

## CANEX RENOVATIONS UNDER WAY

On June 15 the renovations to the Canex retail store will have been completed and the grand opening will take place as is being planned (we hope). I have mentioned the renovations in my column many times but I have never really explained what exactly we are doing, what the store will look like when we ultimately establish order out of the current chaos.

First and foremost the whole purpose of the renovations is to upgrade and modernize the store to make it look like a real store which is an attractive, comfortable place to shop and not an old workshop/supply warehouse which it used to be. When the store was moved from what is now the Hercules Lounge to its present location it was never intended to be a permanent location. It was planned to design and construct a multi-million dollar shopping/recreation complex, but this never got past the concept stage because it was just too expensive. Finally last year the decision was made that considering the options available and the relative costs involved that the present location isn't all that bad, provided a few bucks were spent to provide a regenerating facelift. Enter Director of Canex with a very generous offer at very reasonable rates and we now have all the ingredients needed to conjure up a modern department store. So, on June 15 you will see the old supply warehouse disappear to be replaced by a new modern store.

The first priority was to get rid of the mercury vapour lights which are great for lighting workshops and airport ramps but hardly suitable in a store. They generate an awful lot of heat and discolour everything in the store. The mercury vapour lights will be replaced by banks of fluorescent lights with much softer tones. No longer will you have to go outside to check the colour of the clothes you buy. The next priority was to eliminate that warehouse look by installing a multi-colour, open grid, drop ceiling. New people coming in will never know that it was once a warehouse.



Hunched over the blueprints discussing the Canex Store renovations are Cpl Stan Lagstaff of Base CE, Joseph Rioux from Bird Construction, Mcpl Frank Gaulin of Base CE, and Mr. Art Choinard the Canex store manager.

The first job completed was to knock down that internal non-bearing wall which created so many blind spots in the store, and reduced the useable selling space. The next area of change is the entrance way. You know that old saying about first impressions; well, we intend to change everyone's first impression of CFB Winnipeg Canex. The new entrance-way will be installed on the west side of the building in the middle of the store, and will have double glass doors with an airlock and display window in the middle. When you walk into the store you will enter through a modern entrance-way and be able to see the whole store immediately.

To finish off the interior, new carpets will be installed throughout, almost all the present display fixtures will be replaced by the newest ultra-modern, modular display fixtures, three brand new programmable electronic cash registers, and finally my pet peeve, new colour coded departmental wall graphics to replace the plastic department signs presently strung on clothesline wire.

Finally, when yours truly reported into Winnipeg two years ago I got lost trying to find Canex. So, for people with a sense of direction like mine, we are installing a massive fluorescent sign on the south side of the building to navigate by.

So, there you go. If we look like we're disorganized, you're probably right, but there is a plan, somewhere under the dust. But don't take my word for it; come in and check it out yourself — after all, it's your store and your money. Hope to see you in the store on June 15.

## ROYAL WINNIPEG RIFLES HOLD CENTENNIAL REUNION

### BATTLE HONOURS OF THE REGIMENT

Fish Creek  
North West Canada 1885  
Ypres 1915 - 1971  
Gravenstafel  
St. Julien  
Festubert 1915  
Mount Sorrel  
Somme 1916  
Thiepval  
Ancre Heights  
Arras 1917 - 1918  
Vimy 1917  
Arleux  
Hill 70  
Passchendaele  
Amiens  
Scarpe 1918  
Drocourt-Queant  
Hindenburg Line  
Canal Du Nord  
Pursuit to Mons  
France & Flanders 1915 - 1918

Batoche  
South Africa 1899-1900  
Normandy Landing  
Putot-En-Bessin  
Caen  
Carpignat  
The Orne  
Bourguebus Ridge  
Falaise  
The Laison  
The Seine  
Calais 1944  
The Scheldt  
Leopold Canal  
Breskens Pocket  
The Rhineland  
Waal Flats  
Moyland Wood  
The Rhine  
Emerich — Hoch Elten  
Deventer  
North-West Europe 1944 - 1945



— Pilgrimage to Batoche Planned —  
New Year's Day 1983 heralded by a Feu de Joie fired at high noon kicked off a one year celebration by the Royal Winnipeg Rifles.

This year is the centennial year for the "Little Black Devils," Canada's oldest regiment.

First named the 90th Battalion, the regiment was formed to protect Winnipeg from the troubles of the brewing North West Rebellion. In the spring of 1885 the 90th Battalion joined with General Middleton on the South Branch of the Saskatchewan

River to join in the action at Fish Creek and Batoche.

It was at Fish Creek where the depleted rebels were heard to say, "the Red Coats we know, but who are these little Black Devils." The name struck and was given official recognition when the rampant devil became part of the Regiment's cap badge and collar dog.

Included in the centennial celebration is a salute to the Fallen of 1885. A detachment of thirty soldiers of the Royal Winnipeg Regiment will parade at the 1885 monument on Main Street on April 23, fire a salute, and lay a wreath.

A pilgrimage to the Batoche Saskatchewan Battle Site is planned for the Victoria Day weekend. On May 22 members of the Royal Winnipeg Rifles joined by local residents will attend a remembrance service.

"The 1983 trip to Batoche will be religious in nature to honour the fallen," said Lieutenant Colonel R.E. Werry, Commanding Officer. "The pilgrimage, like the entire centennial celebration is to commemorate 100 years of service to Canada."

Other events throughout the year include a Freedom of the City parade on June 4, a D Day memorial service at Saint John's Cathedral on June 5 and various summer activities leading up to the centennial reunion, parade and ball in October.

# LETTERS TO THE EDITOR



"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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## SCAN CORNER

### CAREER RESUME

The career resume is the accepted document used by government and industry in screening candidates for job openings. You can think of it as a calling card providing an outline of your training and experience.

Servicemen will find that once preparations are started for moving into the outside world a career resume is essential.

One advertisement placed in a city newspaper will average 400 replies of which possibly only ten are selected for interview. The aim is to end up on the right pile and to do this, a mental picture must be created that makes you stand out from all other applicants.

When you say a woman is beautiful everyone gets a vague mental picture. However, if you say she is blonde, five

feet six inches tall, measures thirty-six, twenty-two, thirty-three, the picture is much better.

What does the employer want to find in a career resume? The emphasis should be on what you can do for him. Talk the civilians' own language and avoid military jargon. Keep it terse using active words and avoiding vague generalizations. Use concrete examples with emphasis on efficiency and competence. State a clear employment objective.

