

UNITED WAY AWARDS GIVEN TO CF UNITS

Winnipeg — Eleven Winnipeg area CF organizations have won United Way awards in recognition of their support for the 1982 fund drive.

The Air Command Management Consulting Services Unit and HMCS Chippawa, the Winnipeg Naval Reserve Unit, receive Leadership Awards for 90 per cent participation and \$50.00 per capita gifts.

Gold Awards for 75 per cent participation and \$25.00 per capita gifts go to Air Command DCOS Operations, Air Command DCOS LOG, Air Command Surgeon and the CF School of Meteorology.

Silver Awards for 70 per cent participation and \$20.00 per capita gifts will go to Air Command DCOS Reserves, the CF Recruiting Centre and the CF Training Materiel Production Centre.

Milarea HQ/RSS and Headquarters Western Detachment SIU/SIU Section Winnipeg took Bronze Awards for 65 per cent participation and \$15.00 capita gifts.

Air Command LOG and CFRC are first time winners of their awards, Gold and Silver respectively.

IN 1982 United Way raised over \$5 million to support over fifty human service agencies and special projects in the Winnipeg Area.

CFB WINNIPEG SWEEPS LT GOV BONSPIEL

On 4 March the Westwin Curling Club was the scene of a very special bonspiel. Her Honour Pearl McGonigal defended the Lieutenant Governor's Trophy against the teams from Air Command and CFBs Winnipeg, Portage la Prairie and Shilo.

The bonspiel consisted of two rinks from each team with combined points determining the winner of the 6th Annual Lieutenant Governor's Bonspiel.

After an afternoon of close competition, the CFB Winnipeg rink consisting of the B Compt, Maj Sinclair and the B Ops O, Maj Smith and their wives, was the clear cut leader and had amassed sufficient points to assure CFB Winnipeg of the first place standing despite the gracious efforts of the B Comd, LCol Terreau and their wives to let some other team make the trophy.

The Lieutenant Governor was therefore forced to recognize the superior skill and cunning of the CFB Winnipeg team by presenting her trophy to Col Smith. Individual awards, magnificent pen and ink sketches donated by MWO Dirks of the PERI staff, were presented to the members of the top two rinks.

It should be added that the Aircom team, led by the D Comd MGen McNaughton, did not finish in the top four.



LIEUTENANT GOVERNOR'S BONSPIEL

Led by a piper Her Honor Mrs. P. McGonigal leads the competitors on to the ice surface of Westwin Curling Club to start her invitational bonspiel Fri 5 Mar 83.

CFB WINNIPEG OSMER NOW IN PROCESS

CFB Winnipeg is presently undergoing an On-Site Manpower Establishment Review (OSMER) to validate the manpower required to perform the operational and support roles assigned. The review will encompass the Technical Services, Administration, Operations and Controller Branches.

The OSMER commenced with a visit by an NDHQ team 6-11 February and will be finalized during the period 24 October-25 November 1983. In the interim, an evaluation or assessment of manpower needs based on either staffing guides (cleaners PERIs, food service personnel) or an on-the-job work count will be completed. Almost all Base personnel will be involved to some degree.

The OSMER process is important. Increased tasking can be gradual and go relatively unnoticed until a real burden develops. The OSMER will identify areas where additional personnel are warranted. Conversely, where workload has decreased, it will permit reduction of staff — whose services can be better utilized elsewhere.

For many, the requirement to carefully record work statistics will be a laborious process. It will take conscientious and extra effort on the part of all personnel involved to ensure that the results of the OSMER accurately reflect the workload assigned to the Base so that our establishment can be adjusted accordingly. It is well worth the effort!

WELCOME HOME PPCLI



Darryl Plummer and Jason Switzer enjoy the last snowbank of winter.



"Serving the Winnipeg Military Community"

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, COL B.L. Smith C.C. VOXAIR est le journal non officiel de la BCF de Winnipeg et est publié avec la permission du commandant de la base, COL B.L. Smith C.C.



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LETTERS TO THE EDITOR

Dear Sir:

Her Majesty's Canadian Sea Cadet Corps SWIFTSURE was storm stayed in Winnipeg from March 6th, 1983 till March 8th, 1983. We were greatly impressed by the hospitality and assistance given to us by Winnipeg's military community, the city's civil servants, and local business community. The following are publicly thanked by this Ship's Company of Royal Canadian Sea Cadets: the Provincial Cadet office (CFB Winnipeg), the duty staff of the Princess Patricia's Canadian Light Infantry, the Regimental Police of the P.P.C.L.I., the cooks and kitchen staff of the P.P.C.L.I., Base Transport (CFB Winnipeg), the City Transit System, the staff at the Pan-Am Pool, and the manager of the Capital Theatre. Without the assistance of the above we would have had a difficult time.

The Swiftsures had arrived on March 4th, 1983 for the final half of an exchange with R.C.S.C.C. John Travers Cornwell, T.C. and Qu'Appelle. We would like to thank those Ship's companies plus the JT and Qu'Appelle parents for a fine weekend.

Special thanks to base Transport of CFB Shilo for getting us back to Brandon on Tuesday, March 8th, 1983. Well done Shilo — the Swiftsure parents thank-you for getting their sons and daughters back safely.

Again thank-you Winnipeg and Shilo.

Kel G. Smith
Lieutenant (N)
Commanding Officer.

Note: The Swiftsures were billeted from March 6th till the 8th at Kapyong Barracks of the P.P.C.L.I.



SCAN CORNER

SCAN SEMINAR WORKSHOP
12-14 APR 83

A two day seminar for retiring service personnel and the spouses will be held in the Hercules Lounge located in Bldg 90 (Rec Centre), from 0800-1630 hrs Wed and Thurs 13-14 Apr 83. The purpose of the seminar is to assist military personnel in making the transition from military to civilian life. Topics that will be covered during the seminar will include: financial aspects of retirement, release procedures, academic upgrading and many more.

