

# Osair

APRIL 20, 1983



## BASE ENDS HOCKEY SEASON WITH AWARDS BANQUET



Capt Whitburn presents Maj Whitty with the top Goaltenders Award.



### DOLPHINS THE WINNERS

Fri 8 April 83 was the event after 6 months of playing the game of "shoot the puck" it all ended with the best?? team and best individual players picking up their due rewards. Presentations were made to a few deserving members that helped the league all year. L/Col Baker B ADMO was on hand to preside over the proceedings. Special thanks should be given to the following individuals and organizations. Capt Whitburn President I/S Hockey League, MWO Jarrett V/Pres I/S Hockey Major Sparks Chief Referee, all the referees, statisticians and players for their hard work during the year.

Also special thanks to the JR Ranks Mess, Snr NCO Mess and Officers Mess for their contribution of refreshments; Base Photo for their expertise and Base Foods for their good grits and jowls. Until next season may the best team?? be successful.



Capt Whitburn presents Cpl Neilson with the Top Defenseman Award.



L/Col Baker presents Capt Ken Webb with the Champion Trophy.



MWO Jarrett presents Pte St. Laurent with the MVP Trophy.



L/Col Baker presents Squadron Leader Stu Gallagher with a suitable suitcase.



MWO Jarrett presents Pte St Laurent with the MVP Trophy.



Maj Sparks presents Jeannette Teichgraeb with Appreciation Award.



Don Staples presents J Teichgraeb with a pair of ear defenders.



Maj Sparks presents MCpl Don Staples with the Horses Ass Trophy.

FROM VOXAIR, MAY 6, 1982



"Serving the Winnipeg Military Community"  
"Desservant la communauté militaire de Winnipeg"

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Sous la direction du Capitaine Grant Russell, le Caporal-chef Tom Langer (511), et Mme. Ghislaine MacBride (498) à l'aide appréciée de nombreuses unités et journalistes indépendants collaborateurs de Voxair.



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HEY MOM!!!!!!.....The grass is riz.. —Cold Lake Courier

## FEDERAL GOVERNMENT INTRODUCES INTEREST PAYMENT ON OVERDUE ACCOUNTS TODAY

OTTAWA, April 1, 1983 — Today's the day the federal government adopts the 30-day standard payment period to pay its suppliers for goods and services. The announcement was made by Treasury Board President Herb Gray, Supply and Services Minister Jean-Jacques Blais and William Romkey, Minister of State for Small Business and Tourism.

As well, for contracts issued from today onwards, suppliers will now be able to charge the government interest from the 31st day on overdue accounts, if the government is the cause of the delay.

The introduction of today's changes was announced on January 13 by the three ministers.

"Since announcing this payment policy," Mr. Gray said today, "departments have instituted new administrative procedures which

eliminate several steps in processing invoices, reduce delays caused by mailing documents between offices and facilitate the handling of discrepancies. Departments are not being given additional funds to make interest payments; they are required to make them from existing resources. It is expected that there will be virtually no payments made beyond the standard 30-day target for most commercial procurements."

A study conducted by the Office of the Comptroller General in collaboration with Supply and Services Canada showed that for last year's four million payments to suppliers, half were made within 20 calendar days, three quarters within 30 days, and most of the remainder were paid between 30 and 60 days. The average time the federal government took to pay its suppliers was 29 days.

## LETTERS TO THE EDITOR

Dear Sir:

We the ladies, of the 2 PPCLI wish to take this opportunity to express our gratitude and appreciation.

Thanks for all the support and confidence *Rear Party* inspired during the absence of our men.

Also, to all those responsible for our social events and use of the facilities. Your generosity will long be remembered.

To all our men, glad you're home!

Gratefully, yours,  
The Wives



## SCAN CORNER

SCAN CORNER  
BRIDGES TO THE OUTSIDE WORLD

Networking is the name of the game when it comes to finding work in the outside world. It means knowing potential employers in order to sell your skills to them. Some, when faced with this problem, have been known to panic — jump on the proverbial horse and ride off in all directions. This is not the answer. The answer is to cultivate every possible bridge to the outside world.

These bridges include friends and associates, newspaper advertisements, public and private agencies, club memberships and your assessment of where the jobs are. As you build these bridges you establish a "Network" of contacts that can be followed as you move into the outside world.

The Canada Employment and Immigration Commission (CEIC) is one of these bridges. This is a government agency operating centres throughout Canada and is in the

business of bridging the gap between the employer and the person looking for a job. How can they help you? Briefly:

- The CEIC counsellor at the manpower centre near your base knows the local employment picture.
- A clearance system is available which enables you to find out about jobs in other parts of the country.
- If upgrading of skills or occupational retraining is indicated the manpower counsellor can complete all arrangements.

The Canada Employment and Immigration Commission is important because it is a joint sponsor with DND of the Second Career Assistance Network (SCAN) Program, which is designed to assist servicemen in establishing themselves in the "outside world" after they leave the CF.



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FROM VOXAIR, FEBRUARY 10, 1971



Although the old eyes have lost some of their youthful gleam, they still spot hands in uniform pockets at a mile and a half. I recently coaxed the Tercol into a sudden stop, stepped out and in my most pleasant former drill instructor voice suggested to a wayward Private that he would be well advised to use gloves rather than the gabardine raincoat as hand protection. Caught the young lad rather by surprise I think and probably left him muttering reminiscences of basic training (which obviously failed!). A Captain who was walking close by said "We don't still yell about things like that, do we?" I pointed out that some of us obviously did and noted that he was wearing work dress with a forage cap. I won't repeat what he said when I pointed that out! In any case, its physically impossible.

\*\*\*

Apart from the rare outburst of temper and a touch of depression, I'm a fairly easy-going sort (I don't care what Jane has told you!) One thing really gets me Bent Out Of Shape though is hearing whistling while I'm at work. My insides churn, my toes curl under and my body temperature reaches the danger level! I'm only writing this as a means of going on public record before I bludgeon a certain 401 CFTSD Sergeant into submission and sew his lips together!

\*\*\*

There is a very substantial rumour afoot that Uncle Vox, alias Rotten Ross Grist, was considering donating his scuzzy old green wedge hat to the Western Aircraft Museum but was somewhat taken aback when told it would have to be sealed in a metal container.

