



## BLACK DEVILS PREPARE FOR CENTENNIAL REUNION

Winnipeg — Manitoba Militia District Headquarters has announced that Governor General Edward Schreyer will be in Winnipeg on Friday, October 14, to attend the Grand Reunion of current and former members of the Royal Winnipeg Rifles. The Regiment, now part of the Canadian Armed Forces' Militia, is celebrating its 100th anniversary this year.

The celebrations culminate with a number of special events during the October 14 - 16 weekend, most of them at Minto Armoury, 969 St. Matthews Avenue.

Lieutenant Colonel R.E. Werry, Commanding Officer of the Royal Winnipeg Rifles, said this week observances will get underway at 7:30 p.m. October 14 when about 1000 members, veterans and guests assemble at the Armoury to start celebrating the Regiment's 100th birthday.

The Governor General is scheduled to arrive at Minto Armoury shortly before 9:00 p.m. to review the unit and greet former members of the Little Black Devils who served their country in the Regiment either in active wartime service or as part of the Reserve establishment.

The Governor General will also officiate at the reopening of the renovated and expanded Royal Winnipeg Rifles Historical Museum, located in the Armoury, and attend an official buffet dinner and reception following the ceremony at the museum.

Lieutenant Colonel Werry said more than 100 members of the Rifles will assemble again at 8:00 a.m. Saturday, October 15 for a final rehearsal of the Military Tattoo scheduled for 2:00 p.m. until 3:30 p.m. Saturday on the parade square of the Armoury.

One of the highlights of the presentation will be a performance of the precision drum line team of the Second Battalion, Princess Patricia's Canadian Light Infantry, a Regular Force unit permanently stationed at

Canadian Forces Base Winnipeg.

Other military delegations attending the Tattoo will include elements of the Queen's Own Rifles of Canada, Toronto, The Brockville Rifles, Brockville, Ontario, the Royal Regina Rifles, and the 92nd Winnipeg Light Infantry Commemorative Regiment, a ceremonial unit raised by special government permission through the initiative of a number of Edmonton and Calgary businessmen several years ago.

The Toronto unit will perform Pioneer and Skirmishers' drill, while the Brockville delegation will demonstrate crash action drills during the Centennial Tattoo, firing 106 millimetre recoilless anti-tank rifles.

Members of the Royal Regina Rifles are scheduled to give a mortar demonstration.

The 92nd Winnipeg Light Infantry Commemorative Regiment will parade in Victorian era period uniforms complete with Martine-Henry rifles and is to perform Victorian era drill.

A delegation of the Royal Winnipeg Rifles' British sister regiment, The Royal Green Jackets, will also attend the Tattoo.

The centennial regiment will hold its official Centennial Dinner and Ball at the Westin Hotel starting at 7:30 p.m. Saturday, October 15. About 800 guests are expected for the event, which will be attended by Lieutenant Governor Pearl McGonigal of Manitoba and her husband. Diplomatic or consular representatives from France, Belgium and The Netherlands will be at the dinner, symbolizing the three countries within whose borders the Royal Winnipeg Rifles fought during the Second World War.

Celebrations will close with a memorial church service at Minto Armoury parade square at 10:15 a.m. Sunday, October 15, followed by a farewell luncheon for veterans of the unit and their guests.