The two day seminar will be preceded by two half-day workshops on the 12 Apr 83. The workshops will address

specific topics namely:
a. Creative Job Search Techniques, Tues 12 Apr 0900-1200; and
b. How to Start a Small Business, Tues 12 Apr 1300-1600. There will be a cost of \$6.00 for materials to attendees of the Small Business workshop.

Due to limited seating, personnel wishing to attend the seminar, specific workshops, or both, are asked to register by contacting the BPSO loc 471, prior to 8 Apr 83. Civilian dress is preferred, spouses are welcome.

THE ART OF COMMUNICATIONS

PART I

by Sgt John Giles

Have you ever noticed how talkative people are? We spend a large part of our waking hour talking to or at each other. But do people listen, do they understand? Do they communicate? I have taken the liberty of researching the art of communication and condensed it in hope we all become more aware of its importance.

Communication and perception are two phenomena that are very closely linked in that they form the basis of information transferred between persons or groups. Communication is not in itself information since it must first be perceived by the person receiving it. Some people are erroneously led to believe that they convey information to others simply because they talk with them every day. Unfortunately they forget that communication that is not perceived has no value. Such communication confuses individuals and the result reduces their understanding.

Communications can be defined as the transmission or exchange of ideas or concepts. The process works both ways: from one person to another or from one group to another group. The information that an individual communicates can include facts or attitudes. This brings us to the most important aspect of effective communication: it's dual aspect. This means that every message must be understood in the same way by everyone involved in the communication.

Every attempt at communication must take into account the following essential elements:

- A) Someone must conceive a message, ie., this person must formulate his thoughts.
- B) The message must be transmitted; the person who has conceived it must choose the mode of transmission; speech, writing, drawing, gesture, etc.
- C) The message must be received; it must be interpreted and evaluated.
- D) The signal of reception must also be sent out to advise that the message has not only been received but also understood. This could be done by action or verbal feedback.

In order to communicate effectively with others, it is sometimes more important to master non-verbal communication than have a certain ease for expressing one self. The verbal elements of an ordinary communication between two people contain less than 35% of the social realities of the situation, while 65% of these realities are expressed by implicit messages. The latter include the way we dress, our physical appearance, our posture, our body tension, our facial expression, the frequency of our visual contact, hand and body movements, intonation, remoteness, touch, etc.

Communication Part II — Non-Verbal

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Don't Forget.. The next Voxair Deadline is March 29.

LES PILOTS JUBILENT! LE CF-18 DEPASSE TOUTES LES ATTENTES!

OTTAWA — "Depuis le peu de temps que nous avons notre nouveau chasseur, il dépasse déjà nos plus grandes espérances! Tous les pilotes et préposés à l'entretien de l'appareil ont accueilli avec enthousiasme le CF-18, dont ils sont très satisfaits. C'est un superbe avion de chasse."

C'est en ces termes que le major-général Paul D. Manson, chef des doctrines et opérations aériennes au quartier général de la Défense nationale, résume la satisfaction que donne le tout dernier avion de chasse canadien.

Depuis dix semaines, les instructeurs de vol du 410e Escadron mettent à l'épreuve à la base de Cold Lake (Alberta) les deux premiers CF-18 livrés au Canada. L'instruction de l'escadron opérationnel doit commencer au cours du mois. Les opérations ont été menées jusqu'ici par temps froid, le mercure atteignant parfois -30° C, et dans des conditions de givrage de légères à moyennes. Le CF-18 a donné un excellent rendement en tout temps. Tous les systèmes d'avionique, y compris le radar, se sont révélés d'emploi très sûr et facile. Après 115 millions, représentant 147,5 heures de vol, l'escadron a eu des taux de disponibilité de près de 100 pourcent.

Le major-général Manson se dit également ravi des progrès, de l'instruction du personnel de soutien du CF-18. "Cent soixante techniciens sont en cours de recyclage au nouveau chasseur. Pour l'entretien du CF-18, notre charge de travail sera grandement réduit! Il est même arrivé que la préparation au vol s'effectue en 15 minutes. Les pneus du CF-18 doivent être changés tous les 100 atterrissages ou à peu près, et non tous les quelque 25 atterrissages comme cela est le cas avec les CF-101 et CF-104. Lors de leur premier essai, nos techniciens ont changé un moteur complet en quatre heures. Avec l'expérience, il sera possible de réduire la durée de cette opération de moitié!"

L'instruction s'est intensifiée après la réception du troisième CF-18 le 21 décembre dernier. Le lieutenant-colonel Al DeQuetteville commandant du 410e Escadron résume ainsi la réaction de son personnel: "Le CF-18 dépasse toutes les attentes."



Warrant Officer and Mrs. Marcel Vaillencourt of Chicoutimi, Que., and Bathurst, N.B., flank their son, Marc, 19, during swearing in ceremonies at the Canadian Forces Recruiting Center, Winnipeg, Man. Marc will undergo electronics training in the Forces following a 10-week recruit training course at Canadian Forces Base Cornwallis, N.S. WO Vaillencourt, a photographer, will be posted to National Defence Headquarters in Ottawa this summer after six years at CFB Winnipeg.

TIME TO GO METRIC

FROM HANSARD, JAN. 17, 1983

Mr. Doug Neil (Moose Jaw): Madam Speaker, when I came into the House this afternoon, I was of the opinion that Standing Order 21 provides that any Hon. Member may make a statement for a period of up to 90 seconds, or one and a half minutes. I had prepared my statement accordingly but I was cut off about three-quarters of the way through. My colleague, the Hon. Member for Red Deer (Mr. Towers), was timing my statement, and he tells me that I was cut off at the one minute point. Therefore, the important part of my statement is not on the record.

The Hon. Member for North Vancouver-Burnaby (Mr. Cook), who followed me, was also cut off. I took out my stop-watch and timed his statement. He was cut off by Your Honour after 62 seconds.

I just want to bring this to Your Honour's attention. I wondered if perhaps you had been making use, up until that point in time, of a metric clock or something.