\*\*\*

We have all complained about one feature or another of the Canadian Forces uniform.

Like complaining about the weather, nobody takes it "to the top." Maybe not in Canada, but in India more than 1,000 government employees recently stripped to their underpants and staged a protest march to press demands for better uniforms. Clad in multicoloured underpants of red, blue, yellow and stripes, the protestors marched to the residence of the government minister responsible to hand over a list of demands. Female employees were exempted from the demonstration. Pity!

\*\*\*

Manitoba Safety Council sponsored Motorcycle Training courses have started on the Westwin and South Site locations. If you have to drive near the training areas, take care please, most students are beginners.

\*\*\*

Jane and I took one look at the size of the garden plot in our back yard and decided to grass about a half of it over. The previous owner must have had a tractor and crew of labourers. Besides, how much time would it leave for the pool?

\*\*\*

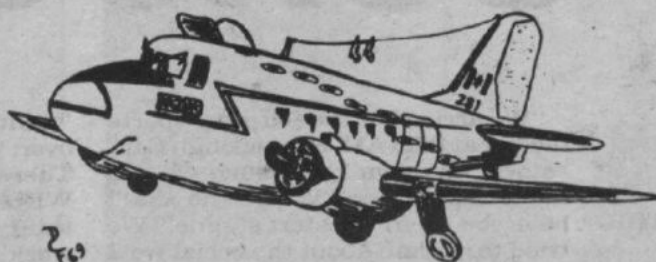
Jane reports that the food and service are excellent at Fingers restaurant near Polo Park. The ribs are great at lunchtime. At the opposite end of the scale, at least for service, is Mr. Greenjeans in Eaton Place. The food was fine but you sure have to have patience.

\*\*\*

Out of hibernation comes Flight Lustre. RCAF Association has a Regional Convention at the end of the month. The old Flight has been coaxed into rubbing elbows with other old light blue types. We'll have to report on his behaviour next time.

## WHAT'S IN A LISUNOV LI-2

A rose by any other name the ubiquitous "Dak", "Gooney Bird", "Dizzy Three" or whatever else one may call it, first flew in 1935 as the "Douglas Sleeper Transport" or simply "D.S.T." and entered airline service as the "DC-3" in 1936. In U.S. Army Air Corps, U.S. Army Air Force and U.S. Air Force service, it picked up the designations C-47, C-48, C-49, C-50, C-51, C-52, C-68 and C-117, depending upon the individual aircraft's role, what engines were fitted and whether or not it was a "drafted" civil machine. Additionally, the so-called "popular" names were "Skytrain" and "Skytrooper" although these never really caught on. One C-47 was flown as a glider under the title XCG-17, with engines removed and lead ballast in the nacelles to compensate for the loss of weight. The U.S. Navy applied the designation R4D to the aircraft and this was retained up until the standardization of U.S.



designations in the early 1960s.

When accepted for R.A.F. service, the name "Dakota" was officially applied and the R.C.A.F. accepted the same name.

During WW2, the Soviet Union undertook licence production of the type, initially as the "PS84" and later under the design bureau designation of "Lisunov Li-2" (that's a strange way to spell Douglas!). Not being people to pass up a good thing, the Japanese also acquired a licence to build

the machine prior to Pearl Harbour and produced the same aircraft as the "Nakaima L2D type O". Under the Allied recognition code system, this "Dak" was known as the "Tabby". Thus did the same airliner become the standard military transport for both sides! In the post-war period, virtually every airline used the "Dakota", but just to be different, British European Airways christened theirs the "Pioneer".

Close relatives of the "Dakota" were the "DC-2" airliner, which was known in

the military as the C-32, C-34 and R2D, and the C-38, C-39 and C-41, all of which were "DC-2s" with "DC-3" wings. The "Dakota" also gave birth to two bombers, the B-18 "Bolo", which was all "DC-3" except for the fuselage, and the B-23 "Dragon" which was a development of the B-18. The B-18 served in the R.C.A.F. as the "Digby" on Maritime reconnaissance duties off the east coast during the first half of WW2.

Today, there are still over one thousand "DC-3s" or derivatives serving with airlines, probably a similar number in military service, and a large number operating as executive transports and in other varied jobs. The Canadian Forces still have about 75 "Daks" flying and one of these, KN201, still flying at Winnipeg, was one of the first R.C.A.F. "Dakotas" over the "Burma Hump". Rest assured, the old "Gooney Bird" will be around for a long time yet!

## VERSE INSPIRED BY BY A PRAIRIE MUSE

### "THE WETS"

Her Majesty's old airforce  
Is gone and in its place  
We war the green of unity  
Which lacks old charm and grace  
But memories still haunt me  
Of the wonders that I've seen,  
And the wonder of all wonders  
Was the airman's wet canteen  
No CANEX gift shops for us then  
Or choice of where to buy,  
Just two canteens to purchase  
from  
The wet and the dry  
The dry one sold you laundry soap  
And other sundry gear,  
But if you went to the wet one  
You'd better just want beer  
If you liked soft upholstery  
And tables neat and clean  
There was certainly no place for  
you  
In the airman's wet canteen  
No genteel fold like officers  
Were welcome there you see,  
Just the acey-deucys and the ones  
And the old sweat LAC  
We were a young and rowdy bunch  
Who gathered in the wets,  
And the thing that kept us out of  
jail  
Was the presence of the Vets  
They taught us all the drinking  
games  
And songs about the brave,  
But the most important thing they  
did  
Was teach us to behave  
The code they taught was a simple  
one  
Don't act like bloody sods,  
And never let your buddy down  
No matter what the odds  
Now arguments and fisticuffs  
Where quite a common scene,  
With bellies full and tempers up  
In the airman's wet canteen  
There's been a time or two I guess  
I've joined the bloody lists,  
But I always got more bruises  
On my eyes than on my fists  
I may sound harsh and crude to  
you  
But I never will be mean,  
'Cause I got my education  
At the airman's wet canteen  
And the memories still haunt me  
Of the wonders that I've seen,  
And the wonder of all wonders  
Was the airman's wet canteen

Chev



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# NAV SCHOOL

news  
news  
news  
news



## HOWGOZIT VIII

### NEWS FLASH: AIR NAVIGATOR PROMOTIONS ANNOUNCED!

Yes I know all the other classifications knew their ages ago, ours however is a secretive group. CFANS fared fairly well this year. Three out of a possible twenty-five captain to major promotions. Good show to:

Maj Don (Hacker) Harold,  
Maj Jean (O.D.) Leclerc,  
Maj Athol (O) Malcolm

With the promotion comes a posting. Maj Leclerc is going to 437(T) Sqn (Boeing-Boeing!) Now just maybe they will run on time. Maj Harold... well he knows he's going somewhere, but it's still a secret and Maj Malcolm to U.B.C. for post grad work in Psychology. (I told you we were a strange group. If Freud observed us he'd say: "Definitely fixated in the second stage of development".) And to those of us who were overlooked???? It's obvious, any job in Standards. There's always 1984 Big Brother.