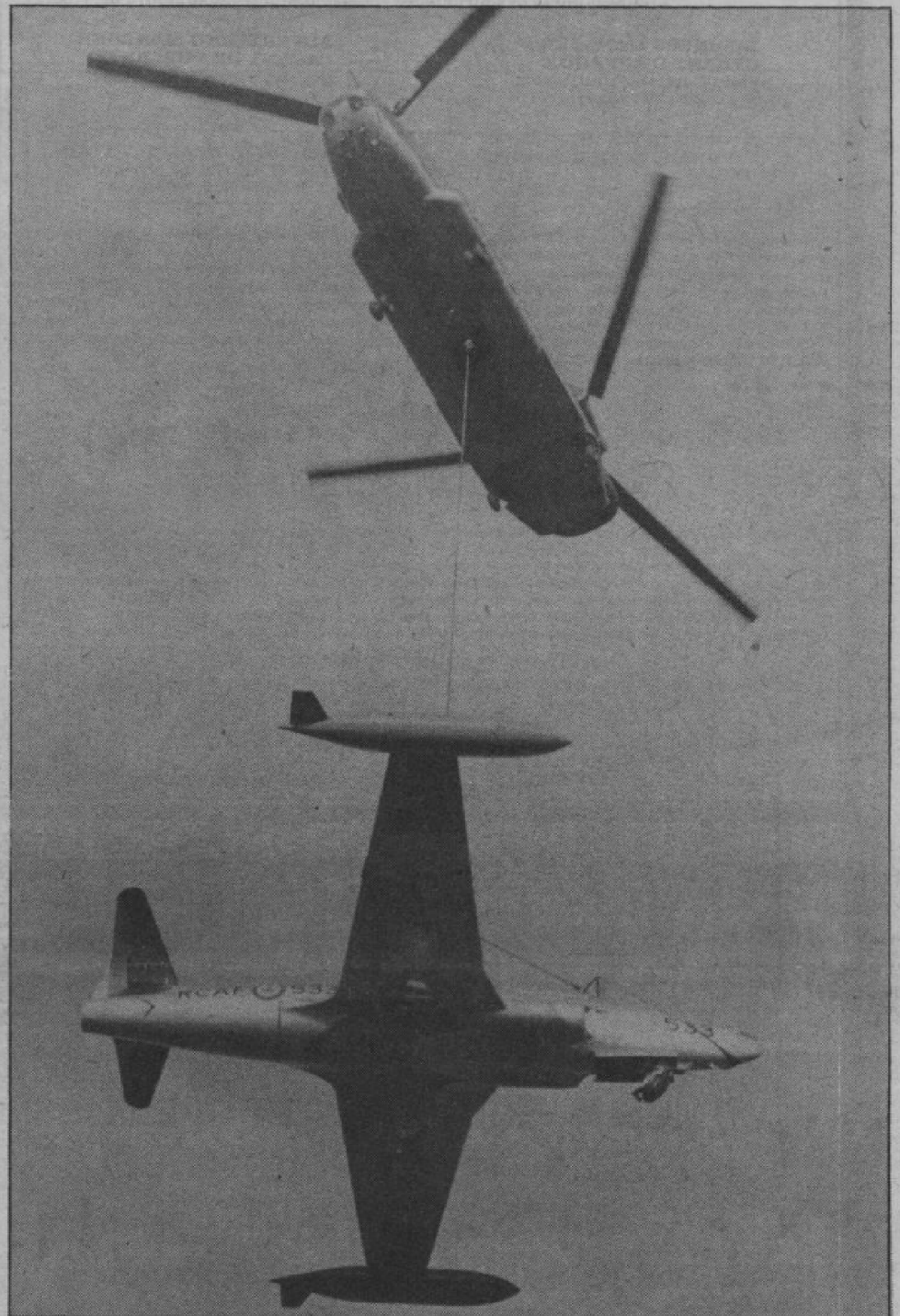
## ASTRA SAVINGS HOSTS 24th MILITARY CREDIT UNION CONFERENCE

Astra Savings and Credit Union Limited is hosting the 24th Annual Conference of Military and Affiliated Credit Unions at the International Inn October 5-7.

Premier, Honourable Howard Pawley, His Worship Mayor Bill Norrie, Base Administration Officer LCol John Chandler President of the Union Central of Manitoba Elliott Horner and Protestant Chaplain CFB Winnipeg will participate in the opening ceremonies. There will be in excess of 40 delegates from across Canada.

Credit Unions have been closely associated with the military for a number of years — offering products and services designed to meet the requirements of military personnel and their families.

cont'd on p. 3



A CH-147 "Chinook" helicopter hoists a RCAF T-33 Silver Star display aircraft into the memorial park at CFB Edmonton. The park was established in memory of the Hercules crew who were lost in November 1982 while on a low altitude parachute extraction mission. The "Chinook" is from 447 Squadron, CFB Edmonton. (CANADIAN FORCES PHOTO by Sgt Dennis Mah)

## INTERNATIONAL CREDIT UNION DAY — CDS PROCLAMATION 20 OCTOBER, 1983

The occasion of International Credit Union Day on 20 October, 1983 presents the opportunity for me to acknowledge the contribution that Military and Affiliated Credit Unions are making within our military community.

Credit unions serving the military community continue to make consistent efforts to expand their services so that, regardless of location, members will be assured that their financial needs are served. I am particularly pleased to note the cooperation amongst the credit unions, through their own Association of Military and Affiliated Credit Unions, which brings them together annually to discuss common concerns and to set goals that will enable them to continue to provide a high standard of service.

The contribution of Military and Affiliated Credit Unions to the military community is greatly appreciated. I look forward to continued support of their worthwhile endeavours.

## JOURNEE INTERNATIONALE DES CAISSES D'ECONOMIE — PROCLAMATION DU CED LE 20 OCTOBRE 1983

La Journée internationale des Caisses d'économie qu'on célèbre le 20 octobre 1983, me donne l'occasion de remercier les Caisses d'économie militaires et affiliées de leurs efforts au sein de notre collectivité militaire.

Les Caisses d'économie militaires s'efforcent sans cesse d'accroître leurs services pour répondre aux besoins financiers des militaires quel que soit leur lieu d'affectation. Je me réjouis tout particulièrement de constater la collaboration que s'apportent mutuellement les Caisses d'économie en passant par leur propre Association de Caisses d'économie militaires et affiliées, collaboration qui les amène à se réunir tous les ans pour étudier des questions d'intérêt commun et pour définir des objectifs leur permettant d'assurer le maintien de services de qualité supérieure.

On apprécie à leur juste valeur les services qu'offrent les Caisses d'économie militaires et affiliées. Pour ma part, je continuerai de les appuyer dans leurs efforts méritoires.

## TEENS ENROL IN SEA CADETS

The Royal Canadian Sea Cadet Corps JOHN TRAVERS CORNWELL V.C. is now recruiting boys and girls between the ages of 13 and 19 years. Training activities include: Brass Band, Honour Guard, Naval Field Gun, sailing, and communications. Summer Camps are held on both east and west coasts. Cruises are available aboard Canada's Naval Vessels to many NATO ports. There is absolutely NO COST OR MILITARY COMMITMENT.

