families are invited to attend an interdenominational church service at 11 a.m. in the auditorium of Norberry School, the original site of Glenlawn.

Anyone wishing to register, order banquet tickets, or receive more information, may contact the 60th Reunion Committee, 770 St. Mary's Road, Winnipeg, Manitoba, R2M 3N7, phone (204) 233-3986.

CHECK THE SMALL PRINT

VOXAIR ADS HAVE BARGAINS SEE AGAIN PAGES 4, 8, 9, 11.

REGISTER



NOW

QUALIFICATIONS SET IN AEROBIC AWARDS

This award was introduced by the PERI staff to encourage personnel to participate in an aerobically oriented fitness programme of their own choice. This is a programme for personnel having difficulties in accumulating the required number of points to qualify for the "Award of Excellence in Aerobic Performance."

REQUIREMENTS

To qualify for the Air Command Headquarters Aerobic Award a member must:

- register his/her programme with the PERI staff, Bldg #21, local 148. Points count as of 1 January 1983; and
- accumulate a minimum of 100 points from participation in aerobically oriented activities.

QUALIFYING POINTS

Qualifying points may be earned as follows:

ACTIVITY	PERFORMANCE STANDARD	VALUE
Swimming	750 yards	1 Point
Jogging	1 Mile	1 Point
Cross Country Skiing	1 1/2 Miles	1 Point
Snow Shoeing	1-1 1/2 Miles	1 Point
Skating	2 1/2 Miles	1 Point
Walking	3 Miles	1 Point
Bicycling	6 Miles	1 Point

Points may be accumulated by participating in one or any combination of the activities listed above.

AWARDS

- scroll and seal for the first 100 points; and
- seals for the accumulation of the following points thereafter: 300, 500, 700, 900 and 1100 points

Recording of points will be on the honour system and the responsibility of the member.

To register or for further information call the PERI staff, local 148, Bldg 21.

FORCES CANADA FIGURE SKATING COMPETITION (FCFSC TENTH ANNUAL INVITATIONAL)

The Shannon Heights Figure Skating Club, CFB Halifax will be hosting the FCF's 10th Annual FSC on the 25th and 26th March 1983.

Any queries, please phone 832-1311 local 511/514, Base Recreation Centre and ask for your PERI.



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BASE COOKS MEET CHALLENGE

An Armed Forces cook is a high profile job. After all, everyone has to eat, and not all food tastes like dear old Mom's. But the challenge to prepare food for 500 people in one sitting in the most appetizing and nutritious way possible is met by the proud Food Services Section of CFB Winnipeg.

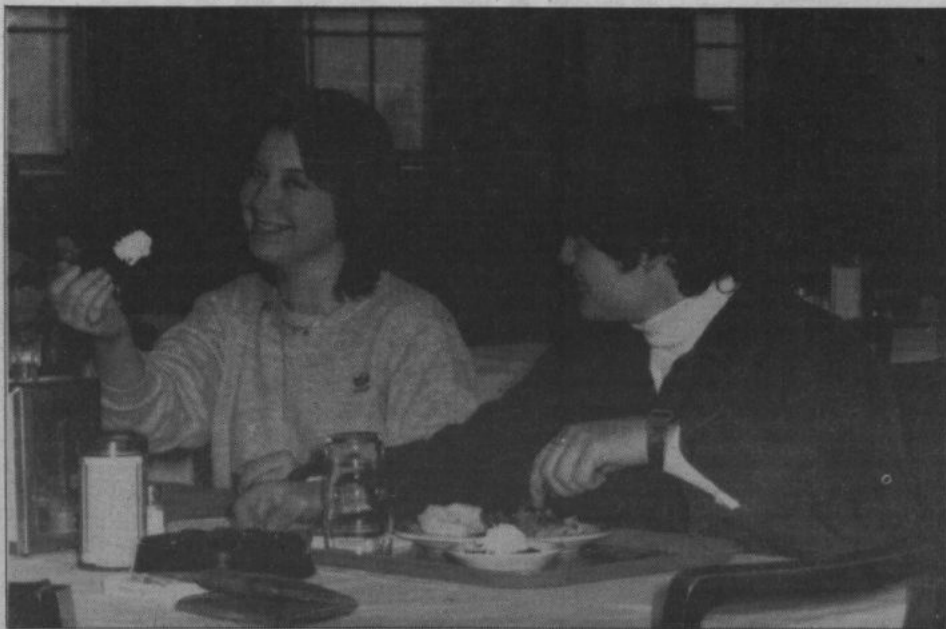
The Base Foods Section prepares meals in four kitchens, and one hospital. It also prepares 1800 flight meals per month and that doesn't include box lunches. How many cooks does it take to stir the broth at Base Winnipeg? Thirty, ranging in ranks from private to MWO and in jobs from butchers to servers.