Oh, Oh, Oh, Sunday BDO what a feeling... And 429 wonders why I can not fly weekends. I arrived at the BPAdmO's office all psyched-up for the big brief but everything had ground to a halt due to an important gathering of the clan for Capt Gordon. Honestly I didn't mind the wait. Remembering and showing appreciation for previous workers is something I'm for 100% The BDO duty? I now know every nook and cranny of the Stevenson Lounger plus the intricacies of the coffee pots, electric kettle and fridge. It seemed the only military aircraft not flying that day was the "big smasher". Yes 429 was up too.

CFANS may not have won the last BComd Tournament but we did rather well in the Safeway Annual Ball Hockey Tournament. Here is the story as passed to me by the exuberant team.

"We arrived at the Safeway sports facility at 8:55 AM. Sure enough Capt "stare 'im down" Whitburn was on hand to greet us: "Where the xxx!!! have you been? We start at nine!" We tried to explain about the social we'd attended the night before but to no avail. The short one sided discussion did build a good head of steam in us though. We blew CN Rail right off the tracks posting a 7-1 triumph. We entered the second game full of gusto but the Safeway Selects peeled us like bananas, 6-1. We then found out that CN Rail was the long shot team. We skulked to the change room to lick our wounds and review our game strategy. Someone mentioned replacing the goalie but we were not looking for a scapegoat just yet. With our tails still between our legs we took on the Safeway Office Execs. They likewise had our number. Another defeat but not quite as bad, 5-1. It was decision time. By this time J.D. was looking like a piece of Swiss cheese so he was replaced by Denis "the Hulk" Blanchett. (Of course this change was done diplomatically, we told J.D. the previous night had done us all in). We gorged ourselves with kilos of fresh oranges and litres of liquid refreshments in preparation for the next match.

Our opponents, Grocery, were ready too, but we persevered, 2-1. As things worked out we met Grocery in the semi-finals. After regulation time the score was tied 3-3 Sudden death overtime! However, the chips were stacked in our favor. As Air Nav students pressure is nothing new to us. The overtime period started. The play went back and forth, back and forth. There was a scramble in their corner. The ball sprang loose and Byam shot from the awkward angle. The ball hit the goalie's leg but dribbled in. Our game. Not exactly a picture perfect play but we take them any way we can. Now for the playoffs. It was against the Selects.

We were ready but tense. Just prior to the game one of the Selects more

"gentlemanly" players sauntered over: "Good luck, bozos, you'll need it! There's no skill on your team". WRONG-O. Unlike him we knew a thing or two about pride and teamwork. Did we now want to win this one? Our blood was pumping to the beat of "Eye of the Tiger". Victory, how sweet it is, 6-0 for us. Even though the score was lopsided it was a tough match. No sooner had we accepted the coveted trophy than Q-94 FM issued their challenge. We met the following evening and rocked them off their feet, 7-2. A great team effort by the following: Tom Whitburn, Denis Blanchett, Ken Almeda, Patrice Belanger, Dom Carino, Pierre Blais, Brad Baker, Lorne Schmidt, Chris Roy, J.D. Rodier, Christ Purdy, Paul Hudson, Jeff Byam, and Dave Berry.

Hopefully, CFANS will be able to retain this trophy in the years to come. Not merely for the prestige but for the "esprit de corps" of the school... Maybe the instructors would like to issue a challenge?

Now for the bedtime story as told to me by Lt Al Baldry of Course 8302.

B.S. #5

ANS CRSE 8302 UNDERWAY

OR

'MUCH ADO ABOUT NOTHING'

"On 15 Feb, air navigator course 8302 got underway. From all walks of life we came; crewmen, infanteers, air weapons techs, instrument and electrical techs and of course the token civilians to round things out.

A week prior to starting the air nav course we picked up OCdts Rick Carlson and Ron Bertrand in Edmonton during our HAI course (high altitude indoctrination). Those two had just completed B.O.T.C. at CFB Chilliwack. They tried to maintain all the 'bad habits' learned at B.O.T.C. but OCdt Steve Wilson soon showed them the new ropes.

For the people with prior service the HAI course was a good opportunity to look up old friends. Ah yes, Edmonton; the Rosselin hasn't changed much (you really had to be there).

On returning to Winnipeg the course kicked off in high gear. As rookies, our daily schedule is confined to classroom theory. We did manage to get an aircraft visit, 'narrated' by OCdt Christ Smith (he worked on Heros in Trenton). Just recently our course and 8301 visited the Winnipeg A.T.C. tower. It turned out to be an interesting visit because the staff at the tower went out of their way to explain things to us.

A course article would not be complete without a mention of our instructors. They're professionals in every way so don't get me wrong. Mr. Nick 'Mad Dog' Turko, well known by all aircrew, is our Meteorology instructor. He has been instructing pilots and navs for many years at various bases. However, during some lectures there seems to be a layer of stratus in the rooms (things even appear foggy). Capt Tom Walls has been our Comm instructor, but sometimes we think he transmits on a different frequency. Capt Dan Brennan started out as our Air Regs instructor until the taught us 'no smoking within 10 hrs of flying and no drinking within 8 ft of the aircraft.' We haven't seen him since and Capt Bob Paxton has taken over. Capt Mike Gagnier instructs Basic Navigation — in French. Maybe that's why we're always lost. Capt Don McLeod has the arduous task of teaching us O.D. He can be heard at the back of class snickering as he shakes his head during our speeches. For A. & E.S. we have Maj Berninger from the USAF. He still can't get over the technological advances up here ('you even have colour TV now'). Our favourite class, physical education, is supervised by MCpl Tom 'Get down and give me 25' Langer.