If interested call 942-4146 any Thursday between 7-10 pm and ask for recruiting or come down to HMCS Chippawa, 51 Smith St. Thursdays between 7-10 (use Sea Cadet entrance on north end of building). Parents are welcome.



"Serving the Winnipeg Military Community"  
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# SCAN CORNER

SCAN SEMINAR/WORKSHOP  
 25-27 OCT 83

The transition from military to civilian life is not merely a process whereby the uniform is removed and "civies" are put on. If you are nearing retirement and have not paused to consider the implications, then perhaps you should — it's never too soon. SCAN, the Second Career Assistance Network, focuses on planning and preparation for civilian life and a second career. Services include counselling, assistance with résumé preparation, aptitude testing where necessary and information on employment opportunities.

A SCAN seminar will be conducted on 26 and 27 Oct 83 preceded by a workshop on 25 Oct 83. The location is the Hercules Lounge in Bldg 90 (Recreation Complex), from 0900 to 1600 hrs for the workshop and 0800 to 1600 hrs daily for the seminar. Attendance by all military personnel nearing retirement (20 years' service or more), and their spouses, is strongly

ly encouraged.

The workshop on 25 Oct 83 will cover RRSPs, RHOSPs and financial planning with briefings being given by civilian professionals. The seminar itself, on 25 and 26 Oct 83 will include the following topics:

- a. retirement considerations;
- b. release/financial information;
- c. provincial government hiring process;
- d. résumés;
- e. academic upgrading;
- f. wills;
- g. the transition experience; and
- h. films plus much more.

If these topics cover all your burning issues about retirement, then please attend, you will find it worthwhile. If all your questions are not included in the above, then by all means please come and share these concerns so other attendees may benefit as well.

See you there.

# 100 YEARS OF AIR RESERVE

# CENTENAIRE DE LA RESERVE AERIENNE

The Ram and the Wildcat are celebrating a century of service in September of 1984, fifty years each in the Air Reserve. The invitations are not out yet and the final date is not fixed, but 401 "City of Westmount" Squadron and 438 "City of Montreal" Squadron are planning for a big bash in early September next year. They want all past members to come to the individual and combined activities. The search is on now to gather the clans. For more information, write to: "RAM 50" or "WILDCAT 50" Hangar 10 Canadian Force Base Montreal St Hubert, Quebec J3Y 5T4

Le bélier et le chat sauvage célébreront en septembre 1984 un siècle de service, soit cinquante ans chacun. Les invitations seront distribuées aussitôt que la date finale aura été fixée. L'escadrille 401 "Ville de Westmount" et l'escadrille 438 "Ville de Montréal" prévoient de festoyer en grand au mois de septembre l'an prochain. Ils sont à la recherche de tous leurs anciens membres afin qu'ils puissent se rassembler de nouveau. Pour plus de renseignements écrivez à: "RAM 50" ou "CHAT SAUVAGE 50" Hangar 10 Garnison maisonneuve Base des Forces Canadienne Montréal St Hubert, Québec J3Y 5T4

# BICYCLE THEFTS INCREASE

With the advent of winter fast approaching, it is time once again to gather up summer items such as bicycles, outdoor furniture and bar-b-ques and store and secure them away for another year.

This is an ideal time of year for thefts to occur. Due to the shorter day-light hours and cooler temperatures, people are only on occasion using these items. They could be missing for several days or even weeks before their absence is noted. The chances of recovering stolen articles are decreased considerably with each passing day.

As you drive through the PMQ's

# WESTWIN COMMUNITY COUNCIL NEWS

After a brief summer sabbatical the Community Council held their first meeting on 6 September. MWO Rick Mt Pleasant has completed his year tour as Mayor and introduced the new Mayor, Capt Roy Switzer. We would like to welcome Roy and thank Rick for his support and dedication to the community during his tenure as Mayor.

Due to summer postings councillors are required for Ward 1 (Bourkewood/Jameswood/Leicester), Ward 2 (Leicester/Bourkewood) and Ward 9 (Mooregate/Conway). Anyone residing in these wards who are interested in serving on the Community Council are asked to contact Capt Roy Switzer at 889-1369 during working hours and 832-4521 after working hours.

The Community Council provides financial support to the Ceramic Club, Photo Club, Garden Club, Teen Town, Wood Hobby Shop, minor baseball and hockey, beavers, cubs and scouts. We also sponsor the Family Fun Day, the Childrens' Christmas Party, the Christmas Carolling Concert and the Christmas Decorating Contest. In order to raise the money to support these worthwhile activities we rely on a voluntary contribution of \$1.00 per month from community residents residing in PMQs and BLHUs. If you are not already providing this contribution and wish to do so you can fill out the application form at Base Accounts. Families that pay the voluntary contribution are issued a membership card and are entitled to reduced membership fees in our hobby clubs.

The Community Council has set aside funds to support Teen Dances but unfortunately no dances have been held due to a lack of chaperons. Anyone interested in chaperoning are asked to contact Gord Sherritt at 832-3570 after 1630 hours.