A common mistake is to spread oneself so thin describing qualifications for several jobs that the resume loses bite and impact. Remember that the resume does not get jobs but it helps to get interviews, therefore, you can be selective in what you say.



**New Arrivals**  
 Puzzled about  
**Manitoba License Plates?**

Fire Insurance  
 -Contents? -Pleasure Items?  
 Life Insurance?

Obtain them at your  
**Base Insurance Office**  
 in Main Rec Centre

DOWNTOWN  
 1010-220 PORTAGE  
 942-3008  
 MON-FRI 9-4:30



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

Call us or drop in to,  
**Baldwinson Agency**

Dear Sir:

In September 1983, Canadian Forces Station Sioux Lookout will be celebrating it's 30th year of operation. As part of the celebrations, we at Sioux Lookout, will be publishing a magazine outlining the history of the site. This magazine will have pictures of people and events that have taken place over the years, as well as verbal descriptions and stories.

We will be pleased to receive from any ex-members of this Station any pictures and/or stories that they feel would make an interesting contribution to the magazine. We will attempt to return all material received as soon as the magazine goes to press, probably near the end of December 1983. Please ensure that each and every item is thoroughly described and clearly labelled with the name and address of the donor.

Please address contributions to:

Commanding Officer  
 CFS Sioux Lookout  
 Sam Lake, Ontario  
 POV 2R0  
 Attention: Cpl W. Saulnier

Copies of the magazine will be available to those interested at a nominal fee.

### 26th ANNUAL TIMMY DANCE

The Senior NCO's and Junior Ranks Messes in CFB Portage this past April 22nd, held their Annual Timmy Dance. When we say annual, we are talking about 26 years that they've been supporting the Society for Crippled Children of Manitoba with their fund-raising dance.

Unfortunately, this year's notice arrived too late to give the event any publicity. However, I feel that the event is newsworthy and that the message in their letter to VOXAIR may still be current.

Dear Sir:

Yes, this is a solicitation for funds! Won't you help us to help others! **Every dollar received goes to The Society for Crippled Children and Adults of Manitoba.** There are no paid workers. We all volunteer our services for this worthwhile venture. We too pay admission to the dance to show our support.

We invite you to the dance, 22 April 1983, and that's a real fun evening! But, the real reason for contacting you is to bring in much needed cash for The Society. Your donations are tax deductible. So, we leave it up to you to show your support by forwarding your cheque payable to The Society for Crippled Children and Adults of Manitoba in the enclosed envelope.

Tammy '83 is twelve-year-old Jordy Davis of Winnipeg. Jordy is the eldest of three children. Stricken with cerebral palsy, she is presently in Grade VI and attends Lord Roberts School in Fort Garry, which is the first integrated school for the handicapped in the Province of Manitoba. Her hobbies are swimming, reading and writing. In 1980 she entered a writing contest; nine months later she was notified that she was one of three children who was selected to have her work published. In August 1981 her work was in a book titled "What It's Like To Be Me" - a book published only in England.

**CASH DONATIONS:** Yes, this is the most important aspect. Sure we invite you out for a real fun evening, but that's only a small part of the overall idea. It's our aim to bring in much needed cash to help to support The Society.

Coordinator of Special Events Timmy Dance  
 CFB Portage  
 Southport, Man.  
 ROH 1N0

Dear Editor,

1 CBG/CFB Calgary has designed an "Army of the West" tie which went on sale in March of this year.

In an effort to advertise and provide as wide a knowledge as possible of its existence, would you be kind enough to publish the attached article in your Base Newspaper.

Your support in this matter will be greatly appreciated. May I thank you for taking time to help us serve members of the Army and those who have served with us.

R.C. McDonald  
 Major  
 CFB Calgary  
 Calgary, Alberta

## NIFTY NEW ARMY NECKTIE

Now, even in civies you can be identified with the "Army of the West".

CFB Calgary has designed a unique "Army of the West Tie". The dark blue tie sports a series of small colourful crests featuring the 1 CBG rams head centered on the old army cross swords and maple leafs surmounted by a royal crown. The crests run diagonally across the tie and are separated by a diagonal "thin red line". A truly tasteful tie.

These "Army of the West Ties" can be purchased through the CFB Calgary Canex, CFB Calgary Unit Regimental Kit Shops, by telephoning the S02 SD at 240-7330 or by writing to CFB Calgary, Calgary, Alta T3E 1T8, attn S02 SD.

The tie is not just for serving members of 1 CBG and CFB Calgary, but for all who have served with and feel an affection for this fine organization.



## VERSE INSPIRED BY BY A PRAIRIE MUSE

THE PRAIRIE DOG'S REVENGE  
OR  
PARADISE FOUND  
OR  
RETURN TO PARADISE  
OR  
YOU'RE GONNA GET IT THIS YEAR

Some good, some bad. First the good.

I attended the SCAN Seminar in April and was pleasantly surprised. Like everyone else I had seen the posters and the notices in RO's but had thought "what the Hell can some other desk-bound Captain do to help me on retirement?" Does that sound familiar? Perhaps some people can make the transition from military to civilian life by the mere change of hats. Most of us will find that transition difficult, traumatic, worrisome, stressful or even impossible. SCAN, Second Career Assistance Network, was conceived, developed and implemented by some obviously dedicated professionals to assist in a multitude of ways; those approaching retirement from the Green Uniform brigade.

By experts from Canada Manpower, financial consultant firms, Crown Corporations and private business, NDHQ and our own base release section and accounts section we were bombarded with a wealth of most important and interesting information.

One of the most important features of the SCAN program to me is the very obvious concern the organizers show in the individual facing the transition to Civvie Street. Far above that consideration though was the realization that I wasn't alone in my personal and very real worries about leaving the service after a 32 year career.

A "Tip of the old Wedgie" to Capt Clare Schoffer and staff.

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Now the bad!

This of course is a personal opinion. (That statement has landed me in trouble before!) I have been hearing some very negative about the Canex windbreaker which has been approved for wear with the C.F. uniform. Not one to report on rumour or second hand info, I drove over to the local Canex to take a look. I'm glad I did because I completely eliminated any consideration for purchase. At \$49.95 it is nothing but a colossal "Rip-Off." Somebody "up there" somewhere is living in a dream world if they honestly believe that, a; service personnel are going to shell out 50 bucks for an unlined, unattractive jacket which looks like a shabby work dress substitute and b; anyone who takes pride in their appearance in uniform would be seen in public wearing it.