We finally met our fearless leader and course director, Capt Todd Martin during the base sports day. He'd been on D & D in Japan while his C130 Hercules was down for 10 days. Despite his inspiration and promise of extra time off if we placed first in the sports tabloid, we encountered too strong an opposition. The day wasn't a complete waste as we did manage to finally get all the course together and stop off at the local watering hole to tip back a few brews."

YAWN... Good night!

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# 2 PPCLI — 6 MONTHS IN CYPRUS



Pte H.J.J. Carr of Reconnaissance Platoon mans the gun in preparation for a patrol in Sector Four, Nicosia, Cyprus.



The Lieutenant-Governor chats with several members of 2 PPCLI at one of the platoon billets in Sector Four, Nicosia. Shown left to right are: the Honourable Pearl McGonigal; Private BD Hodgson; Private RK Ferguson; and Master Corporal R. Wiseman.



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L to R: MCpl Rod Wiseman, Pte Glenn Gilbert, Pte Bruce Mellor, Sgt Norman Green, and WO Mike Snea.

Five ex-Montrealers; Warrant Officer Mike Snea, Sargeant Norman Green, Master-Corporal Rod Wiseman, Pte Bruce Mellor and Pte Glenn Gilbert are all presently members of B Company of the Second Battalion Princess Patricia's Canadian Light Infantry.

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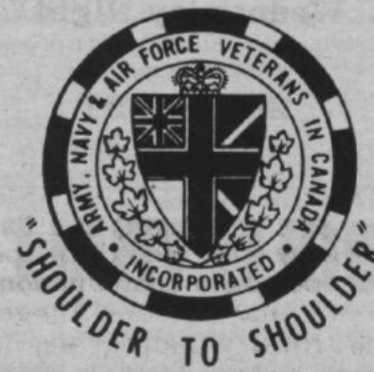
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## SPORTS SHORTS

### DANCE AEROBICS/WESTWIN GYM

Dance Aerobics classes will start 12 April 1983 and run every Tuesday and Thursday for ten weeks from 200-2100 hrs. These classes are open to men and women. Registration will take place at 1930 hours 12 Apr 83 at the gym office.

### CFB WINNIPEG MEN'S SOFTBALL TEAM

Any personnel wishing to play softball this year for the Base team are asked to contact the PERI staff at local 511/514.

The team is looking for a coach and manager. Anyone interested call local 511/514.

### CFB WINNIPEG MENS AND LADIES SOFTBALL TEAM

Any service personnel wishing to participate for either the Men's or Ladies team are asked to contact the PERI staff at loc 511/514.

### INTER-SECTION SOFTBALL LEAGUE

Sections interested in entering a team in the CFB Winnipeg Inter-Section Softball League are to contact the PERI staff at local 511/514.

### WESTWIN POOL CLOSURE

The swimming pool in Bldg. 90 will be closed from Mar 7 until further notice due to window replacement project.

The swimming registration planned for March is therefore cancelled.

### 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.

**Bingo  
Every  
Wednesday Night**  
8:00 p.m.  
Building 21

## VOLLEYBALL

The CFB Winnipeg Service-women's Volleyball team is heading to CFB Halifax for the Nationals on 22 April 1983 to see if they can become the 1983 Servicewomen's National Champions.

Under the direction of Captain "Louie" St Laurent the team from Winnipeg has been augmented with two players to strengthen weak spots on the team. These two members come from Shilo and Penhold.

Also representing the Prairie Region as the men's champions are the CFB Edmonton team under the direction of Captain Keith Hummel. To both teams GOOD LUCK and lets see if the Prairie Region can become double champions and bring both National Championships home to where they belong.

## YOU AND YOUR HEART

### INTRODUCTION

The human heart is a four-chambered muscular organ the size of a clenched fist and weighs approximately 350 gm. The amount of physical work it accomplishes is absolutely astounding. Consider for a moment the following feats:

- It beats continuously on the average 70 times per minute with only one half-second of rest between beats.
- About 70 ml of blood is expelled from the heart with each beat at a pressure of 120 mm of mercury.
- During exercise the heart can increase its output six-fold to 30 litres of blood per ventricle per minute or about a bathful of blood (i.e. 26 gallons) every two minutes.
- In a lifetime, the heart beats over 2,500,000,000 times expelling about 170,000,000 litres of blood. Moreover, actual work done by the heart could raise 250 kg of blood to a height of almost 1931 km!

The resting heart rate has a normal range of 50 to 100 beats/minute, with the average resting rate being 70 beats/minute for males, and 75 beats/minute for females. Variations in the resting rate could be a result of heredity, anxiety, fitness status, and disease among other reasons.

Recent study results have implicated resting heart rate as a potential independent risk factor in cardiovascular disease:

"...Resting heart rates of 80 and greater were associated with sizeable increases in risk of dying over the next ten years from all causes, all cardiovascular-renal diseases, coronary heart disease and sudden death."

Ref. Staler *et al*, Peoples Gas Company Study

It has been observed that the majority of individuals with high resting rates are either smokers, coffee drinkers, overweight, out of shape, or are exposed to constant anxiety situations.

### FACTORS AFFECTING HEART RATE

**AGE**  
Although the maximum heart rate decreases with advancing age, resting heart rate remains relatively stable.

**SEX**  
Males generally have a lower heart rate than females. This is due to the reduced oxygen-carrying capacity of the female's circulatory system.

**FITNESS STATUS**  
The higher the fitness status, the lower the resting heart rate. The well-conditioned athlete may have a resting heart rate of less than 50 beats/minute.

**FEVER**  
Heart rate increases approximately 20 beats/minute for every rise of 1°C above normal in body temperature.

**SLEEP**  
There is a progressive fall in heart rate during sleep.

**TOBACCO**  
Nicotine in small amounts causes an increase in heart rate. Smokers have higher average heart rates than non-smokers primarily because of the effects of carbon monoxide within the tobacco smoke.

**COFFEE**  
Caffein stimulates heart rate. Tea, cocoa and cola drinks also contain caffeine.

**AMBIENT TEMPERATURE**  
Increases in heat and/or humidity will cause an increase in normal or resting heart rate. Decreases in temperature alternatively will result in a lower heart rate.