Some Hon. Members: Oh, oh!



It wasn't me! It must have been a Gremlin in the printing works who changed Lydia Giles name to Lynda in the last issue. Doesn't it make you mad when your name is misspelled?

If I hadn't seen it myself...! A captain walking to work on Sharpe Blvd wearing very noticeable dress "options", BLUE FURRY EARMUFFS with his beret and GREY LEATHER MITTS to keep his hands comfy!... Gawd!

Here's one for the BSUP O. We submitted a voucher, with a substantiating memorandum, requesting a bulletin board for the section. We received a cardboard sheet 18"x23" finished in a photo-print of cork particles and with a slightly sticky finish presumably on which to stick notices etc. The cardboard sheet bears eight rectangles of double sided adhesive tape on the back to facilitate attachment to the wall.

The reason we requested a bulletin board is that we are not permitted to stick tape to the wall.

An R.M.C. grad has a new license plate bearing the letters BSU. Must be coincidence.

Wouldn't you know it. I extend the bar in our rec-room and up go the booze prices.

In the continuing saga of the local car dealer TV ads. The Honda dealer ad featuring the fat announce in baggy boxer shorts rates a big G for G-R-O-S-S!

The six-percent pay raise which has caused others to moan gripe and "down tools" has apparently been received with smiles and gratitude by most of us in green. If memory serves it's the second biggest raise in the past three or four years.

I tried to maintain good humour and understanding recently when an older gent who may have been "under the influence" got very abusive about the military in general and me in particular while in a supermarket check-out line. Because I hadn't been in WWII I was part of a part of a "bunch of welfare bums" who "live for free and don't pay taxes". A pity he was forty years out of touch but good that he is obviously part of a small minority. Others within earshot appeared to be very embarrassed by his outburst. Don't pay taxes... indeed!



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, dependents, and DND employees.

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'The time has come,' the walrus said, 'to talk of many things . . . of weather, tours and postings.'

A giant body of hot water in the Pacific known as El Nino, is playing havoc with winter in North America. Predictions are for continued mild weather with lots of rain. It should be an interesting spring. Who knows, California may slide into the ocean.

The Aerospace Systems Course, on its way to Rockwell in Los Angeles two weeks ago, decided to take a short cut along the Pacific Coast Highway. At Huntington Beach we saw one chap coming out of his front door in a canoe. The whole district was three feet under water. Needless to say, the highway was closed. We made it to Rockwell on time, nevertheless, but learned that the space shuttle simulator was also a foot under water. This caused us much consternation. After all, what will Canada do now that the Aerospace Systems Course could not fly the shuttle simulator and give it their seal of approval. Fortunately Her Majesty the Queen had toured the facilities just two days before we and the rain arrived. Her Majesty and Prince Philip did have a chance to fly the simulator and were impressed by it. Noticing the disappointed look on all our faces, the tour commander, General Veronneau, put it all in perspective. 'We're sorry that the course will not get a chance to fly the shuttle simulator,' he said. 'But,' he pointed out, 'If it's good enough for the Queen, it's good enough for me.'

Despite all the rain, ASC did have a good U.S. tour, thanks to Lloyd Lovatt's expert planning. At General Electric they saw good things come to light and learned how to control those DRPCBs. They also learned a lot about missiles, rockets, bombs and guns. You may have guessed that the topic of this year's symposium is Air Launched Weapons. If Barry Brock gets all the movies he's asked for, we'll have quite a show. I'd like to invite Terry Laurence but I know he'd rather make love than war.

Not all the posting messages have come in yet, but the phones sure are ringing. Looks like Bill Learmond is off to Yellowknife to fly Twin Otters. Athol is off to Vancouver for his in-

ternship in psychology then over to 407 Squadron in Comox. Don Sharkey is going to Air Command and Stu Morthole is heading south to Maxwell, Alabama, to Staff College. Bob Biggart and Bernie Toenders are going even further south to Tyndall, Florida to program the ROCC computers. Dan Witwer, Dennis Margueratt, John Purdy and Paul Noonan are staying on as ASC instructors. Denis Smith is off to Ottawa as career manager and Frank Jamieson is going to DAR. Barry Brock is going north, way north, to mukluk country, Cambridge Bay, but will keep in touch by phone. Fred Fillion is going to Moose Jaw as BTe10. He's not accepting any calls. Rick St. Germain is going to China Lake.

Where in the hell is China Lake, you say. Well, it's in the Mojave desert right between Los Angeles and Las Vegas. It is, in fact, where ASC wound up the American Tour with a grand, impromptu mess dinner. Chris Mendrisky and I helped out with the cost. Many of us, determined not to let all

that sunshine get us down, drank just enough to stay under the weather. The Colonel now was really sorry he had sat on his glasses.

And finally, it's time to bid farewell to a great bunch of guys. So long SANC 8301. Beware the 'ize' of March.



A Buffalo from 424 Squadron and a Cessna from the Lakehead Flying Club fly in formation over Thunder Bay's 'sleeping giant'.

Cooperation, training and rapid response are keys to saving lives in search and rescue operations. Cooperation and training were addressed by 424 Transport and Rescue Squadron, Trenton, in Thunder Bay 25-27 February. Working with the Lakehead Search and Rescue Unit and its president Don Johnson, 424 Squadron conducted spotter training and gave lectures on defensive flying techniques as well as the new Search and Rescue Satellite Aided Tracking system. Approximately 130 people attended lectures and/or took part in the air to ground search training in 424's Buffalo aircraft. Lakehead Search and Rescue Unit, Inc., is part of the national Civil Air Search and Rescue Association (CASARA) that was formed 20 Oct 1982.

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2 PPCLI — 6 MONTHS IN CYPRUS



Like every good WATCHDOG, Sgt Wayne Corney of the 2 PPCLI Military Police Section carries on in Cyprus.



Look Ma! . . . No hands. MCpl R.M. Robertson at work with the 2 PPCLI Military Police detachment.