On adjacent racks in the local Canex, is a display of quality Utex windbreakers, fully lined and excellent value at between 25 and 35 dollars. A new S3 tunic at clothing stores is less than 50 bucks. Local manufacturers provide custom team jackets for around the \$30 mark and a trip to any shopping centre will provide ample proof of excellent jacket values at far below the 50 buck range.

Come On Mr Canex, whoever you are, we weren't born yesterday. In today's economic climate most of us are pretty careful with our dollars. Canex has a pretty good reputation and store managers and Canex officers shouldn't have to be accomplices in this attempt to sell an item at far more than its' rather questionable worth.

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Spotted on Portage Ave., a personalized licence plate "EAGLE". It was also the brand of car on which it was mounted. I thought for a moment it might be someone from Air Command HQ.

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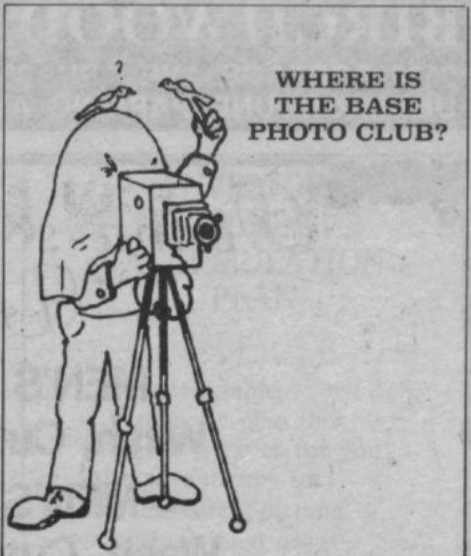
Oh! the dust storms fly in Portage  
All the ground is in the sky  
And a wheat field sown in Portage  
Grows rampant in Elie  
And the farmers out here wonder  
Where their topsoil is all gone  
And hope that something better  
Will blow in from Saskatchewan.

All the weather guessers wondered  
Why our topsoil won't come back  
Till they finally consulted  
The Farmer's Almanac.  
It told in no uncertain terms  
The reason for their plight  
Hot air in Winnipeg it seems  
Gives the prairie wind its might.

Then they searched the whole  
damn city  
For to try to find the source  
The City Hall, the Golden Boy  
And the MLAs of course,  
And then they searched the airport  
And came upon Doug Mann  
And lo! they knew the source to be  
The BAMEO and his clan.

T'would seem they won at golf  
last year  
Against our Portage boys  
With guile and bold chicanery  
'Gainst our skill, good taste and  
poise  
And then they bragged so loud  
and long  
That the hot air did abound  
And caused a bloody dust storm  
For two hundred miles around.

So now we know the culprits  
And the farmers need not fear  
They are coming out to Portage  
For to golf again this year.  
This time we'll thrash them  
soundly  
And they'll leave here sad but wise  
And the howling dust bowl will  
revert  
To a prairie paradise.



Base Theatre featuring some recent movies in May, for example, Sophies Choice, The Toy, Tex, 48 Hrs and Best Friends. Jane is all a-flutter because Tom Selleck in High Road To China is listed as a future booking.

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Four year old Grandson is getting an appreciation of Winnipeg drivers. Last Sunday as we were "cut off" by a lane hopper, he said "Turkey!" His mother said that he shouldn't call people "Turkey". "Grandad does" he replied. "Well, it's not nice" said his mother. He pondered that for a moment, "How about 'Dirt Face?'" he asked. His mother swears he's never even seen Hill-Street-Blues!



The hot event, other than the weather, in late April was the Manitoba Opera Association presentation of Verdi's Otello. It was complete with singing stars from New York, Chicago, points east and west in Canada, and sets from Vancouver built on the grand scale. For any Navy colleagues present they had a full size sailing ship which pulled up to the dock and off-loaded about half the cast of 1,000.

Checking on the story of this opera makes one realize just how stable is life in the military. The Shakespeare play, Othello (note that the Italians, like Cockneys, drop their "h"s) on which Otello is based, was written way back in 1604, and the opera was first performed about 100 years ago in 1887. Yet the plot deals with fighting in Cyprus (what else is new?) where a general's aide is burning with jealousy because another guy has been promoted to a higher rank. (what else etc?). Next the baddie tries to get the general's wife to help him win a promotion, (what etc.?) and that is only Act 1.

Later in Act III, the general gets a posting from Cyprus to Venice, which he seemed to think equates to going from Comox to Alert, as he went beserk, and eventually knocked off both his good wife and himself. But the singing was fine and the sets, lighting and costumes excellent. If only they could find some new stories.

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Another April event was the world premiere of the play by local author Alf Silver, presently MTC's Playwright in Residence, whatever that means. *Climate of the Times* was very wordy, contained little or no action, and was unreal when the action did start in the second act. Now we hear it is to be filmed and put on First Choice TV. It will be Canadian content, but not good TV.

The set for the show, a run-down hunting lodge in northern Manitoba, was the best thing in the play. 'Nuf said.

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Peter Warren, the resident grouch on local radio and in the morning daily, plans to give up his season tickets to the MTC Main Stage because "my concentration (is) snapped by the constant interruption of latecomers being shown to their seats in front of me". Golly, Peter, if this bothers you then you had better stay home from every event in this city, as the Arena, Concert Hall, movie houses and etc. all do the same bad thing. Mr. Warren is good at putting people down, surely he can do this when they pass in front of him at the theatre.

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Some news of the current London shows was promised in the last issue of VOXAIR. Some will come to Canada soon, and to Winnipeg later. Best of the eight we caught was the latest by that fine British writer, Tom Stoppard. Called *The Real Thing*, it was both witty and intelligent, with many insights into the male/female relationship. Another good one was the long running - best comedy of 1981 *Can't Pay, Won't Pay*, a crazy farce set in Italy. This one included a lot of audience participation, with the cast coming offstage or throwing things such as bags full of papers into the crowd.

Third was a very gentle and quiet play, *84 Charing Cross Road*, which examined the British-American relationships during the period 1949 to 1971. This was done through showing a series of letters from an American lady writer to a very proper British bookseller, both parties on a split stage at the same time, alternately reading out the contents of their correspondence. This play moved to Broadway late last year and did not do so well, as the critics called it a "non-play". Well, tastes differ, but my idea of a non-play would be the "Climate of the Times" noted above.

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Upcoming events are the Royal Winnipeg Ballet's *Romeo and Juliet* from May 4th to 8th, and the two Winnipeg Symphony concerts - Masterworks of all Brahms on the 13th and 14th, and Family Pops on the 15th. Later in the month the golden oldie Mel Torme will perform with the Symphony in an effort to cut the deficit which as always plagues the orchestra.