(Con't next issue)

## HOPE FOR YOUR BACK

A lawyer acquaintance of ours was out jogging a few years ago when he decided to take a break for some calisthenics.

Well, the road to you-know-where is paved with good intentions — and in the course of his bending and jumping he felt a tremendously painful flash through his back.

"It was like a lightning bolt," he said "quick and deadly!"

"I barely made it, hunched over, to the emergency ward of the hospital. And I spent the next few months recuperating, lying flat — don't you know — on my back!"

Hundreds of thousands of Canadians can probably sympathize. Back pain is widespread in this country — but much of the common "wisdom" that surrounds it is wrong!

For instance, orthopedic specialist Hamilton Hall, M.D. states flatly that there is no such thing as a "slipped disc". His recent book "The Back Doctor" also suggests that most people who suffer back pain don't have to and that — and this from a doctor — not many people are likely to benefit from back surgery!

Other specialists have concluded further that in the over-whelming majority of cases they see, patients have back problems not because of discs or tumors — but because they are simply out of shape!

Now, PARTICIPaction is quick to point out that there are indeed cases of back pain that relate to organic conditions that only qualified doctors can diagnose and treat.

But we are also of the opinion that getting into good physical condition and staying there can help keep you from suffering the wrenching agony of the aching back.

Exercise can help. Strengthen your abdomen and you'll help balance weight that would otherwise be borne by the spine.

However, should you become one of the unhappy legion who are afflicted, exercise can help you relieve the pain — and even help you control your most acute attacks.

See your doctor. He may refer you to a class given by the Canadian Back Education Units. Begun in 1974 at Women's Hospital in Toronto, this organization conducts specific workshops to help patients cope with and overcome back pain. The CBEU has branches throughout Ontario as well as in Quebec and Alberta, the United States and Australia.

Among the exercises they teach is the Pelvic Tilt. Readers of this column will remember this highly praised exercise from our recent interview with exercise instructor and choreographer Willy Blok Hanson.

Our lawyer friend exercises regularly now — doing a few special movements for his back within his overall fitness routine. His back is fine now, although he does complain of occasional mild stiffness.

"I think if I had warmed up properly that day with good stretching exercises, this never might have happened," he says — and that's an excellent point.

At any rate, his example proves once again how physical fitness can help prevent — and even remedy a wide variety of physical ills.

If the fitness is done right!

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

## LONG LIVE BREAKFAST!

Skipping breakfast may get you to work on time but it may also get you into a traffic accidents a few hours later. A team of French doctors at the Hopital Saint-Michel in Paris said in a study on glycemia that 84 percent of all persons presumed responsible for late-morning car accidents had not eaten breakfast. In their report, the doctors state that the first meal should contain a quarter of the calories and proteins for the day.

In a U.S. study of almost 7000 men and women in the Center for Health Sciences at the University of California at Los Angeles, researchers found that skipping breakfast is among those health risks that tend to reduce life expectancy. Death rates were found to be more than 40 percent higher for men and 28 percent higher for women who "rarely or sometimes" ate breakfast, compared to those who ate breakfast "almost every day."

— Trivia from Reader's Digest

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## THE DEADLIEST GAME IN TOWN

(The Ballad of the Braggart)  
LCdr K. Fraser

A stranger came into town one day,  
looking for a gambling game to play.  
The barkeep said to step right in,  
as they'd roulette, card, women and gin.  
The stranger merely gave a tired sigh,  
said he needed a game where the stakes were high.  
Satan was seated where he could over-hear,  
sipping away at an ice-cold beer.  
He grabbed the stranger's arm as he passed,  
saying, "I know a spot where the action's fast".  
They passed through a door into a well lit space,  
that looked just like a normal work-place.  
The space was alive with grinders, cutters and saws  
spewing out sparks and particles galore.  
The stranger said, "Yeah, but what are the rules,  
and what are the stakes with a bunch of tools?"  
Satan replied, "The game is straight,  
'cos mister in here, you play with fate".  
"No wheel to spin, no cards to deal,  
the risks you run are all too real".  
"All you do is to use the tools,  
making sure you break the safety rules".  
"You work the tools without protective devices,  
defying the management's safety advices".  
"If you win they may call you clever,  
but if you lose, it could be forever".  
"So play as long as you figure your luck will last  
but remember Fate deals the hands steady and fast".  
"And only those who've played and lost  
can know the misery, pain and cost".  
With a puff of smoke old Satan was gone  
and the stranger knew, the game was on.  
Today he sits at a table close by the door,  
stale beer to hand, eyes cast down to the floor.  
Each day he listens to the click of the dice  
listens hard since he lost his sight.  
Oh yes, he'd played those games with the workshop tools,  
sneered at protection, called management fopls.  
Until one day the work-piece caught and the fragments flew  
like arrows from a bow, deadly and true.  
Straight to the eyes so vulnerable and bare  
searing and tearing, leaving but a vacant stare.  
They carried him out and he whimpered with pain,  
as he cursed and vowed never to gamble again.  
He had played the game, swaggered and lost  
and only he could ever count the cost.  
Now when a stranger asks about the action in town,  
he reaches out and has him sit down.  
"Look at me" he says, "I know the name of the game,  
it's a devil's device to cripple and maim".  
"Take my advice son, obey all of the rules  
wear the protection when using the tools".  
"Life is a gamble in the happiness stakes  
why raise the odds for stupidity's sake?"

## WHY KEEP INCOME TAX RECEIPTS

Keeping records for income tax purposes is not only a legal requirement, but may also save money for individuals and corporations.

Although income tax receipts bring back memories of lengthy calculations and the time you spent completing your tax return, keeping those receipts when tax filing season is over can help you back up the deductions or expenses you claimed.

After tax filing season, the tax department carries out several programs whereby returns are double checked for accuracy. Returns from taxpayers whose income is from wage and salary may be subject to programs known as post-assessing or matching. Returns from taxpayers who are self-employed or earn investment, rental or commission income may be scrutinized through audit programs in the Department's offices or on the taxpayers' premises.

The post-assessing program is aimed at taking a closer look at a number of deductions claimed by taxpayers. For example, returns claiming deductions for eligible expenses, moving expenses or child care expenses could be closely examined by the Department's assessors.