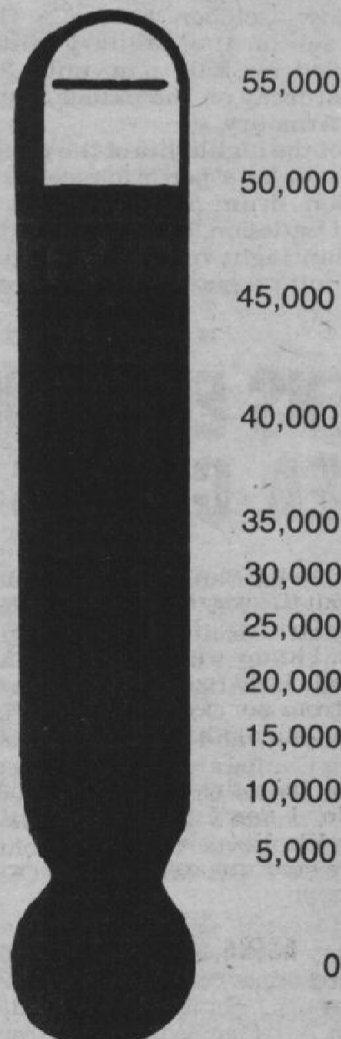
you may notice a number of moving vans as a result of the posting season. If you are posted, remember to ship all your furniture and effects. It is difficult to locate that bar-b-que that you forgot in your backyard and more difficult to identify it if it is found — all brand name models look alike unless you have your name engraved on it — DO IT!

For servicemen/women posted in, store those attractive items in your home or garage. Carelessness in securing your items in secure area is your error and could result in long drawn-out insurance claims while you do without.

During this past summer, 10 bicycle thefts have been reported as a result of "unlocked" garages and sheds, as well as from backyards.

As a point of interest, combat clothing appears to have become an attractive item for some people and many thefts have occurred from clothes lines involving these items. Don't leave them out overnight!

Although securing everything does not guarantee it will be there in the morning, the theft rate from secure garage and sheds is negligible. REMEMBER: If you have had a bicycle or any other article stolen and you can identify it, check with the Base Military Police, we may have it.





Of course I wrote this before I went on leave; I don't have that much faith in the postal system.

\*\*\*\*\*

It was time to take a break from the old routine, a chance to attend a family wedding and a chance to relax and settle the nerves down a bit. We've all tried taking a few days off to "relax around the house" and usually find that it doesn't work. Between the telephone and those little jobs that have been waiting, relaxation is a pipedream. Better to get away if you can — so we did!

\*\*\*\*\*

It was only a matter of time. The Bank of Montreal branch at Portage and Whytefold is now an "all female" branch. Congratulations to Adele Betts on her appointment as Manager.

\*\*\*\*\*

We've all run into this situation — you meet an old service acquaintance after not seeing him for a few years and notice with some surprise that he has shot several ranks ahead. The old warrant officer is now a Chief, the Corporal is wearing Majors insignia. In conversation, you discover that your old pal is no longer a Regular Member, he has a Reservist job with Cadets, and in reality, did retire from the "Regs" at a lower rank. I know I'm not the only one who gets really "bugged" by the inability to distinguish the "Real" from the "Pretend". To make matters worse, some of the Reservists continue to wear Regular Force hat badges and collar dogs. How about it "Chief"!

\*\*\*\*\*

I can't understand how two people, one dog and one ancient cat can make so much garbage. How is it possible for five bags of groceries to turn into four huge Glad Bags of garbage? My waistline (hah!) attests to the fact that we eat at least a portion of the goods, but every "Day 4" I lug those four plastic sacks out to the road!

\*\*\*\*\*

We recently added the Silver Screen edition to our Trivial Pursuit game. Now there is a boon to an old movie buff! It's only mildly disconcerting when Jane asks how I know about those movies from the "Olden Days".

\*\*\*\*\*

Speaking of movies; in our community we are well serviced by the video movie business. Both Canex and O.K.S. Video (at the corner of Whytefold and Ness) have an excellent selection of old and new films. The business hours at O.K.S. are more convenient, Canex stocks both V.H.S. and Beta, prices are comparable and service is great at both locations.

\*\*\*\*\*

I'm missing a couple of Bomber games but the way things look at the time of writing, I'm not grieving about it. I know that one of the first phone calls I will receive on my return will be from our resident Tent-town Lions fan should his team win here.

\*\*\*\*\*

Did you hear the David Bowie concert? No, I don't mean "were you there?" We live about three miles from the stadium and we could hear it.

\*\*\*\*\*

#### ASTRA SAVINGS

Continued from Page 1

Astra Savings and Credit Union Limited will be celebrating their 25th Anniversary on the evening of October 7th. Delegates to the convention and many military personnel will join the jubilee at the International Inn.

### FROM THE WHO CARES DEPARTMENT

Montreal, September 13 — Bank of Montreal today reported that net income for the third quarter, ending July 31, 1983, was \$77.2 million, an increase of \$7.1 million or 10.2 per cent over the third quarter of 1982 and an increase of \$15.0 million or 24.1 per cent over the second quarter of 1983. Net income for the first nine months of 1983 was \$213.9 million, an increase of \$13.2 million or 6.6 per cent over the first nine months of 1982.