Sgt Bill Wickson is congratulated by LCol B.W. Ashton, CO 2 PPCLI, on his recent promotion to that rank. Bill is the Chief Clerk in the Joint Operations Center for 2 PPCLI in Cyprus. Bill has performed the impossible on many occasions in maintaining the operational readiness of the unit deployed in Nicosia as part of the multi-national peacekeeping force in Cyprus.



STILL IN THE SADDLE . . .

Pte Trapper Newell of A Company, 2 PPCLI is shown manning his post during a security operation conducted in Nicosia, Cyprus. The caption to the photo is an apt one as trapper is one of 420 members of 2 PPCLI serving a six month tour of peacekeeping duty due to finish in April 1983.

CANADIANS DO IT AGAIN

The Canadian Contingent — Winners in the UNFICYP Volleyball Tournament.

The team composed of members of 2 PPCLI and augmentees to the Canadian Contingent in Cyprus recently won the UNFICYP Volleyball Tournament held in Nicosia, Cyprus. The tournament consisted of ten teams fielded from the various contingents and support units in Cyprus. The championship match was a closely contested series of games which eventually saw the Canadians emerge victorious over the Swedish Contingent two games to nil.

Shown are: Front (left to right): Maj Harry Elliott, Cpl Rob McLean, Pte Joe Mills, Cpl Wayne Lavalley (Kneeling), Cpl Steve Stewart, and MCpl Clay Rankin. Back (left to right): Cpl Doug Wulf, Cpl Tim Campagna, MCpl Ken Mackenzie, Capt Jack Springer, (tm Capt), and Pte Reg Eddy.



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MCPL	MCPHAIL	D.G.	26 JAN 83	BAMEO
MCPL.AP	GILBERT	G.P.	16 JAN 83	2 PPCLI
MCPL.AP	THOMPSON	D.I.	02 JAN 83	2 PPCLI
MCPL.AP	LARABIE	E.D.	16 JAN 83	2 PPCLI
CPL	VELSS	G.	06 JAN 83	BAMEO
CPL	ASSINEWE	D.G.	01 FEB 83	BAMEO
CPL	MUISE	P.A.	21 DEC 82	CFS MET
CPL	CASEMENT	R.W.	18 JAN 83	2 PPCLI
CPL	BOONE	D.F.	01 DEC 82	2 PPCLI
CPL.AW	MCNAB	D.D.	05 DEC 82	2 PPCLI
CPL.AL	LIVIGNE	J.M.	21 JAN 83	2 PPCLI

"WHAT'S IN A COURSE?"

by WO Benn

Quite a lot, if you are choosing a babysitter. Babysitter courses coordinated by Base Fire Prevention with the able assistance of Base Hospital and Military Police, train candidates in basic fire prevention practices, action to take in the event of a fire, basic child care, child behavior, elementary first aid, and security in the home.

These courses are conducted as a community service, and provide a list from which parents may select a baby sitter who has been instructed in the basic skills necessary to handle both minor and emergency situations.

The courses are conducted on two consecutive evenings for approximately two hours each evening, and an exam administered to determine successful graduates. Attendance alone will not guarantee a graduation course certificate. Each candidate must be attentive, not because the material is difficult, rather because what you learn is extremely important.

As concerned parents, we want to be sure that the person we leave our children with are qualified to take proper care of them in our absence. Quite often, babysitters are hired on the recommendation of others, or because they live conveniently nearby.

Whether a babysitter is hired for these reasons or selected from the current list of babysitters course graduates, it is imperative that parents not leave home until the sitter has been fully briefed, especially if it is the first time in your home with your children.

The following are some vital points to be covered by parents in their briefings to the babysitter:

- Provide a list of phone numbers; where you can be reached, fire, police, ambulance, a neighbour or friend that may be contacted in an emergency.
- Provide an emergency light in case of a power failure,
- Give clear instructions as to childrens' bed times, restricting personal phone calls, no visitors, or any other information you feel is important.
- Introduce the sitter to the children and discuss an evacuation plan in the event of a fire or other emergency.

Allowing a few minutes for this briefing, and providing written instructions will eliminate any unanswered questions, and both you and your babysitter will be more confident in the knowledge of what is required.

For further information contact Base Fire Prevention at 832-1311 or the babysitter-coordinator, Mrs. Kathy Parent at 832-5633.

The following is a current list of successful Babysitter Course graduates from the December 1982 course:

We wish the students success in their babysitting duties.			
WADE SWYERS	889-6127	KRYSTA WOODSON	489-6862
KIM TALBOT	888-7451	PAUL GILES	889-0019
KIM SWAN	888-3026	JULIANN ROSS	837-4939
RONA MADDOCKS	489-9623	MICHELLE PENNEY	888-9272
CHARLENE VANKOVERING	895-9529	MELANIE SPARKS	889-2380
MICHAEL IONESCUE	889-3061	JULIANNE ASHLEY	447-4437

REMEMBER: Don't trust your children with "LADY LUCK" — hire a qualified babysitter.



"BUT I DIDN'T HIT HIM THAT HARD"