The matching program uses a manual or computer system to check receipts or information slips supplied by taxpayers. Amounts on information slips, such as the T4, the TFA1 (family allowances) and the T4U (Unemployment Insurance), are compared with figures entered by taxpayers on their returns in order to determine whether all income has been reported. Receipts for payments are also matched to check whether taxpayers who received the payments reported them.

Besides checking the information reported by taxpayers, the matching program identifies taxpayers who did not file a return or may be guilty of tax evasion.

In 1981-1982, taxes of more than \$38 million were collected through the post-assessing and matching programs.

For taxpayers whose income is from sources other than wages and salary, their returns may be reviewed in detail in the Department's offices. Known as an office examination, this type of audit will involve contact with the taxpayer by letter or telephone. The Department may also conduct a field audit which takes place at the taxpayer's residence or place of business. In either case the taxpayer may be required to provide receipts or documents to support deductions or substantiate expenses. Last year, \$45 million in taxes were recovered through office audits and another \$476 million recovered through field audit programs.

These audit programs not only lead to collection of unpaid taxes but also encourage taxpayers to comply with the law. Anyone contacted by Revenue Canada, Taxation must supply all documents supporting the deductions claimed. If the required documents are missing, the deductions may be disallowed.

## SHOULD YOU BORROW ON YOUR LIFE INSURANCE?

by Paul J. Rockel

A great deal is made today about the privileges you have in borrowing against the cash surrender values that may have built up in your whole life policies.

While we believe a person should buy TERM INSURANCE rather than whole life (with cash value buildups that are forfeited at death... in most policies) there are many, many people who have been sold whole life policies, and if they question as to whether they should replace those expensive policies with newer TERM policies, are often told they have a fantastic advantage with their old policies, namely that they can "borrow" against them at rates as low as 6% per year.

We found an interesting response to that idea in a monthly newsletter called THE CANADIAN MONEY SAVER in its October 1982 issue. They were answering an enquiry from a reader who was asking if it was wise to hold on to a whole life policy because of its economical and borrowing power.

The answer... in part, reads:

"You questioned regarding keeping your insurance policy so you can borrow at inexpensive loan rates! It is true that if you have an old enough policy it probably qualifies you to borrow from that policy at a 6% rate — fantastic???"

"NOT SO."

"The only person who should take advantage of that is a person who presently does NOT qualify, health-wise, to buy new insurance. For anyone else it is wise to purchase new insurance now, so that he can "borrow" the cash value from his old policy at zero interest by simply cashing the old policy.

"As an example, a \$25,000 Whole Life Policy purchased in 1962 at a person's age 25, premium \$338 annually, would have probable cash value of \$6,225 at age 45, combined with dividends in the range of \$3,325. (His death benefits is still \$25,000).

"If the insured wishes he may cash his dividends of \$3,325 at no interest charge. He may also borrow the approximate \$6,000 from the policy. If he borrows the \$6,000 he effectively REDUCED the death benefit to \$19,000 because his beneficiary would receive the \$25,000 LESS the \$6,000 loan.

"With reduced coverage of \$19,000 he must continue to pay the \$338 annual premium PLUS the 6% interest on the \$6,000 = \$360. So... for \$19,000 coverage, he now pays an annual cost of (\$338 premium plus \$360 interest) \$698.

"If this same person is a non-smoker he can, now at age 45, purchase a \$50,000 life-time coverage for only \$682 per year. That is two and a half times the protection for the same cost."

We might add that in changing the policy to the new protection, the "cash value plus dividends" in the old policy (\$6,225 and \$3,325) of \$9,950 invested at just 10% would give the insured \$995 per year investment income, which would more than pay his new insurance costs, never again having to "dig in his pocket" for another premium.

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# LAST CHANCE

## 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 0T0

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  
Westwin, Manitoba  
R2R 0T0

1. Je propose:

NAS	Grade	M/Mme/Mlle	Nom de famille	Prénom
Unité/lieu de travail			Téléphone	Ans

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		Unit/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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## BXO COLUMN

I'm going to take the plunge and say that the renovations on the Canex Retail Store have finally started (at the time of writing they actually haven't, but by the time of reading they should have). For the next 1½-2 months the Store will be a mess and constantly moving from one end to the other as construction proceeds. If we sell it now we will sell it during the renovations if we can find it. If you can't find what you're looking for please ask so we can try.

Grand Opening is scheduled for 15 June with a Grand Opening Sale 15-21 June. Plans are well underway already to ensure that this will truly be the biggest and best sale ever in the history of CFB Winnipeg Canex. So watch future Voxairs for progress reports.

Another Grand Opening is scheduled for 10:30 a.m. 9 May. The new

### CFB WINNIPEG CHANGE OF COMMAND

CFB Winnipeg will see a change of Base Commanders as Col B.L. Smith relinquishes command of the base to Col S.E. McGowan during a Change of Command ceremony on 24 Jun 83.

Col McGowan is no stranger to Winnipeg having served simultaneously as Deputy Chief of Staff Reserves at Air Command Headquarters and Deputy Commander Air Reserve Group Headquarters from 1979 to 1982. During the past year Col McGowan has been attending the Continuous French Language Training Course.

On relinquishing command of CFB Winnipeg Col Smith will spend the next year studying French in Winnipeg and St. Jean.

Snack Bar in building B-12 (upstairs Patricia Arms) on the Southside will be officially opened by the B Comd and the CO 2 PPCLI. This outlet is the second stage of a two part project promised to provide personnel of 2 PPCLI with a convenient dry canteen facility with shopping and eating facilities.

An event which should have been cause for celebration went by almost without notice this past year. For that I accept complete fault. For the first time the Winnipeg Canex Retail Store achieved \$1,000,000 in sales (\$1,064,032.08 to be precise), and we didn't do a thing about it. OH! to have another chance at the missed opportunities in life.