There are many skills involved in being a cook. It's not just a matter of

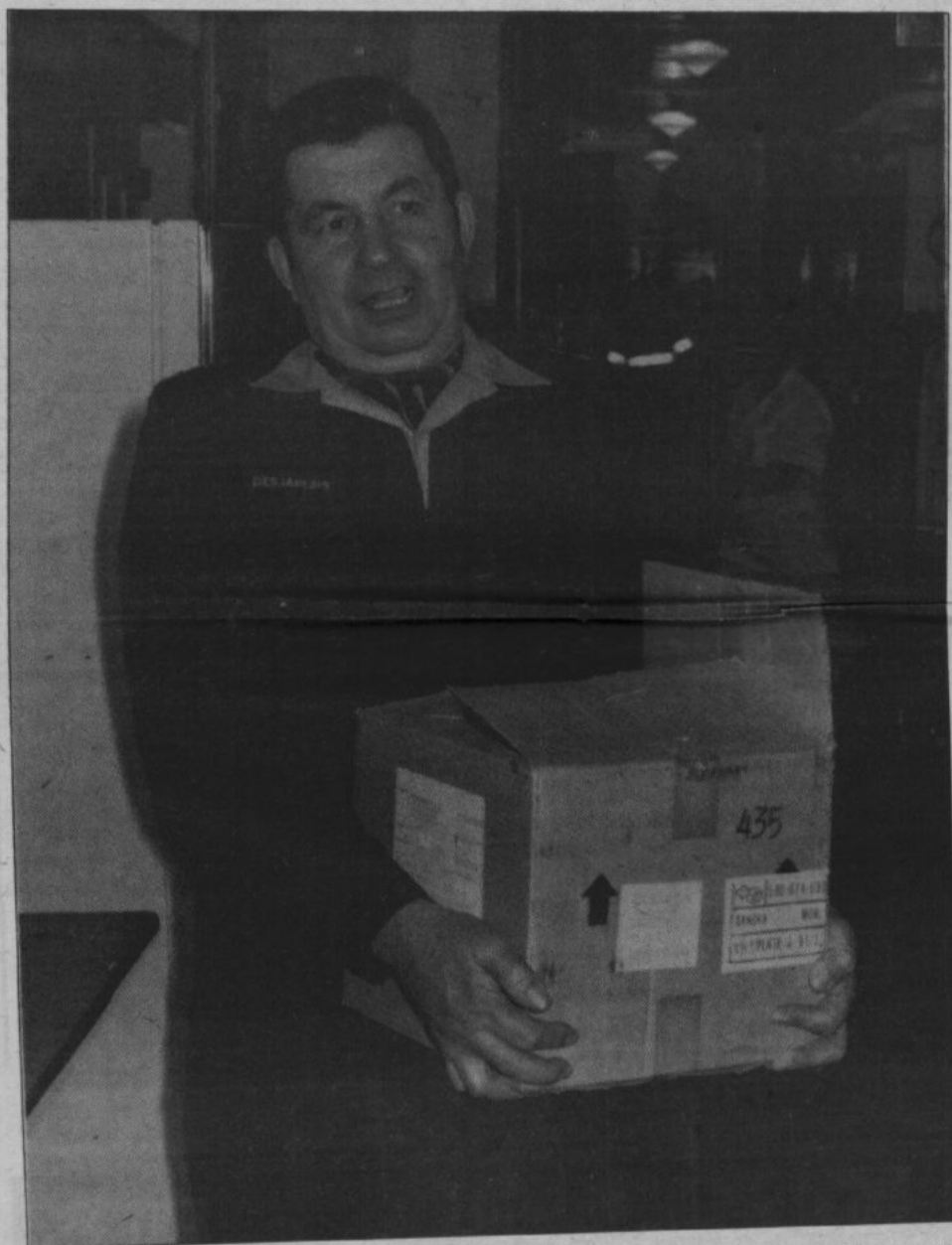
heating food, but of preparing it. As well, there are certain fields in which to specialize, such as: butchering, baking, making soups and sauces.

Even though cooks specialize in one field, they must still be familiar with all facets of Food Services from ordering, receiving and storing rations to planning menus. High standards of hygiene and sanitation must be continually observed.

Shifts for cooks and kitchen helpers run twenty-four hours around the clock. A morning shift will work from 0530 to 1430 and a night shift from 2100 to 0530. If the foregoing doesn't make you appreciate the cook, the next time you visit Mom, ask her to cook a supper for 500 of your friends.