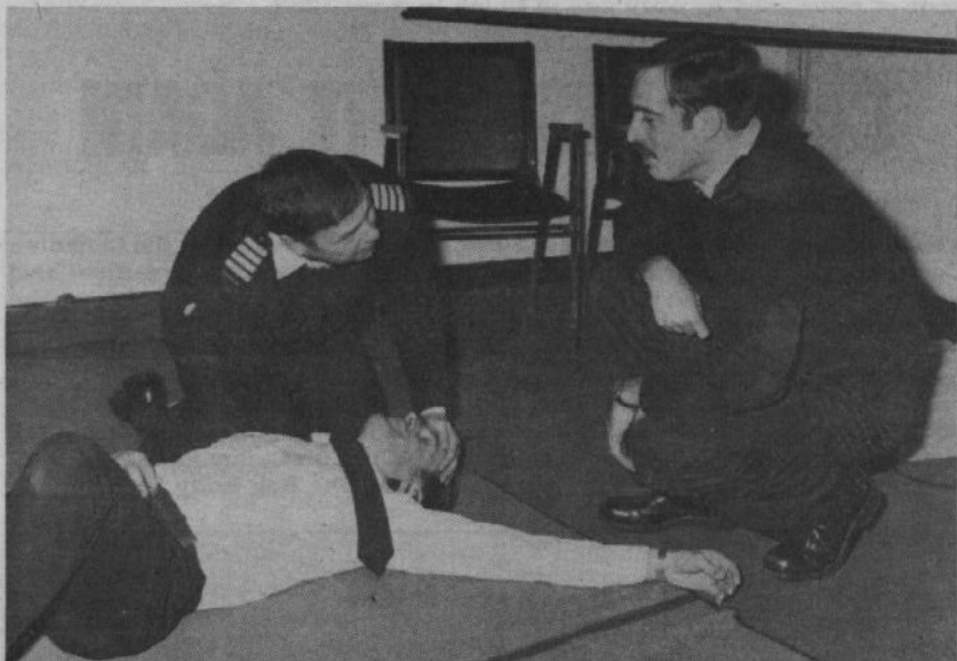


Photo by Pte Dupuis
Colonel B.L. Smith, Base Commander, CFB Winnipeg and First Aid Instructor Corporal C.B. Thornhill are shown reviewing Artificial Respiration Techniques during a First Aid Course conducted by the Base Defence Planning Section.

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MARKING SPORTS FIELDS

In the last five years or so, safety chalk has been generally used to create clean, clearly visible markings on sports fields. We have forgotten both that agricultural lime was once widely used and a safety hazard can result from its use, especially under certain conditions.

Recently at Royal Roads Military College in Victoria, B.C., lime was mistakenly used for field marking instead of the chalk product normally used - "Safe - Lime". During the annual rugby exchange game between the officer cadets of RRMC and the cadets of the United States Air Force Academy, several players experienced skin burns due to the lime markings. The game was played in a heavy rainfall and was particularly hard hitting due to the rivalry between the two schools. The field was muddy and this "liquid dirt", when mixed with the already slightly abrasive material of the heavy-duty rugby uniforms, created a sandpaper effect. All of these factors coupled with the caustic lime created skin burn reaction on several players from both sides. Fortunately, no eye damage or permanent skin injuries were sustained.

The summary investigation which followed the incident revealed several safety related recommendations:

□ Chalk marking material should always be stored in a clean, dry location with good lighting. Because of limited storage facilities at the College it was the practice to store the chalk next to agricultural lime in a

dimly lit warehouse. The bags were similar in design and colour, which led to confusion in selecting the marking material.

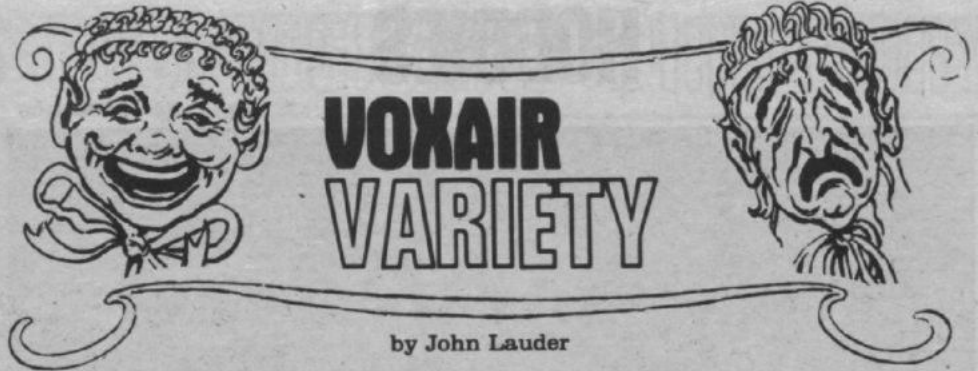
□ Standing Orders and unit regulations must always reflect the proper procedures for field marking material storage, and be read and understood by field maintenance staff members.

□ The concept of safety in relatively simple day-to-day procedures must be constantly stated and emphasized so that personnel check their actions thoroughly. Staff members working as partners should check each other continually to eliminate possible errors in procedure.

Lime and other caustic agents can pose a real life safety hazard for all sports if applied as field markings. Inert chalk only should be used - no substitutes. Normally lime does not pose a serious threat to human, however when the combination of conditions is such as in this incident, lime can become a formidable burn agent.

Play safe - insist on safety in your field marking by using only chalk, not lime. Store the chalk separately, away from all other chemicals, follow procedures which include the "buddy system" of safety checks and keep safety consciousness in the fore at all times.

Capt. W.M. Keener, Director of Athletics, Royal Roads Military College
General Safety Digest—September - October 1982



Cloud 9, the comedy now running at the Warehouse Theatre is really two one-act plays which involve the same characters. That is, they are similar but at the same time different, as a great deal of role switching and even sex changes happen through the two acts.

The first part, laid in colonial Africa in 1883, is part farce and part a serious study of the empire builders who carried the flag abroad. It was to me the best part of the play.

The second act, set in modern day London, got so tied up in the homo and hetero sexual activities of the players that it became boring. To add to the confusion, girls who played boys in act one are now grown women, and a man who was a wife in act one is now a male. But to sort this out one must see the play, which runs until March 26th.

A word of warning - don't take the kids, or grandma, as the language is "explicit" or, in other words, dirty.

Local actor Lorne Kennedy does well in his first assignment as a director, and lighting and sets are up to the usual high MTC standard. The actors all enjoy the quick changes of age, sex and character. For example, Guy Bannerman plays a black servant, a five year old girl, and even a dead British soldier with great skill. Richard Hurst as a pompous Brit wallah in act one and as a serious homo in act two was right on.