Final results of the Canex "trim the fat" challenge. The final weigh out was held on 4 April:

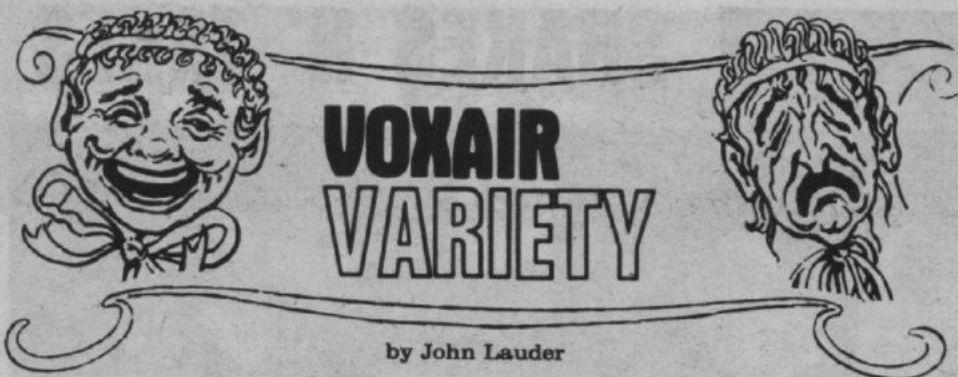
GOAL	120 LBS
TOTAL WEIGHT LOSS	106 LBS
(14 people started, 1 dropped out, 7 failed, 6 succeeded.)	
MONEY TURNED OVER TO PADRES	\$90.00
(two double failures who shall remain anonymous.)	

### BASE COMMANDER FEATURED GUEST

WINNIPEG (CFP) — Colonel Brian Smith, Base Commander at CFB Winnipeg, will be the featured guest on *Winnipeg Today*, Wednesday, April 20, at 8:30 p.m. on channel 13.

Host Chris Guly asks Col. Smith questions on the role of CFB Winnipeg and its contributions to the city and the region.

The program will be re-broadcast Thursday morning at 10 o'clock.



by John Lauder

The Charlottetown Festival brought us a very lively musical last week, and any who caught it will no doubt agree that it was one of the best seen here in years. Named *Singin' and Dancin' Tonight*, the show as a mixture of Canadian songs, original dances and skits which moved at a hectic pace. Strangely enough, there is a show called *Song and Dance* running in London, England right now, written by Andrew Webber of *Evita* and *Cats* fame, which is nowhere near as fine as is the Alan Lund presentation. If everything at the Charlottetown Festival is this good, it must be the place to be this summer.

\*\*\*

Opening on April 13th, the day after the Voxair deadline, as usual, is the MTC Warehouse production *Climate of the Times*. Written by local playwright Alf Silver, the play is said to have all the ingredients of modern life — love, hate, politics and violence. Set in northern Manitoba in 1983, this topical drama should be worth seeing. The play runs until April 30th.

\*\*\*

April 22nd will be your last chance to catch the final opera of the season, Verdi's *Othello*, to be sung in Italian. Guest stars are William Johns from the Chicago Lyric Opera, and two singers from the Metropolitan Opera — Mariana Niculescu and Ryan Edwards. Combined with some fine Canadian singers and the local chorus, this should be a fitting end to a good opera season.

And later in the month, the Winnipeg Symphony will offer two sets of concerts. On the 23rd and 24th, the family pops series, which will be a salute to Lerner and Loewe, covering music from Camelot, Gigi, Brigadoon and My Fair Lady. The Masterworks on the 29th and 30th will feature Gwen Hoebig, violinist in a Prokofiev concerto, plus a Vaughan Williams symphony and the overture to the Bartered Bride. Tickets at \$7.57 to \$12.50 for all concerts.

\*\*\*

Opening on May 4th will be the final ballet of the season, the full-length *Romeo and Juliet*, which will run until May 8th. When it was first shown in 1981, this ballet drew standing ovations and raves from the dance critics. Truly a spectacle in every sense of the word; music, sets, costumes and choreography, this is a highly recommended show. The cast of 39 artists fill the stage, and if you have not seen it before, try not to miss this one.

\*\*\*

Only the ATG crews who occasionally get to London, in the line of duty, have a chance to see British theatre. However, the good shows now running there will be in New York next year, and the year after that in Canada, maybe even in Winnipeg. So it is not irrelevant to discuss the state of the art in London at this time, nor to go into some detail, which will be done in the next issue, editor willing.

Your far flung VOXAIR correspondent was able to catch some eight shows in a recent visit to the place that calls itself the "showplace of the world". Frankly, it was a bit of a disappointment. Only about two of the eight were top quality, two were medium good, and the rest for the birds. It makes one happy to see Winnipeg productions, where at least they start on time and give you a program without an 80 cent fee.

The hype is to the stratosphere. Each play is "best comedy of the year", "triumph of the season", or "outrageously funny", yet you find the laughs few and far between. Maybe all the hype makes expectations too high, but keep your support for the locals, they are equal to the highpriced stuff overseas. Details in the future . . . .

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†Rates and terms subject to change without notice.



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## GESTION DU BUDGET FAMILIAL

De nombreuses sources s'accordent à dire que l'une des principales causes de friction dans un mariage est l'incapacité du couple à gérer intelligemment ses revenus. Pour y parvenir, les deux conjoints doivent planifier ensemble leurs besoins afin de mieux comprendre leurs responsabilités mutuelles. Pour conserver l'harmonie au sein du foyer, ils doivent établir ensemble un budget réaliste, un plan d'épargne et de bonnes habitudes de consommation et s'y conformer.

Nombreux sont les jeunes couples qui débutent leur vie commune sans aucune expérience des questions d'argent; ils achètent ce dont ils croient avoir besoin et espèrent avoir assez d'argent jusqu'au jour de paye suivant. Ils achètent d'abord les articles qu'ils désirent depuis longtemps, et à la paye suivante, il arrive qu'ils manquent d'argent pour régler le loyer, les services publics ou autres dépenses fixes. Un couple qui dépense le revenu familial de cette façon ne peut que se retrouver dans une situation financière désastreuse.

Non seulement les nouveaux époux mais aussi tous les couples mariés ont intérêt à examiner leurs habitudes budgétaires. Il est possible d'éviter nombre de peines et de frustrations en vivant en fonction des revenus familiaux. Lors-qu'on accorde beaucoup d'importance aux biens matériels, il est souvent difficile de résister à un achat extravagant ou irréfléchi. Les parents se plaignent souvent que leurs enfants ne savent pas apprécier tout ce qu'ils leur donnent et dépendent l'argent comme si celui-ci "poussait sur les arbres". Dans certains cas, les parents sont responsables de cette situation, parce qu'ils n'ont pas aidé leurs enfants à comprendre les obligations financières de la famille et leurs responsabilités à cet égard. C'est également vrai pour le mari qui n'aide pas son épouse à comprendre les obligations pécuniaires du ménage. La gestion du budget familial est une question de participation, où les deux parents et même les grands enfants ont un rôle à jouer.