Two unidentified, happy customers in the Junior Ranks' Dining Room. (Ed note: Surely, someone must know who these two young ladies are? I will pay \$10.00 cash to the first person who can positively identify both of them for me.)



MWO Al Desjarlais does his share of "tote that barge, lift that bale" in the JNR Ranks Kitchen.

SHORT TAKES

Short quotes and comments on news releases and unsolicited newsletters and pamphlets that are otherwise destined for the garbage.

FROM COMMUNIQUE 9/10, 1982

The past year has seen a strengthening of the policies governing the official languages program within the Federal Public Service. The new impetus created in the program indicates the seriousness of the Government's commitment to the language reform in the public service and means a definite broadening of career opportunities for those members who view the program with a positive attitude and who react enthusiastically to its implementation.

FROM VERONEX RESOURCES LTD. NEWS RELEASE OF 7 FEB 83

With its US oil and gas incomes exceeding \$50,000 per month, Vancouver-based Veronex announced today it has completed negotiations to acquire a State of Washington gold property in an area where engineers estimate that production to date with known reserves total approximately three million tons averaging better than 1/2 ounce gold per ton.

FROM THE TREASURY BOARD OF CANADA, JAN. 11, 1983

Treasury Board President Herb Gray today announced that, beginning in May, major regulating departments will give early notice of proposed changes in federal regulatory activities through the publication of regulatory agendas.

In making the announcement, Mr. Gray said: "These agendas will give the private sector notice of proposed regulations before final decisions are made and while alternatives are still being considered. I hope this will stimulate constructive consultation and lead to more effective and less burdensome regulation. Publication of notice in agendas, therefore, is not intended to indicate that the government will take precisely the action proposed, but is an invitation to responding to concerns expressed by the private sector and Parliament that the government regulates by surprise, without consulting people about proposals that will affect them."

(Ed. Note: After a couple of phone calls to Citizens' Inquiry and to the Communications Division of TB Voxair found out that there is no mechanism to get a copy of whatever Mr. Gray is talking about.)

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SHAKES 'N' TAKES



Col. B.L. Smith, Base Commander, CFB Winnipeg presents the Base Commander's Commendation to Sgt D.J. Murphy of the Base Defence Planning Section. The Commendation read as follows:

"In recognition of his outstanding ability in formulating and coordinating the renovations to the Base Command Post. During the past year, Sgt Murphy demonstrated exceptional judgement, skill and knowledge, insuring all vital actions were completed on schedule. The initiative, dedication and efforts of Sgt Murphy have resulted in providing a significant contribution to Canadian Forces Base Winnipeg."



Col. B.L. Smith, Base Commander, CFB Winnipeg presents the Base Commander's Commendation to Sgt J. Iglencic of the Base Defence Planning Section. The Commendation read as follows:

"In recognition of his meritorious service to Base Operations throughout the past year and in particular the professional skill, technical knowledge, initiative and devotion to duty demonstrated by Sgt J. Iglencic in conducting renovations to the Base Command Post."

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BLDG 10.

PHOTO PICK



From today's story on the Aerobic Class we reserved this photo by Bob Jones as our Photo Pick.

CLASSIFIED ADS

Voxair ads are a free community service. Commercial ads are not accepted.

FOR SALE

2 bedroom house and garage with screen porch on one acre with grass, trees and garden. Between Lunder and Eriksdale. \$15,000. Call: 889-1389 Sgt. Giles

1974 Vega. Phone 489-4968,

Tropical fish aquarium, 10 gal. capacity, complete with cover, lights, heater, air pump, hoses, artificial plants, gravel, bottom-type filtration system and misc. decorations. Just add water and your favorite fish. \$50. 888-1421.

Goat skin, beige, 10 ft. x 5-1/2 ft. with 2 cushions. Would make a great carpet or bed spread. Hardly ever been used. Value \$800. Price \$400. Reason for sale — allergy. 832-5274 after 5 p.m.

Posted — Air Conditioner 220V 18000 BTU window unit, excellent condition \$300. Hard-top camper trailer \$650. New Akai auto reverse cassett deck \$350. 895-7773.

Size 9 wedding dress, white, hat, umbrella, buff pair of shoes, as new, very good price. Call 885-9621 after 4:00 p.m.

Do you have big feet? Size 15? Nike Bruin canvas gym shoes, bargain. Was a gift (???) I wear size 12! Phone Capt. Dessureault, Loc 323.

Double bookcase bed, mattress, frame & legs, \$90. 2 pr. double bed sheets — good condition, \$12 pr. or both pr. for \$20. Lady Schick bonnet table-top hair dryer, mist or dry — hardly used, \$15. Car speakers — wedge, flush or surface mount, never used, \$25. 2 winter snow tires, used one season, 6.75x14, on rims, \$50. Fit Dodge or Plymouth. Phone 885-6735.