### CONGRATULATIONS ON YOUR PROMOTION TO:

MAJ	BISHOP	J.R.	01 MAR 83 AIRCOM HQ
MAJ	WOJCIK	A.S.	01 MAR 83 1CEU
MAJ	CALVIN	T.J.	01 MAR 83 2 PPCLI
CAPT	FROST	S.H.	01 FEB 83 BTL
CAPT	TAYLOR	R.D.	01 FEB 83 BTL
CAPT	MCCRIMMON	R.K.	01 JAN 83 429 SQN
CAPT	DILLON	P.A.	01 JAN 83 429 SQN
CAPT	BARTLETT	P.M.	01 JAN 83 2 PPCLI
CAPT	COOK	L.D.	01 JAN 83 AIR COMD
LT	GRATTON	P.J.	01 FEB 83 BTL
2 LT	BYAM	J.A.	06 JAN 82 CFANS
2 LT	FERGUSON	G.	04 OCT 81 CFANS
2 LT	BERRY	D.	01 JAN 82 CFANS
2 LT	GROSSMAN	R.W.	01 SEP 82 CFANS
CWO	HEBERT	P.J.	17 MAR 83 BCEO
SGT	GREEN	R.N.	02 FEB 83 2 PPCLI
SGT	MOOR	D.T.	02 JAN 83 2 PPCLI
SGT	GOGUEN	G.R.	02 JAN 83 2 PPCLI
SGT	AMARAL	N.L.	02 JAN 83 2 PPCLI
SGT	LECLERC	J.P.	13 JAN 83 BML
SGT.AL	PIKE	D.J.	14 FEB 83 2 PPCLI
CPL.S.	RODRIGUE	J.A.R.	04 MAR 83 BML
CPL.S.	REYNOLDS	R.R.	03 MAR 83 BAMEO
CPL.S.	ARSENAULT	R.E.	23 MAR 83 BAMEO
CPL.S.	FERRON	M.J.	12 MAR 83 BAMEO
CPL.S.	WHITE	M.J.	17 MAR 83 B P Svcs
CPL.S.	MCGUIRE	R.R.	02 MAR 83 BAMEO
CPL.S.	TUCKER	F.A.	26 MAR 83 AIRCOM BAND
CPL.S.	MAGIEROWSKI	R.A.	28 FEB 83 BAMEO
CPL.S/ACC	JONES	G.	01 FEB 83 BAMEO
CPL.S/ACC	PFEIFER	V.L.	25 MAR 83 BAMEO
CPL.S/ACC	BAILEY	J.M.	27 JAN 83 733 COM SQN
CPL.S/ACC	LEWIS	J.R.	15 MAR 83 BAMEO
CPL.AL	JOHNSTON	P.S.	28 FEB 83 BFOODSO
CPL.AL	LAJOIE	J.P.	23 MAR 83 RSS PRAIRIE
CPL.AL/ACC	BURTON	O.T.	01 MAR 83 BTNO

# NAV SCHOOL

news  
news  
news  
news



## HOWGOZIT IX

And then there were five . . . I don't know what O.D. has been teaching them but Courses 8301 are definitely acting more and more like a group. The only problem is it's not the type of cohesion we are looking for. Within the space of a few days three members of 8301 voluntarily withdrew from the air navigator course. Many are the reasons; suffice to say they tried and decided 31A was not for them. Adios to 2Lt Craig Renne, OCdt Ken Roche, and OCdt Victor Ungeitis. Departing with them is Capt Mike Leddy's fatherly image (acting CD).

Remember how as a student you were always trying to stay one jump ahead of your mates? Before every final you exuded confidence. " . . . naw, I only reviewed for half an hour last night . . ." but who was it that took their N.P.H. (Mel's Bible) to the heads for fear of wasting time? We all played the game. Not much has changed over the years. As a matter of fact some of the students now attempt to get two jumps ahead. Take for example the controversy that has arisen over determining what color turtleneck is appropriate during flying. I will not delve into the politics and ramifications of choosing a color suffice to say that more jobs have to be created in an economically depressed area, 28% of the material should be of French Canadian origin, 22% of the material should be feminine, etc. etc. etc. Personally I'm inclined toward the plain white one. It looks decent with either flying suit, it retains its color after every wash, and most importantly, it's in the supply system (where it is I'll never know). Anyway, rumor has it that "air superior" blue may attempt a comeback (next we'll be demanding J.A.T.O. bottles for a bit more of that bygone era for navs). OCdt "two step" Levack caught wind of the rumor and

immediately altered his turtleneck. Since it was only rumor he had sense enough to dye his turtleneck somewhat less than "air superior" blue. It had that "a few too many beer blues" look. To me, a clear case of fence sitting . . . move two steps back.

**Martin's First Corollary of Instructing:** in general the degree of understanding will be inversely proportional to the simplicity of the subject. And remember how in class when the instructor would say: "This is a very common sense lecture . . ." and that was all you understood? Casually you'd look around the room to see if any others had that "out to lunch" look. If they appeared to understand, rather than look the fool, you'd try to "smoke it through". Sometimes it worked most often it didn't. Such was the case of OCdt Harrison. He was diligently listening to Capt Tom Whitburn explain the O.N.S. Unfortunately his "blue book" did not look anything like the required pub. Capt Whitburn quickly showed him the error of his ways.

On the A.T.G. side of things there have been a few interesting flights. Maj Don Hanson and Capt Wayne Mabee departed for Europe in support of the A.S.C. tour. It was such an arduous task that the crews had to be changed half way through the mission. Capt Chris King to the rescue. Maj Jean Leclerc was to accompany Chris but Jean had pressing matters here in Canada. His O.T.U. (Boeing Boeing) could not wait. Don't worry Jean, Chris will do the job of two. Who'd of thought it possible to have 12 instructors for only eight students? "You'll monitor him, he'll monitor him, he'll monitor him. . ." But who'll be instructing the students? Anyway the return flight to Shearwater was successfully accomplished. Oh, let's not forget the grueling weekend flight to Arizona. Like a good nav Capt Pete Nordland checked the load weight with the loadmaster: "Yes sir, primarily woods and irons" and off they shot. They

checked in with MACS from the 19th hole. The jokes on Pete though because we had beautiful Wx here too! Who'd have thought the gorgeous Wx would account for so many M.I.R. fatalities though? OCdts Mark Woodworth and Chris Smith looked like fresh cooked Atlantic lobster. The Wx also brought all the neighbours out of their homes. Like Capt Terry "Kit Bag" Lawrence I too am enamoured with the joys (SIC) of being a homeowner. I've the blisters of my hands to prove it! Summers coming! Actually Pete was given the trip to Arizona because his car was in the mechanics' shop. He had a rough Christmas in an effort to get even with Santa he nailed one of his deers near the town of Elkhorn, Man. (the deer had been vacationing with relatives). Fortunately no one in the Nordlands car was seriously hurt.