**well ...  
we thought  
spring  
had  
sprung**

## LA CONGESTION NASALE C'EST FINI

LA CONGESTION NASALE, C'EST FINI — On n'a toujours pas trouvé de remède contre le rhume, mais sachez toutefois qu'il existe bel et bien un médicament pour lutter contre la grippe. Mis au point aux États-Unis, ces deux comprimés contiennent un sérum atténué d'adénovirus de types 4 et 7. L'hiver dernier, un groupe de 400 recrues suivant l'instruction élémentaire aux bases de Cornwallis (N.-É.) et Saint-Jean (Québec) ont ingéré le médicament dans le cadre d'un essai clinique mené par Santé et Bien-être social Canada. Les employés de ce ministère ont effectué sur l'ensemble de ces volontaires des prélèvements de sang en novembre et en février pour analyser le taux d'immunisation. Les autorités des Forces canadiennes ont accepté de mettre le vaccin à l'essai puisque, à vivre en casernes, les recrues sont plus susceptibles de se communiquer la grippe. La Direction de la médecine préventive à Ottawa s'est donc procuré un approvisionnement d'un an du médicament et les recrues commenceront au printemps prochain, à l'instar de leurs homologues américaines, à prendre de façon courante les comprimés contre la grippe.

## MARCH 25, 1983 LOCAL RESIDENTS HELP CHILD OVERSEAS

A very special commitment has been made by members of our community. Pte.M.C. Wanless of 2 PPCLI and wife Kim have become Foster Parents. Through Foster Parents Plan of Canada they have "Adopted" little Brehima of Mali. The Wanless' small monthly contribution brings help to the Foster Child, his family and the community.

The objective is not dependency, but to help the family become independent and self-supporting, through programs of medical and dental care, vocational training, and counselling by social workers. All programs are adapted to the needs of the people, and tend to be concentrated in rural areas where the whole community can benefit through the provision of wells, schools, and much more. Education is stressed, and all school-age members of Foster Families are encouraged to attend school. Foster Parents are advised annually of the family's progress, and a regular exchange of letters builds a warm and meaningful relationship.

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Going sailing! Need to sell my Bonair 1150 hardtop camper with 3-way fridge, 2-way sink, propane stove and furnace, twin tanks, hanging closet and dish cupboard, lots of storage, sleeps 7, canopy, excellent condition. LOC 683 or 269-0615 after 6.

Swing set \$15.00, baby seat \$5.00. Also kitchen corner nook, 6 pieces \$150.00. Please phone 489-9865.

Sony tape deck, TC118 SD, Dolby, \$75.00. Dual 1226 turntable with Shure cartridge, \$75.00. Phone 895-9220 after 6 p.m.

Young girl's Raleigh bicycle, 15" frame, training wheels, kickstand, chain guard, tire pump and basket. 5 years old. 489-9629.

12.3 cu. ft. freezer like new, \$220. Mens/boys 5-speed bike used only once, \$85.00. Please phone 489-8575.

Cushion sectional chesterfield. 1-1/2 years old. Beige colour, \$300. 832-5788 after five or 832-1311 loc. 415/419 during working hours.

Bicycle for sale. Convertible style (boys or girls). 20 in. wheel size. Very good condition. \$40.00. Ph. 489-4742.

Bicycle for sale. Boys Jr. 3 speed style. \$35.00. Ph. 489-4742.

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1973 Chev. Biscayne. Fairly reliable second car in reasonable order. New transmission. **SOLD** please call 895-0624 after 5:30 or local 384 during the day.

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'78 Ford 1/2 ton supercab, 352 cu. in., 4 speed with over-drive, AM/FM cassette, 6 new tires, fibreglass cap. Phone loc. 132 or 474-0100 and ask for Ken.

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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

**REUNIONS**

BNCC St. Margarets. 3-5 June 1983. Cost \$30.00 per person. For more information contact Capt R.J. Chmara SAGE 423-6251, GP 622-0251 or (506) 773-4455 (251) by May 2, 1983.

**402 "City of Winnipeg" Squadron Celebrates 50th Year**

402 "City of Winnipeg" Air Reserve Squadron will be celebrating its 50th Anniversary this summer, August 19th to 21st. As one of Canada's oldest flying military organizations, the Squadron has been under other designations as No. 12 Army Co-operating Squadron (Auxiliary), 112 Squadron (Auxiliary) and 402 (Fighter) Squadron. Former members and friends of 402, as well as members of auxiliary units associated with 402 (17 Wing, 2402 Air Craft & Warning Unit, 4003 Medical Unit, 5002 Intelligence Unit, 3052 Technical Training Unit, 3 Wing Headquarters and their Regular Support Units) are invited back for the August celebrations.

For more information, please contact The Reunion Committee, c/o Box 37, St. James P.O., Winnipeg, Manitoba, R3J 0H4, or phone the Orderly Room at 832-1331, local 525.



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  
 MWO R.V. Seyffert (Secretary)  
 705-424-1200, Loc 2283  
 Nil Sine Labore

**APRIL**

SUN	MON	TUE	WED	THUR	FRI	SAT
Mail Calendar entries to Voxair Bldg. 10			20 Bingo 8 p.m.	21 Ceramics 7 p.m.	22	23
24	25 Battle of Kapyong, 1951 Ceramics 7 p.m.	26 Voxair Deadline	27 Bingo 8 p.m.	28 Ceramics 7 p.m.	29 MIL Pay Day	30 Summer Dress
1 <b>MAY</b>	2 Ceramics 7 p.m.	3	4 Bingo 8 p.m.	5 Ceramics 7 p.m.	6	7
8	9 Ceramics 7 p.m.	10 Voxair Deadline	11 Bingo 8 p.m.	12 Ceramics 7 p.m.	13 MIL Pay Day	14



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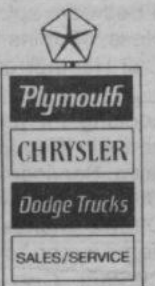
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