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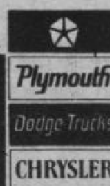
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# NAV SCHOOL

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## HOWGOZIT XVII OR A WEEKEND SAGA

by Todd Martin

It started off simple enough — Course 830 1/2 (4 students) and two instructors for the F25/26. Once our destination was known, St. John's, the ANS crew grew to seven students, five instructors, and three wives . . . if only the GNP or main floor TD budget would grow like that!

The trip east went smoothly enough. The gyros and HP97's were kind to the students and even the comm stations were '5 by 5'.

On landing in St. John's the staff and students were off to their wet and friendly debrief. Following that everyone piled into the van and headed off to town. Seeing that the driver, Capt McDougall, was not familiar with the city, 2Lt Paul flagged 'up' one of the city's finest. We know know why Capt Thuen was moved from C&AR to OD. He has a tough time communicating to others. On the other hand Capt McDougall must be bucking for a job in the

Comm or OD cell because in less than 10 minutes he had the van merrily on its way again. Good times continued into the night.

The next day the Battle of Britain briefing provided an insight into local vernacular and visual navigation:

'You don't need no map boys. St. John's ain't a large place ya know . . . The cenotaph, she's down by the police station so ya can't miss it. Actually she's a bit this side o' the station nearer the docks and the ol' warehouse. Just look for some trees down there boys and ya can't miss her.'

With those instructions we decided to do it. After all we had scouted the area the night before. How did it pan out? Here's the F.D.R. of the 20 minutes prior to the flypast:

'You are right, it doesn't look the same from up here. How about going up to 1500' for a better view? You're right, there's a great view from up here. There's Torre Bay to the north. I think it's the green area to the right of that blue building on the waterfront. Which blue building? The first one on the right. OK. 8 minutes. OK. Nav you give me headings to fly and monitor our speed to make the O/T. Plan on being a few seconds late.

Start the inbound. Increase the airspeed to 240 kts. How's the heading. You're good. Where is it again? It's still to the right of the first blue building. I don't see any parade. OK reduce airspeed to 200 kts. Do you guys see anything like a parade? Not yet. Heading is good! How's the timing? 20 seconds past and we're by. By what? The cenotaph. OK. Starting a climbing left turn. Did you guys see anything? I didn't see a thing. Me either. There was a small group off to the left of that open area. I'm positive we flew over it. Well we'll find out later . . .'

And find out we did . . . the air cadets who had attended the parade settled all our fears: 'Boy you guys were great flying over us like that!' With that compliment they were given a free air tour of the area. Besides that cenotaph had to be positively identified . . . The moral? Your choice: Trust your nav or first time lucky.

As for the staff and students they took in the sights of St. John's. 2Lt Paul was so taken by it all he baptized himself a Newfie. Other than that Sunday was a day of rest. Good thing too because for Monday's flight we all had to be bright eyed and bushy

tailed. It took 9 1/2 hours to fly the 1800 mile home, and that was at 300 kts TAS! It wasn't only the strong winds that made the trip so long. Seventy minutes was spent doing an ELT search just north of Lake Superior. The search ended happily. Eagle eyed Sgt Phil Kennedy spotted the 'downed' helo. As we turned to make positive identification the ELT stopped. At least the 'downed' pilot gave us a call to let us know his ELT had mistakenly been on. The SAR satellite had been right on the money. Good flying by Capt White too!

After getting clearance to Winnipeg I let OCdt Groen know that although we were over 100 nm from track he had nothing to worry about. A good day's work had been done by all members of CAM 6490. It's doubtful though if the wives will travel on a 'swan' ever again!

In closing on behalf of the School I'd like to say thanks and good-bye to one of our word processing wizards Mrs. Gisele Simmons. In the short time she's been at the School she's done an outstanding job. Unfortunately the provincial government heard of her skills and stole her away. We forgive you Gisele. Keep in touch but don't talk politics!

## CFANS CAR RALLY

Paul Noonan

The first annual Canadian Forces Aerospace & Navigation School Car Rally is now history. Although somewhat hindered by a force nine gale, most eventually reached the picnic site at the Crystal Springs Dive and Country Club near Garson. Several people suggested that for the 2nd Annual Rally, a lawyer be stationed along the route to expedite "quickie" divorces. Brian "Wrong Way" Wong said he would only enter again if he didn't have to bring his wife and family! The lowest point of the day was reached when it was discovered that Paul Peloquin had managed to lose half of the first prize (a bottle of Newfie Screech). He didn't know where it went, but everyone certainly knew where Paul was.

The overall winner with a score of -11 was Mike Leddy and family. They also claim the rookie of the year honours as his was their first ever rally. In second place, (despite the forms handed in that had the names of Smyth and Reynolds) was Marty Vogt and clan. In a respectable third position was the Jell Blom entry. The Commandant's wheeled circus placed a mediocre 8th place, despite having eight people in a camper to help navigate.

The navigator who proved most unequal to the task was Jeff Hunter, who with a score of more than -600, proved you really can be twice as bad as everyone else. Among his many digressions from the planned route (assuming that he was ever on it), Jeff refused to "Have a good day" and go toward Beausejour, but prematurely returned to Winnipeg. He also thought that starting the route with enough gas was unfair to the other contestants. Not to be outdone though, "Wrong Way", Jim Cameron and Mike Grange amongst others all had trouble remembering that a circle really does have 360 degrees in it. When given the simple clue of "either port or starboard do a 360 degree turn and leave", they all preferred the 180 degree solution and promptly went adrift.