Early in the month the Royal Winnipeg Ballet gave us one of their usual polished performances, complete with guest stars and two premieres. The first number on the program, the new *Sundances*, was the least successful. Named for its origin in the PPCLI's island of Cyprus, danced to some off beat Grecian music from that island, the ballet was meant to show life in the sun, but due to the fact that the dancers did not display too much life at times, it was a bit erratic. With more practice, they will no doubt get it right next time.

The middle part of the program consisted of three pas de deux, all well done. Johanna Kirkland and Clark Tippet, the American guest stars were excellent in the new to Winnipeg *Transitions*, choreographed by John Butler. However, the Winnipeg dancers, Julie Whittaker and David Peregrine, and Evelyn Hart and Baxter Branstetter, were equally good in their numbers.

The Hands, originated some time ago by Winnipeg Paddy Stone, was the concluding ballet. This demonstrated several different and highly humorous ways of using hands - at times combined with feet or the rest of the body - and was the most lively number of the night. Next the RWB will give the full length ballet *Romeo and Juliet*, scheduled for early May. For those who can't wait the Bella Lewitsky Dance Company is in town for one performance to-night (Mar 23rd) at the Concert Hall.

Designed for nationalists, the music revue *Singin' and Dancin' Tonight*, is coming all the way from Charlottetown to entertain us from April 11th to the 16th. The show is packed with Canadian music, from Carmen Lombardo to Burton Cummings, and is billed as Canada's answer to "A Chorus Line". The Playhouse Theatre will be the home of eight shows during the week, and promises to be lively entertainment.

Several dramatic items now on stage include the MTC Main Stage play *Mass Appeal*, which opened last week too late for the VOXAIR deadline, Caribbean Theatre at the Art Gallery from the 27th to April 3rd, and the Phoenix Productions Company offering of *Harvey* at River East Collegiate from March 23rd to 25th. The line of music there is Zamfir, the Rumanian master of the pan flute, who will give a concert with the Winnipeg Symphony Orchestra on the 24th and 25th, while a Filipino show of popular songs and variety will be seen at the Playhouse under the title *Stage One*. The ever popular B.B. King will be at the Concert Hall on March 27th.

COMMUNITY SERVICE AWARDS

Who deserves them???

Well, that's up to you . . .

Do you know of a friend or neighbor who has given extra time and effort for one of our many clubs and organizations at CFB Winnipeg?

Why not give them a "Pat on the Back"!

(Just pick up a Nomination Form, fill it in and make someone happy.)

It takes minutes . . . and gives long-lasting Happiness!!!

Nomination Forms are located in the BOR, Bldg 90 and at all Base Exchange outlets and on page 9 of Voxair.

FIRE SAFETY HINT ~ ~ ~

DO NOT . . .

- LEAVE MATCHES OR LIGHTERS WITHIN REACH OF CHILDREN
- LEAVE CHILDREN UNATTENDED OR UN SUPERVISED ~ EVER!

DON'T USE RUBBERIZED SUITS

Rubberized suits and plastic bags are advertised by many sporting goods firms and prescribed by so-called fitness experts. Used by the ignorant, they are deadly. This fact is ignored by the ads. Used properly, they can serve a purpose.

Operators of reducing salons frequently put them on obese clients to increase the flow of perspiration. Over-weight persons are sometimes advised to exercise in a rubber suit or plastic bag. **DON'T DO IT!**

The temperature of your body depends on the evaporation of perspiration. Free-flowing sweat is nature's coolant. If perspiration gets trapped beneath a layer of rubber or plastic where air cannot reach it, body heat will build up quickly and

DANGEROUSLY. If exercise is continued it may cause heat stroke. Avoid any kind of exercise in a rubber suit or plastic bag.

Exercise should be a part of a long-range health program, and people who are physically fit are usually emotionally and mentally fit. They work better and reduce time lost through injuries and illness. They are healthier and live longer. Regular exercise year-in and year-out is what counts. Short term exercise gets short time results.

MWO John A. Berman, Safety Officer, CF School of Physical Education and Recreation, CFB Borden.
DND General Safety Digest - September-October 1982

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HOBBIES

by Jane Lawrence



Photo by Bob Jones

Many people have different types of hobbies ranging from stamp collecting to guy/girl watching but others like Al Barrett spend all their spare time building model airplanes.

Al works out of Building 2 as a sanitation technician and recently I had the opportunity to meet this most interesting man. He has been with the department for eight years and although he has previous military service, he gives credit to his brother for getting him started with his second love, building model airplanes.

Al received his first model as a gift and after building it found he had a great thirst for more knowledge and so later moved into more advanced and sophisticated rubber powered models. His accomplishments include such planes as a P51, bi-planes and 8 foot gliders.

These models operate on the same idea as a regular plane and have the same equipment such as rudder, aileron and elevator. There are four servos; a mechanism of gears that move back and forth to operate the nose, wheels and rudder.

To fly the plane through the air is done by radio power. The engine is gas operated and a receiver is hand controlled from ground level. The principle is the same as radio waves received on your radio or television set.

The majority of the planes built are made of balsa, spruce and plywood. Once the model has been assembled, a mono coat similar to cellophane is applied with an iron and heated with a nozzle dryer to tighten the unit. Because the coating is already coloured, no paint is needed but colour may be applied to the fuselage.

Al has reorganized his basement where all winter he builds to prepare for the summer months, when he does all his flying. He has been involved with the hobby for close to forty years and feels a very important factor to consider is safety.

And for the past three years Al has been a member of Model Aeronautics Association of Canada. This year he hopes to obtain his pilot wings but in order to do this he must go through a complete flight pattern. Once he receives his wings, this allows him to teach other people to fly. The importance of this is that these planes fly at great speed and even though are powered by radio control at ground level, if you don't know what you are doing, serious injury can result. The club stresses safety.

MACC provides its members with an insurance policy against damage liability for up to \$1,000,000. As you can see, this is a serious hobby.

Your children may read this and become interested enough to make inquiries as to the cost of this exciting new hobby. Although they will not start or be ready for some to advance to Al's level of flying, some of the costs are as follows: Kit \$80, radio \$450, the motor can run up to \$170.