On the brighter side two little dears have made their way into the worlds of Trevor & Susan McDougall (pink) and Michael & Patricia Gagnier (air superior blue). Who'd have thought it was rough being the father? Apparently times have changed. Trevor required three weeks to recuperate,

but get this, Michael needed six! At least Michael can now laugh. Congratulations to the proud parents.

Trevor should be returning in time to finalize the upcoming School Sports Day scheduled for 20 May. Let's get those baseball teams organized and into OCdts Rodier and Roy A.S.A.P. Judging by the turn out the BComd Bowling Tourney was a huge success. It was held on Fri 15 Apr with about the whole base participating. (Pity the person who was trying to accomplish anything that day). A special thanks to the PERI staff at both bowling alleys for their organizing and assistance throughout the day. Who won? Well if your team has not spoken up by now at least they had a good time. Personally, I think the B.O.R. team (you devil, Chief) had the best time of all!

NOTE: The new summer dress regs are out . . . I've assigned OCdts Steve Wilson and Chris Smith to be the official interpreters. Any questions regarding dress should be directed their way.

NUFF SAID  
Todd Martin

## DEW SITES UNIQUE

The primary mission of the DEW Line is to provide sufficient warning time to enable Canada and the United States to defend against enemy airborne attack from the North.

Early Warning System mission operations include detection, identification, and reporting of all airborne objects entering or operating within the DEW Line Identification Zone (DEWIZ); provisions of information concerning unidentified, hostile and in some cases friendly traffic to NORAD HQ, Colorado Springs, Colorado and the 22nd NORA Region, North Bay, Ontario; tracking of all aircraft operating within the DEWIZ; provision of radar advisory service to friendly aircraft; passing of flight plans and aircraft positions to the Air Movement Information Service (AMIS); and, provisions and operation and maintenance (O&M) of facility for extensive short and long haul communication systems.

To accomplish this multifaceted mission a DEW Site must provide its own support facilities, including airstrips, hangars, air navigation

aids, roads, garages, warehouses, housing, administration and communication.

The Military operation headquarters for each DEW Line Sector is the Data Centre. Each DEW Line Sector is comprised of 4 or 5 Auxiliary Stations and one Main Station, each equipped with an AN/FPS-19 search radar (DYE 1, 2, 3, and 4, located in Greenland use the AN/FPS-30 search radar).

These stations pass reports directly to the Data Centre by teletype or voice on all airborne objects detected by their radar. The Data Centre controller evaluates these reports and retransmits those of operational significance direct to NORAD and other agencies including 22nd NORAD Region.

Military personnel on the DEW Line are employed **only** in the Data Centre. All other positions such as Radar Console Operations at Main and Auxiliary Stations, are manned by civilian personnel under contract to OMS.

(Continued next issue)

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On 28 February 1983, history was made in the skies over Edmonton, Alberta when Warrant Officer John Crocker became the first Regular Force member of the Canadian Forces to surpass 10,000 flying hours on the CC130 Hercules aircraft. This feat came after only 14 years as a Hercules flight engineer. Coincidentally, Warrant Officer Crocker made his first flight in the CC130 with Major Frank Fay and had the pleasure of flying his 10,000th hour with Major Fay.

Warrant Officer John Crocker was born and educated in Newcastle, New Brunswick. He joined the Royal Canadian Air Force in 1951, serving in such locations as Summerside, Prince Edward Island; Trenton, Ontario; and Winnipeg, Manitoba. In 1969, he became a flight engineer on the CC130 and began amassing those historic flying hours.

Warrant Officer John Crocker currently resides in Edmonton with his wife, LaDonna.



Left to Right: Lieutenant-Colonel Brent Abbott—Commanding Officer 435 (T) Squadron; Colonel P.R.M. DeTracey — Base Commander CFB Edmonton; Warrant Officer John Crocker; Major Frank Fay — Aircraft Commander.



Warrant Officer John Crocker, his wife and ten of his seventeen children.

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## RV '83 OFF AND RUNNING



KINGSTON, ONT. — The Canadian Armed Forces Exercise Rendezvous '83 is now moving rapidly towards its May commencement date. Signalman Peter Deering, son of Wilfred and Daphne Deering of Carbonear, Nfld., and Signalman Charles Howell, rear, son of Leonard and Winifred Howell, of Badger, Nfld., are shown working with communications equipment in the rear of their special task vehicle radio van, in preparation for a Regimental move to Camp Wainwright, Alberta, the scene of Rendezvous '83. The two men are members of 1st Canadian Signal Regiment from CFB Kingston. The 1 CSR will move 180 pieces of rolling stock plus more than 400 personnel and will provide communications for Divisional Headquarters and Control Headquarters. This divisional level exercise in the Rendezvous series will involve army units of Mobile Command from across Canada and air force elements from 10 Tactical Air Group as well as participants from other commands and formations. Lieutenant General Charles Belzile, Commander of Mobile Command, has overall responsibility. The exercise director and divisional commander is Major General D.R. Baker. The first Rendezvous exercise was held at CFB Gagetown, N.B. in 1981. Rendezvous '83 is the culmination of a two-year training cycle. (CANADIAN FORCES PHOTO).

### INVESTORS MONEY ACCUMULATION PLAN

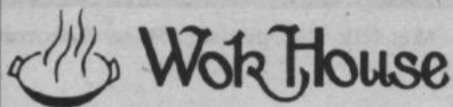
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# R MOVE

April 12, 1983

"Hey, Jack, yer goin' to Inuvik". There are a lot of ways to be told about your posting and sometimes a lot of confusion about what you have to do and when, in order to prepare for the big day when you report to your new location.

No matter how many times you've moved it's never routine and you can't know all of the "ins" and "outs" of the business. So, we've gathered together the experts here at CFB Winnipeg and here's their advice on how to pave the way for a smooth move.

### POSTING MESSAGE

It may seem like "gobbledy-gook" to you but all of those letters and numbers on your posting message mean something to you and you should know what that is.