Despite the many stories and yarns about woefully inept navigation and

disgraceful comprehension of the English language, a good time was had by all. Special mention should be made of the plentiful food supplies arranged by Duke. Next year, in pursuit of better weather, the 2nd annual rally will be held in June. You have only nine months to improve your skills.

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## 36 AEROSPACE SYSTEMS COURSE



BACK ROW: Left to Right; Captains J.D. Bourque, D. Moore, R.G. Barker, J.A. Perron, C.B. Webb, M. Campbell, G.P. MacDonald, G.D. Easton, R.R. Henderson.

FRONT ROW: Left to Right; Captains J.H. Billard, J.M. Blom, W.J. Oke, Maj (USAF) J.T. Salas, Captains J.S. Ferguson, J.P. Carignan, M.D. Miller.

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# OFFICIAL REOPENING OF 429 SQN OFFICES



On June 21, 1983, Col Smith with LCol Terreau cut the ribbon to the main doors of 429 Sqn signifying the reopening of its offices while Maj Smith BOPsO, Maj Burling BSurg and Maj Gibson BCEO look on. The new offices were finally completed after many months of planning by 429 Sqn and much hard work by CE. 429 would like to thank all sections involved in the renovation. (Capt St. Arnault and Capt Gilpin hold the ribbon)

## SANC 8303



BACK ROW: Left to Right; J.J.R. Cousineau, E.J. Ekker, J.R. Bedard, R. Gundling.  
FRONT ROW: Left to Right; B.R. Hoogkamp, U. Jaggi, D.B. Brennan.

# AEROSPACE WARFARE SQUADRON REPORT

The pictures are in of our two courses now in residence. Everyone seems pleased with their predicament except for Jim Oke. The culprit who put the tack on his chair still hasn't confessed.

Dan Witwer has returned from his radar course at UCLA. He said the

course was quite good, but complained that there were only guys hanging around the pool.

On the social calendar, the staff are planning a real bang up job for S/Ldr Grange's house warming (otherwise known as lease breaking) party on the 7th of Oct. On the 15th is the squadron thrash at Lord Gort's Feast.

Marilyn Hoggard of 14 TRE GP has doffed her trench coat, fedora hat and spy camera and assumed the role of "student" on Hammer's SANC digital computer course. Perhaps she'll do the basic Nav Course next.

It has been reliably reported that Hammer is considering re-mustering to a Commando Unit. On a recent hunting safari it seems that Karl spotted a herd of snow geese grazing in a field. After slithering on his stomach for over 100 metres (110 yards), the aforementioned individual popped up, yelled "Geronimo" and dispatched four of the unsuspecting fowl to the netherworld, with a SINGLE shot. Audie Murphy eat your heart out!

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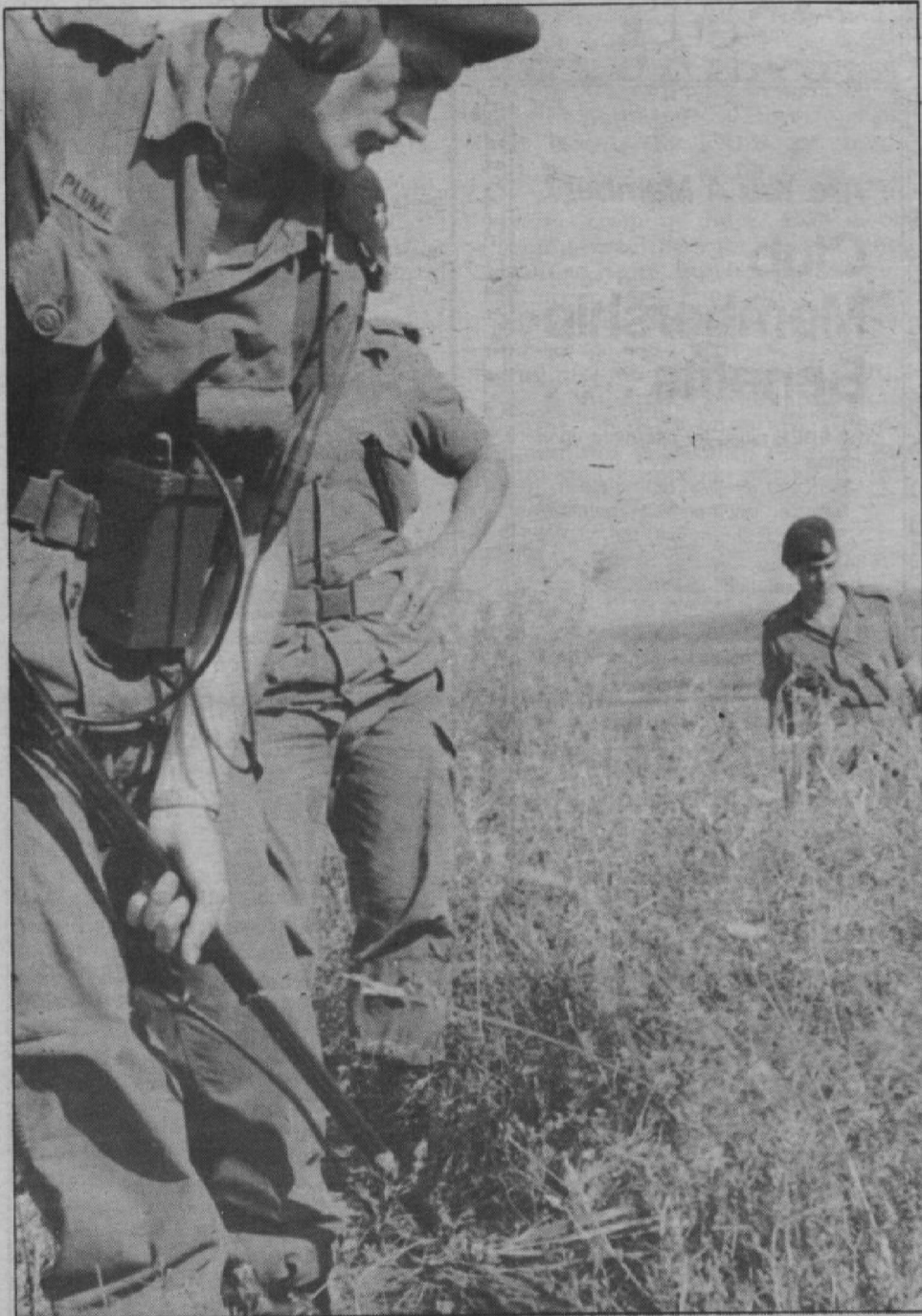
3380 Portage Ave.  
Office - 889-3380