The accompanying photo is that of a bi-plane that Al just recently finished. Although the picture doesn't do it justice, it is red and white and although I don't know much about my subject, I think it is a pretty little thing.

Should you wish to see Al and his great flying machines, take a drive out one summer day to the park, 6 miles south of the Mint and watch with fascination the enjoyment the talent and expertise this pilot puts into his very special hobby.

SHAMROCK TEA AND BAZAAR



LCol Ed Fougere cuts the ribbon to officially open the Shamrock Tea and Bazaar. Marlene Snider and Terri Scott are holding the ribbon.

The annual SHAMROCK TEA & BAZAAR sponsored by the Catholic Womens League of Our Lady of the Airways Chapel was held Saturday, March 12 in the Hercules Lounge from 12 noon to 3 p.m.

A ribbon cutting ceremony marked the official opening of the bazaar. Cutting the ribbon is our Parish Council president, Ed Fougere. Shown with Mr. Fougere is our CWL president, Terri Scott and 1983 Bazaar Convener, Marlene Snider.

- The winners of our three draws and door prizes are as follows:
- | | |
|--|------------------|
| Paper Tole Rose donated by Macrame Hut | Andy Robar |
| Afghan donated by CWL member | Mrs. Lysak |
| Cookie Monster cake donated by CWL member | Joanne Degan |
| Butterfly cake donated by CWL member | Norma Tonks |
| Easter Basket — Childrens Table | Daniel Snider |
| Lampshade Kit donated by Canex | Susan Bugutsky |
| Five Albums donated by Sam the Record Man | Marg Simms |
| \$15. Gift Certificate donated by Ormiston Flowers | Karen Kleinholtz |
| First Aid Kit donated by MGM Sports | Chuck Snider |
| Embroidery Kit donated by Kinsie Wool Shop | Joelle Barnes |
| Trinket Box donated by Mappins Jewellers | Johnathon Giles |
| Macrame Hanging donated by Trudy Konopetski | R. Adams |
| Mary Kay Cosmetics donated by Pat Johnson | Paul Massicotte |
| Broadway Florists Flower Arrangement | Les Good |

We would like to extend a big thank you to everyone who helped to make our bazaar a success.

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Two, you can use it as a savings and chequing account combined. Just deposit your everyday and savings money into a Combination Account. That way you'll earn high interest paid monthly on all your money every day provided your daily closing balance is \$2,000 or more.

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*Rates and terms subject to change without notice.



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Don't Forget. The next Voxair Deadline is March 29.



SHAKES N' TAKES PROFESSIONAL DIRECTORY



Sgt. Thrasher promoted 1 Dec 82. Brian is from Ontario and has been employed in Supply in Winnipeg since 7 June 82.



The Base Commander, Col B.L. Smith is presenting Cpl (W) Battiste W.Y. with the Base Transport Driver of the Year Award for 1982. This award is given yearly to the Mobile Support Equipment (MSE) Operator who best embodies the qualities of dedication, hard work, patience and defensive driving required from military drivers. Congratulations to Cpl (W) Battiste for her professionalism during the past year.



Sgt. R..R. (Bob) Reid receives his Sgt's hooks from Major I.I. Lafontaine, Detachment Commander of 412 Sqn Det. Winnipeg.

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 11:00 a.m. on Sunday
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 Friday — 10:00 a.m.

Confession:
 Before and after each mass on request.
 Avant et après chaque messe, et sur demande.

C.W.L.:
 Meetings every first Monday of the month.

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

Choir:
 Every Tuesday evening at 7:30 p.m.
 Tous les mardi soirs à 7:30 p.m.

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 On request. Talk to us at least one month before.

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

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

PROTESTANT CHAPEL SERVICES

Chapel of the Good Shepherd (N)

Church Service & Sunday School:
 11:00 on Sunday

Chapel Activities:
 Couples Club — 4th Friday — 7:00 P.M.
 Ladies Guild — 1st Monday — 7:30 P.M.

CHAPLAINS: Padre G.E. Tonks — Base Chaplain — 832-1311 Loc 417
 Padre SC. Fowke — Chaplain (P) — 888-5175
 Padre E. Wancot — Chaplain (P)

Chapel of St. Andrew (S)

Church Services & Sunday School:
 10:30 on Sunday

Christian Mens Breakfast — 7 A.M.
 4th Thursday — JR Ranks Mess
 Contact 417

OUR LADY OF THE AIRWAYS: SEMAINE SAINTE ET PAQUES HOLY WEEK AND EASTER

27 MARCH

Palm Sunday
 — Blessing of the Palms — 11:00 a.m.
 — Benediction des Rameaux
 — Penitential Service at 19:00 p.m.

28 - 29 - 30 MARCH

— Daily Mass at 19:00 p.m.
 — Mess Quotidienne

31 MARCH

Holy Thursday
 — Last Supper — 19:00 p.m.
 — Washing of the Feet
 — Adoration of Eucharist — 20:00-24:00 p.m.

1 APRIL

Good Friday
 — Service of the Death of Christ — 15:00 p.m.
 — Way of the Cross (Live) — 20:00 p.m.
 — La mort du Christ

2 APRIL

Holy Saturday
 — Easter Vigil Service — 20:00 p.m.
 — Blessing of new fire
 — Blessing of new water
 — Baptism
 — Celebration of the Eucharist
 "Le Feu Nouveau"

3 APRIL

— Service de Pâques
 — Service of the Risen Christ — 11:00 a.m.

GOD BLESS YOU ALL

CONFESSIONS

— Evening of March 30 from 18:00-20:00 p.m.
 — Holy Thursday — March 31 From 20:00-22:00 p.m.
 — Good Friday — April 1 From 16:00-17:00 p.m.
 — Holy Saturday — April 2 From 18:00-20:00 p.m.
 There will not be any Confession on Easter Sunday.