Line one identifies you by social insurance number, rank, name, classification or trade, national representative group and language, language profile, security clearance, and your current unit and location including, in brackets, the unit identification code.

The next line is your change of strength date.

Line three identifies your new unit, its location and code, and line four gives any restriction on your move of furniture and effects. (Here, there's a lot of room for variations and you need to get advice from the experts.)

Line five tells you and your new unit that according to records you are married or single and have dependant children (identified as M/3, F/8 meaning a son three years old and a daughter eight years old).

The "according to records" part is important. Keeping records for 80 thousand people up-to-date is an enormous task, so make sure yours are correct.

Once you have the message in your hands, it's time to visit the experts. Sgt. Rich Shantz says "It's never too soon to begin your planning." The first visit to the Reception and Dispatch (R & D) section at the base orderly room will take some time but will be painless. The experts there will let you know the particular orders which pertain to your move and your entitlement to things like: a house-hunting trip, claim for real estate and legal fees, married quarters and even leave between postings. They'll also give you a copy of 'So, You're on the Move'. This veritable gold mine of thought provoking information is a must for all travellers.

You are your own worst enemy if you put off getting over to R & D. The sooner you get the paper work done and resolve any uncertainties, the more likely you are to have a successful move.

"Ninety-five percent of the postings have a great deal of lead time," says Sgt. Shantz. Panic postings are the exception. You'll endear yourself more with the R & D team if you make their lives easier by not putting off the inevitable.



Sergeant Rick Shantz, MCpl Carol Gibson and Cpl Jerry Stewart at Reception and Dispatch are ready to get your move under way.

as Officer, is happy to look after you.

# RAFFIC

out your insurance is not valid if you pack things yourself; the insurance coverage liability of the mover (limited to 30 cents per pound) and how you can get extra insurance.

He also has some reassurance for those who have heard horror stories about moves. For example, last year he had only two or three serious complaints about damage in the thousand moves he handled. Frank says if you have a complaint you should put it in writing. Then he can follow-up and if a mover has a history of complaints, action can be taken.

So if you have any doubts about getting your furniture moved and what your responsibilities are, visit or call base traffic, local 745.

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### ... CANADA HEALTH DAYS ...

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### This is National Activity Week May 15 - 23

Last week was  
Volunteer Week.  
But then so was  
Pitch-in Week.

I bet that if you called up all  
those weeks you'd get more  
than 52.

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ship. Below are some of the statistics  
for the tournament:

Winners	Base Supply
2nd	BM(L)#1
3rd	ARGHQ

**High Single:** Chuck Hannem —  
ARGHQ — 317

**High Average:** Bob Kardynal — CE —  
245.5

### TEAM HIGHS:

1 game	957	BML #1
2 games	1797	ARGHQ
4 games	3464	ARGHQ

## CANADA HEALTH DAY

12 MAY 1983

"I Take Care of My Health ... Do  
You?" is the theme for the 1983  
Canada Health Day on May 12.

This theme relates to individual  
responsibilities for health. Each of us  
has the opportunity of caring for our  
personal health through nutrition,  
fitness, smoking cessation, safety,  
immunization, appropriate use of  
alcohol and drugs, alertness to signs  
of disease. While some factors that  
affect health are beyond our control,  
others are determined by our actions,  
habits and behaviour.

There will be a number of displays,  
films, etc depicting many of the  
factors influencing personal health  
available in Bldg. 90. Feel free to  
participate.

The Surgeon General supports  
Canada Health Day which is spon-  
sored by the Canadian Hospital  
Association, a federation of provincial  
health/hospital associations, and the  
Canadian Public Health Association.  
Their objective is to promote the  
welfare of the Canadian public  
through their leadership and  
assistance to members in the provi-  
sion of better health services. This  
objective is in keeping with the CFMS  
objective of "Conservation of  
Manpower".

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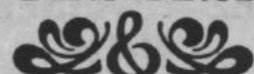
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# NATIONAL PHYSICAL ACTIVITY WEEK

Everybody has a "National Week" it seems.

No sooner have we survived "National Save The Guppy Week" but we're into "National Glaze Your Carrot Week". It's enough to drive a citizen to drink! (Thank goodness for "National Teetotalers Week"!)

Well, hold on to your sneakers. Because May 15-24, 1983 will be Canada's first "National Physical Activity Week" — but this event is going to be special.

First — it's not just some empty hype! You'll find loads of healthy, meaningful activity right across Canada during NPAW — and everybody's invited to have some fun!

Fitness Canada will sponsor these ten days in May. And not only will you participate in a national fitness test on television, national associations of almost every activity are on board with exciting events of their own.

To name a few: the Kinsmen are sponsoring special events in many of their Participarks; the Canadian Parks and Recreation Association is promoting "Family Fitniks" to make the point that "Together is Better".

The Canadian Association for Health, Physical Education and Recreation and The Canadian Intramural Recreation Association (CAHPER and CIRA) will combine forces to involve school children across the nation in "It's A Toss Up" — a kind of week-long recess of throwing balls and beanbags, pillows and frisbees.

The Canadian Blind Sports Association will sponsor a "Run For Light"; the YWCA will feature "You're A Winner" Open Houses; the Girl Guides have plans for national competitions; The Canadian Cycling Association will hold a number of safety clinics; the Canadian Public Health Association will feature a "Stairway To Health" program encouraging you to walk upstairs — not take the elevator — at work. These and many other events will keep you hopping during NPAW!

Perhaps the most dramatic promotion will be "Challenge of the Galaxy" organized by the Canadian Fencing Association.

With prominent "Star Wars" — type graphics, the "Challenge" provides a round-robin "fence-off" to encourage youngsters under sixteen who have not previously fenced to give it a try.

It works like this: the aspiring Scaramouche signs up to participate at a local Y. After the "fence-off" there, the winning boy and girl challenge the winners from another local Y.

The city's winners are then flown to Edmonton for the Canadian Fencing Championships May 19-23, 1983, where, under the bright lights of television, two champions will be named "Sword Masters".

CFA President Cheryl Hassen recently completed a cross-country tour ensuring that local organizers have everything in place for this ambitious contest. Says John Ap-Simon, Ottawa liaison, Professor of Chemistry at Carlton University and President of the RA Fencing Club: "We hope the winners will continue in fencing and that viewers will be drawn to the sport and enroll in local clubs.

En garde, then, everyone for National Physical Activity Week!

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## HEART RATE & EXERCISE

Heart rate is the best way available at the present time to control exercise intensity. Although relatively unsophisticated, it is very accurate in providing basic physiological information about human performance.