Res - 885-3013 or Pager - 944-9333  
Code - 1113

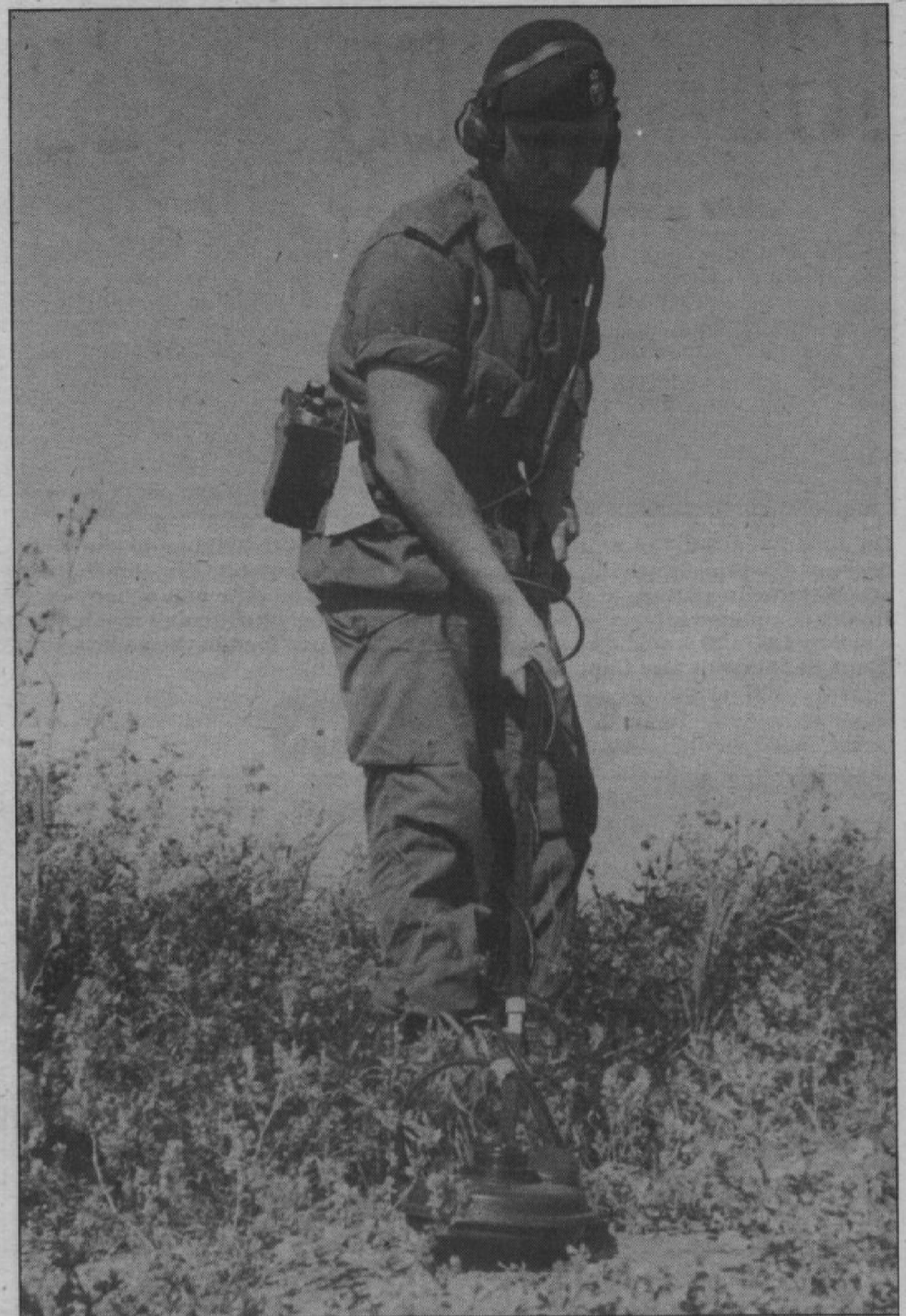
# PPCLI AT OAK HAMMOCK MARSH

More than 65 members of the 2nd Battalion Princess Patricia's Canadian Light Infantry cleared Second World War practice bombs from the wildlife management area of Oak Hammock Marsh near Stonewall. Using an APC to pull a disc, the Princess Pats plowed designated areas of the 733-hectare marsh but no live ammunition was found. Nevertheless, during the two-week operation which started on August 15, more than 100 exploded bombs were removed along with a few pounds of bottle caps, cans, shrapnel and assorted debris. "Public access and dykes have been

thoroughly searched" says Lt.-Col. Barry Ashton, commander 2 PPCLI, "and the operation gave the soldiers a chance to acquire hands-on-experience with equipment such as mine detectors." It has been a rough two weeks for the Patricias who worked under a sun that stubbornly held at 30°C and above. Clearing out a World War II range might not have been the most glorious operation for the soldiers but it allows thousands of visitors to enjoy the wildlife management areas of Oak Hammock Marsh safely.



Private Albert Plume searches out practice bombs using a mine detector.



Private Ian Johnston sweeps a section of marsh in search of WW II practice bombs.



Corporal Derm Paul King connects the disc to an APC so the marsh soil can be turned safely.

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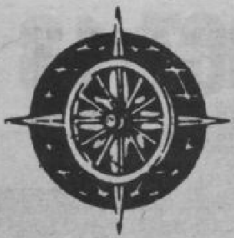
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**SECOND BATTALION  
PRINCESS PATRICIA'S  
CANADIAN LIGHT INFANTRY**



**VOLKSMARCH**

**BATTALION RETURNS  
CHALLENGE TO BASE**

The Battalion's goal of raising \$6,000 for the UNITED WAY was not only met but surpassed, and in so doing also met a challenge thrown to them by the Base Commander, Colonel S.E. McGowen. Now it's the Battalion's turn to throw the gauntlet. With the 2 PPCLI

Volksmarch coming up on 23 October, the Commanding Officer Lieutenant Colonel Ashton challenged the Base to come up with 1000 of its members and families to participate in the walk in Assiniboine Park.