Flip out sofa — brand new, opens to a 55" x 72" bed — brown checkpattern — \$85.00. Double size roll-away cot — still in good condition — \$25.00. Call 489-3553.

80 Mazda RX7 — Renaissance Red, Air Conditioning, Sun-Roof, 5-Speed, A.M. F.M. Stereo Cassette, Front Bug Cover, Cloth Interior, Excellent condition, Contact: CPL(W) McCLINCHEY between 8 a.m. - 3 p.m. at 888-3119.

1 Lady Schick bonnet table-top hair dryer, mist or dry hardly used, \$15. Car speakers, wedge, flush or surface mount, never used, \$25. 2 winter snow tires, used one season, 6.75 x 14, on rims, \$50. will fit mid size Dodge or Plymouth. Phone 885-6735.

NEW . . . never used CF uniforms . . . two pair. Tunic, size N12, 2 ea.; Pants, N7, 2 ea.; Overcoat, N11, 1 ea.; Topcoat, N11, 1 ea. Will sell separately or all together. Asking \$150.00 total or best offer. Call 889-4846 ask for Jake.

A Diamond 14 Kt white gold ring. It is a .25 Kt Diamond with two Diamond chips, one on each side. Also two white gold wedding bands. One 10 Kt. The other with Diamond chips and 18 Kt. Diamond alone appraised at \$1200.00. Will sell all three for \$750.00. Will not sell separate. Call Mrs. C.J. Palamar. Anytime 885-3048.

FOR SALE OR TRADE

26" colour Console TV in excellent working condition for sale or will trade for 20 inch colour portable TV in excellent condition. \$450.00 or best offer.

Also Stereo: Webco turntable, AM/FM 8 track, two speakers and stand in good working condition. \$200.00 or best offer. Phone 889-8188 between 5:00 p.m. to 7 p.m.

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PHONE 889-3963
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Babysitter in Leicester Square area. Call 832-0628 after 4:30.

BABYSITTERS

Just moved to Wpg. & need a babysitter in Conway St. area for Tues. night 7:45 to 11:00. Two children 4 & 6. Ph. 889-4800.

Responsible 20 yr old who loves children is willing to babysit during evenings/weekends. Also willing to sit during the day until April. Please call Wendy 837-1840.

Hi! I am thirteen years old with a five year old brother so I have quite a bit of experience with children. I have passed the base babysitting course and especially love little babies and small children. If you would like to hire my services please contact Michelle Penney at 889-5618 or 888-9272.

Mature 14 year old male would like to babysit in the Whytewold area during the week Monday to Thursday up until 11:00 p.m. Weekends up until ????. Prefer children from age 5 and up. Has babysitting certificate. Call 889-9505 and ask for Darryl.

LOG CABIN FOR SALE

Approximately 30 miles from C.F.S. Gander, on Gambo pond. Approximately 17 x 18. Furnished. Outhouse, and no indoor electricity. Water obtained from spring on premises. Very private. Small beach area, and wharf. Land leased until 1985, renewable at that time. Contact Larry Richardson, 63 Edinburgh Avenue, Gander, Newfoundland, A1VIC6, or phone 1-709-651-2378. ASKING: \$3,900.00.

ANNOUNCEMENTS

JAMESWOOD SCHOOL NOTICE

Registration of pre-school children will take place at Jameswood School on Thursday, March 3, 1983 from 9 a.m. - noon and 1:30 - 4 p.m. Children who will be 5 years old before January 1, 1984 will be eligible for kindergarten.

Birth certificates or baptismal certificate is necessary for registration.

Please have children's immunization record along with their registration.

Birth certificates for children born in Manitoba may be obtained from:

Division of Vital Statistics
104 Norquay Building
401 York Avenue
Winnipeg, Manitoba
R3C 0P8

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Further Information Contact:

Geo Burton — 697

Wes Coombe — 225

Doug Johnston — 225

SERVICEMAN SHOOTS WAY INTO HALL OF FAME

Capt George Harper, a logistics officer at NDHQ, has been inducted into the Nova Scotia Sports Hall of Fame. The New Glasgow, N.S. native was recognized for his 30 years of rifle competition. During that time Capt Harper accumulated more than 100 awards while representing his province, Canada and the Canadian Forces.

DEUCES FOR EUROPE

The first shipment of new 2½-ton trucks was loaded aboard the M.V. Bohemund in late October destined for Canadian Forces units in Europe. The 224 vehicles were among the first produced of a total of 2,767 trucks ordered to replace the current fleet of aging 2½-ton trucks built in 1953. The new trucks can be converted into 70 different models to serve in roles ranging from medical and supply to troop transport.

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