A prominent exercise physiologist has noted that by expending some 2000 extra heart beats during a day's exercise session, one can save 10,000 to 30,000 beats over the remainder of the day. Furthermore, a one-beat saving in the resting or averaging heart rate translates into 1440 beats/day, or 525,000 beats/year.

Heart rate possesses a built-in adaptation to training. As an individual becomes better conditioned, the heart rate for the same amount of work decreases. Thus, once a training or target rate has been established, a little bit more work would be required each day to achieve the target rate. Moreover, the heart rate control of exercise intensity has the advantage of accounting for any changes that might occur in the environment (i.e. heat, cold, altitude) or with the individual (i.e. illness, weight gain).

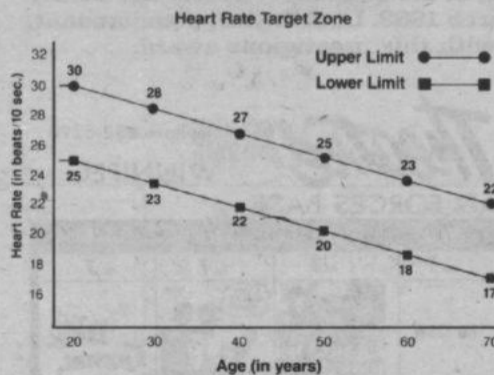
Different exercises elicit different heart rate responses. Rhythmical and dynamic muscular activity (e.g. running, swimming, dancing) stimulates significant increases in heart rate. Static, straining types of exercises (e.g. weight lifting, isometrics) stimulate only slight increases in heart rate.

Heart rate may also increase significantly as a result of the following exercise-related factors:

- (1) Intensity. The more intensive the activity the greater the increase. Heart rate monitoring can be used to control exercise intensity.
- (2) Duration of exercise. A secondary increase in heart rate for a given moderate workload can be expected the longer one exercises due to fatigue of skeletal musculature.

### TARGET HEART RATE FOR AEROBIC EXERCISE

To determine if you are exercising at the correct intensity stop your activity momentarily, take your pulse for 10 seconds. Check the chart and see if your pulse rate falls within the target zone. In the beginning keep your pulse rate near the lower limit. As you become fitter, your target heart rate can approach the upper limit. It is important to begin taking your pulse rate within 5 seconds of stopping the exercise since the heart rate will decrease significantly after 15 seconds.



## SAD — BUT OH TOO TRUE

Trendy Jack and Jill.

One day he got excited about racquetball and went gung-ho for two months. He bought the racquet, the shoes, the shorts, the headband, the designer shirts and joined a club.

She discovered dancercise — the greatest thing since the last king! Three times a week she car-pooled with her girlfriends, then stretched to the samba, jumped to jazz and bent with the bossa nova.

Jack felt fantastic for the first time since high school. His body toned up, he met new friends at the club and boy, did he feel proud of himself!

He talked about nothing else but racquetball to all his non-athletic pals and — say, why didn't they come around for a game on Saturday morning?

Jill lost five pounds in two weeks and her complexion began to glow. She started to plan an entirely new wardrobe. Jack said she looked more attractive than when they got engaged.

Then, one day, Jack had to cancel a game with his dentist because of a last-minute sales meeting. "No problem", he thought. "It's just one game. I'm still on for Thursday with Darryl."

But the sales meeting meant Jack had to take on a big and highly demanding new assignment that involved a lot of travel. So he cancelled the game with Darryl and packed his bag.

Jill, poor thing, twisted her ankle at the supermarket (she was buying a few tins of diet peaches — no syrup — when her heel gave way) and had to spend a few days in bed with her foot on a pillow.

Well, Jack had an exhausting trip. He opened three new accounts, but, you know how it is, being on the road, he didn't have a racquetball club to play at. Besides, he was pretty pooped by the time he got back to the hotel at night.

And all that entertaining! Who could run around a court after a client dinner?

Jill watched some TV, got bored, read some magazines, got bored, talked on the phone and got more bored. It took four days before she could hobble around and even then she had to use her mother's cane.

It took ten days before she was walking right — and she just didn't want to rush back to dancercise for fear of damaging the ankle again. "I'll give it a few weeks — just to be sure," Jill said.

Jack got home and was so busy servicing his new business, he didn't make time to play racquetball again. He'd look at his sports bag with all his expensive gear and think: "I've got to get back at it — I'll call Darryl on Wednesday for sure!"

By the time Jill was confidently striding around the supermarket again (this time, alas, in the pastry department), dancercise had become a fad of the past for her. Now she was considering selling make-up at house parties.

Jack gained nineteen pounds and people all said he sure looks successful.



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# SHAKES N' TAKES

# PROFESSIONAL DIRECTORY



On 12 Apr 83, the Commanding Officer of 733 Comm Sqn, Major G.M. Ingimundarson, presented Sgt D.E. Davis of the Technical Section, SERGEANTS Slipons on the occasion of his promotion to that rank effective 23 Mar 83.



The Canadian Forces Decoration (CD) is awarded to CF pers and acknowledges 12 years of honourable, full time service in the Canadian Forces. Sgt Beatty (PMEDLTech) received his CD on 31 March 1983. LCol Taylor, Commandant, CFS, is shown presenting Sgt Beatty with this prestigious award.

## MAY Program

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Sun. Evening 20:00 hrs.

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CANADIAN FORCES BASE

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
May 1 AIRPLANE II THE STRIKE	May 2 THE ENTICED	May 3 NO SHOW	May 4 NO SHOW	May 5 NO SHOW	May 6 THE DARK CRISTAL	May 7 POPSY	May 7 THE DARK CRISTAL
May 8 THE PATRIOTS The Heroes of the Great Adventure	May 9 SOPHIE'S CHOICE	May 10 NO SHOW	May 11 NO SHOW	May 12 NO SHOW	May 13 THE MAN FROM SNOWY RIVER	May 14 THE MAN FROM SNOWY RIVER	May 14 THE MAN FROM SNOWY RIVER
May 15 48 HRS. Eddie Murphy	May 16 Nick Nolte	May 17 the sender	May 18 NO SHOW	May 19 NO SHOW	May 20 KISS ME GOODBYE	May 21 KISS ME GOODBYE	May 21 KISS ME GOODBYE
May 22 TEX	May 23 THE TRUTH IT WAS ALL A LIE.	May 24 NO SHOW	May 25 NO SHOW	May 26 NO SHOW	May 27 TOY	May 28 TOY	May 28 TOY
May 29 BURT REYNOLDS & GOLDFIE HAWN Best Friends	May 30 COMING ATTRACTIONS	May 31 COMING ATTRACTIONS	COMING ATTRACTIONS				

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

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**BIRTHS**

**HOUSING**

Sublet studio apt. at Courts of St. James, Bronte Block #905 avail Jul 1st ph Courts office 888-3747 or 885-5027 after 5 p.m.