QUE LE SEIGNEUR VOUS BENISSE TOUS

COMMUNITY SERVICE AWARD NOMINATION FORM

19

Major B.D. Brennan, Base HQs
 Chairman, Community Service
 Awards Selection Committee
 Canadian Forces Base Winnipeg
 Westwin, Manitoba
 R2R OTO

1. I/we nominate:

SIN	Rank	Mr/Mrs/Ms	Surname	First Name
-----	------	-----------	---------	------------

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	Rank	Mr/Mrs/Ms	Surname	First Name
-----	------	-----------	---------	------------

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 **27 April 1983.**

RECOMPENSES POUR SERVICES RENDUS A LA COMMUNAUTE FORMULE DE NOMINATION

19

Le Major B.D. Brennan, QG (B)
 Président, Comité des récompenses pour
 services rendus à la communauté
 Base des Forces canadiennes, Winnipeg
 Westin, Manitoba
 R2R OTO

1. Je propose:

NAS	Grade	M/Mme/Mlle	Nom de famille	Prénom
-----	-------	------------	----------------	--------

Unité/lieu de travail	Téléphone
-----------------------	-----------

2. Le/la candidat(e) est proposé(e) pour le(s) service(s) non rémunéré(s) suivant(s) rendu(s) à la communauté:

3. Le/la candidat(e) est volontaire (), nommé(e) (), ou élu(e) (), au sein de son activité.

4. Il/elle a pris part à l'activité susmentionnée durant (préciser la durée, le nombre d'heures par semaine, etc., etc.).

5. Proposé par:

NAS	Grade	M/Mme/Mlle	Nom de famille	Prénom
-----	-------	------------	----------------	--------

Signature travail	Unité/lieu de travail	Téléphone
-------------------	-----------------------	-----------

PIERRE DE REMPLIR LA PRESENTE FORMULE DE LA FACON LA PLUS COMPLETE POSSIBLE. Rappelez-vous que tous les membres du comité en question ne connaissent pas à fond toutes les activités. Une description détaillée de la contribution du candidat aidera le comité à choisir les gagnants. Les militaires, les employés civils du MDN et leurs personnes à charge de tout âge peuvent être proposés comme candidats.

Faites parvenir les formules de nomination à l'adresse susmentionnée, avant le **27 avril 1983.**



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Lloyds turntable with speakers. Good condition. Asking \$50.00. 885-1051.

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Beige tweed sectional — 1-1/2 yrs. old \$300.00. Phone 832-5788 after 5 p.m. or 832-1311, local 415 or 419 during working hours.

Wilkinson Sword. RCMP Commemorative Rapier. \$295.00. Phone 885-5569 evenings.

One video recorder VHS Model FUH 520 Fisher. One month old. Asking \$800.00. Phone 832-1311, loc. 671 or 889-6087 after 5.

Two homemade wooden beds with 2 large bottom draws each. Need mattresses and some finishing. Asking \$30.00 per bed. 889-0740.

CARS & TRUCKS

79 Dodge OMNI 024.S.E. Hatch back 2 tone blue. Bucket seats automatic, AM-FM Radio, velour interior, 45,000 KM. Winter radial tires on rims, meticulously maintained with receipts. Asking \$4,500. Contact Larry after 1800 hrs. 452-5037.

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1979 Yamaha — 650 Special. Excellent condition. New battery. Storage until spring if required. \$1,700 firm. Phone 832-5788 after 5 p.m. 832-1311, local 415 or 419 during working hours.

1977 750 GT SUZUKI. Water cooled. In very good condition. Only 9671 miles. Will discuss price. Phone 832-1311, loc. 671 or 889-6087 after 5.

82 Honda XL 5 door dual purpose on/off road bike; single shock pro-link rear suspension, air forks; 5000 street ridden miles, like new. Phone 888-3585 before 4:00 p.m. or 885-2591 after 4:30 p.m. Ask for John.

1977 Honda 550. Slipstreamer windshield. Less than 10,000 mi. Phone Jane 885-5569 after 5:00.

HELP WANTED

Part-time bar help required at Officers' Mess, Building 76. Experience not necessary. Contact Mr. Doug Graves at local 310.

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On desire. Editeur-adjoint francophone pour Voxair. Doit etre bilingue avec une abilité excellente pour ecrire en francais. Les taches sont: la selection et la lecture-epreuve du texté francais pour inclusion dans le Voxair; et, la recherche et l'écriture d'articles qui interesseraient les lecteure francophones.

Assistant editor for page 11 of Voxair. Duties include keeping track of the classified ads, choosing Photo Pick, page layout, and proofing. Contact any member of the Voxair staff.



On the week-end of 27-29 May 1983, the Royal Canadian Army Service Corps will hold their second reunion at CFB Borden. The theme for this year's festivities is as the logo implies, "RCASC RENDEZVOUS 83." For further information please write:

The RCASC Association
 P.O. Box 55
 CFB Borden, Ontario
 L0M 1C0
 or call
 CWO C.S. Sutton (Chairman)
 705-424-1200, Loc 2525
 CWO H.C. Moore (V-Chairman)
 705-424-1200, Loc 2175
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For further information please contact Mel Ziegler at 773, Gloria Pearson at 125 or Lloyd Bolton at 334.



The 5 Point Club meets for lunch 1st Wednesday of each month at east end of Bldg #61, 12:00 sharp.

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

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			23 Wm. Shakespeare's Birthday	24 Ceramic Club 7 p.m.	25	26
27	28	29 Voxair Deadline Ceramic Club 7 p.m.	30 Pay Day Jets Play L.A.	31 Ceramic Club 7 p.m.	1 Good Friday CF Photo Contest Deadline RCAF Anniversary	2
3 Easter	4 Stat Holiday	5 Ceramic Club 7 p.m.		7 Ceramic Club 7 p.m.	8	9
10	11	12 Voxair Deadline Ceramic Club 7 p.m.	13	14 Pay Day Ceramic Club 7 p.m.	15	16 CRAFT BAZAAR

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