Looking for person owning and retaining home in Winnipeg who is transferred to Ottawa. Serviceman transferred to Wpg. from Ottawa who owns and is retaining home in Ottawa wishes to swap residence. Each homeowner to pay their own mortgage. Contact Cpt. McKinstry, Loc. 690 or 888-3103 for more details.

**FOR SALE**

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.

Wilson 14 club leather golf bag, maroon & black, \$80.00. Jack Nicholas Golden Bear golf clubs, 1, 3 & 4 woods, 3-9 irons and pitching wedge, \$165.00. Loc 472.

Bicycle for sale, convertible boys/girls 16" frame, very good condition, asking \$50.00. 489-6879.

Starcraft XL 1505, sleeps 5, stove, furnace, canopy, battery, mirrors, \$3200. Ph. 888-8437 after 6 p.m.

1 Captain's bed with mattress, \$75.00. One set of beginners left-handed golf clubs & bag, \$50.00. Ph. loc. 391 or 832-2034 and ask for Sgt. Pilling.

**FOR SALE**

Intellivision plus 5 cartridges \$300 or best offer. Phone: 889-5532.

Sony HVC 2200 colour camera, asking \$700. Phone 889-3415.

**MOTORCYCLES**

500CC Honda, water cooled, shaft driven, crash bar, back rest. Only 6000 KM. Used only 3 summers. 2 helmets included. Contact J. Michaud Loc 246.

1977 Honda 550. Less than 5000 mi. Windstream Windshield. Call Jane 885-5569 after 5:00 p.m.

1977 Suzuki GS400 motorcycle. Like new 6,000 miles, \$1,100. o.b.o. 832-5788 after five or 832-1311 loc. 415/419 during working hours.

1979 Yamaha 650 Special motorcycle. New muffler, battery. Excellent condition, \$1,650. o.b.o. 832-5788 after five or 832-1311 loc. 415/419 during working hours.

1981 Yamaha XT 250 plus helmet. Best Offer — low mileage. Phone: 889-5532.

**CARS AND TRUCKS**

'78 Dodge Cobra camper-van fully equipped, sleeps 4, 54,000 miles, \$9,000. o.b.o. 489-4237 or 786-1708 after 6 p.m.

'76 Dodge 1/2 ton truck, heavy duty rear end, excellent running condition. Asking \$1,900. or will consider trade for motorcycle. Phone 889-4749 and ask for Phil.

74 Meteor Montcalm, 4 DR, PS, AT, spotless interior, 79,000 org. A bargain at \$1200.00. Phone 888-6583 after 5.

'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.

1974 Fiat Spyder yellow convertible, excellent condition, low mileage, never winter driven. \$4,000/o.b.o. 257-1954.

82 Firebird, 4-speed, power steering, power brakes, tinted windows, tilt steering, extended warranty, gold with tan exterior. Bought new in Sept. Only 9,000 km. Must sell — serious offers only. Phone 832-6325 after 4 p.m.

**WANTED**

Exercise cycle in good condition. Phone 889-3415.

Royal Airforce Officer on exchange with the CF wishes to purchase or even rent modest tent trailer in order to see more of Canada. Please call loc. 705 or 885-1070.

One golf cart. Call Cpt. Ritter, loc. 365.

Used mesh playpen, phone 889-3415.

One beginners set of left handed golf clubs. Call Bruce Butler. Res. 885-6347, work 832-1311 Loc. 355.

**YARD SALES**

Yard Sale, 473 Grenadier Drive (South Site) Sat. May 14, 10 a.m.-5 p.m.

**VOLUNTEERS**

Women volunteers are needed to replace Unit Leaders and Volunteer Co-ordinators retiring at the end of the season. Please apply now for early orientation and on-the-job training. Winnipeg Area Girl Guides, phone 942-2458.

**BABYSITTER**

Babysitter available in Crestview area. Has taken Babysitting Course. Call Melanie at 889-2385.

**ANNOUNCEMENTS**

Winners of the draw sponsored by CFB Winnipeg Ceramics Club. Christmas Tree, Mrs. E. Watson, Portage la Prairie; Pitcher & Basin, Alan Wemer, Winnipeg.

**SERVICES**

Antique and modern clocks repaired and restored. Phone Ray at 256-2235.

**THRIFT SHOP  
LAWN & BAKE  
SALE**

May 14, 1983

Time: 1000 to 1500 hrs.

Outside: Curling Club Parking Lot  
Inside: Base Gym, Bldg. 90  
(if inclement weather)

**REUNIONS**

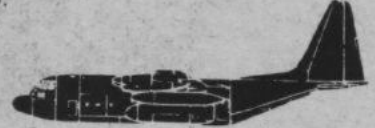
BNCC St. Margarets. 3-5 June 1983. Cost \$30.00 per person. For more information contact Capt R.J. Chmara SAGE 423-6251, GP 622-0251 or (506) 773-4455 (251) by May 2, 1983.

**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 (Auxilliary), 112 Squadron (Auxilliary) and 402 (Fighter) Squadron. Former members and friends of 402, as well as members of auxilliary 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

**MAY**

SUN	MON	TUE	WED	THUR	FRI	SAT
Send Calendar entries to: Voxair Bldg. 10			4 Bingo 8 p.m.	5 Ceramics 7 p.m.	6	7 Big Band Ball
8 Mother's Day	9 Ceramics 7 p.m.	10 Voxair Deadline	11 Bingo 8 p.m.	12 Canada Health Day Ceramics 7 p.m.	13 MIL Pay Day	14
15 National Physical Activity Week 15-24	16 Ceramics 7 p.m.	17	18 Bingo 8 p.m.	19 Ceramics 7 p.m.	20	21 RWR Batoche Ceremony
22	23 Civic Holiday	24 Voxair Deadline	25 Bingo 8 p.m.	26 Umpires Clinic Ceramics 7 p.m.	27 Base Comd's Softball Tournament MIL Pay Day	28

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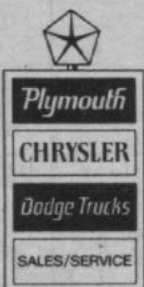
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