**WHAT IS VOLKSMARCHING?** A NON-COMPETITIVE outdoor event where a participant follows a marked route at his/her own pace, stopping at designated points for refreshments and rest. The route is circuitous and the Finish is at the starting point. "EVERYONE IS A WINNER" and at the Finish, a distinctive medal, especially designed for the event, will be "awarded". "VOLKSMARSCH" . . . a German term, literally translated, means "people's walk". Most Americans spell it "Volksmarch". Anyone can participate and there are no age restrictions. Volksmarching is a **family oriented activity** and many parents carry infants in "back packs" or push them in strollers when the terrain permits. Youngsters walk the short distances and senior citizens participate regularly. Runners/joggers usually start when the event opens to have a "clear track" uninterrupted by walkers.

**HOW DO YOU PARTICIPATE IN A VOLKSMARCH?** Pre-register in **advance** thus reserving a Start Card for a medal. This saves paying a late registration fee on the day of the Volksmarch and insures an award medal is reserved for you.

**DATE** — Sunday 23 October 1983  
**ROUTE** — Nature Trail through Assiniboine Park  
**TIME** — Noon - 2 PM (DON'T BE LATE)  
**DISTANCE** — 5.5 miles or 10 kilometers  
**START** — Kapyong Barracks (corner of Grant & Kenaston)  
**ENTRY FEE** — \$2.00 per indiv., or \$7.00 per family of 4 for pre-registration

**Featuring**

1. VOLKSMARCH MEDAL
2. GERMAN BAND, German Food and Beer at DRILL HALL (1:00 - 10:00 PM)
3. FREE refreshments (soup and juice) at stands during walk
4. ARMoured VEHICLE DISPLAYS and KIDDIE RIDES at Kapyong Barracks

Complete the ENTRY FORM in its entirety and deliver it to VOLKSMARCH HEADQUARTERS (8-4 Mon-Fri), Building B-3, KAPYONG BARRACKS, 561 Kenaston Blvd. Mailed entries will be accepted if postmarked before midnight October 20, 1983, and may be mailed to:

PHONE INQUIRIES — 888-7106 / 837-4297  
VOLKSMARCH HEADQUARTERS  
Kapyong Barracks  
561 Kenaston Blvd.  
Winnipeg, Manitoba  
R3N 1V9

**ENTRY FORM**

PLEASE COMPLETE THE ENTRY FORM AND ENCLOSE CHEQUE OR MONEY ORDER PAYABLE TO: 2 PPCLI VOLKSMARCH, AND BRING OR MAIL TO VOLKSMARCH HEADQUARTERS.

(NO MAIL ENTRIES AFTER MIDNIGHT OCT. 20)

NAME \_\_\_\_\_ CLUB/SCHOOL \_\_\_\_\_  
(please print)

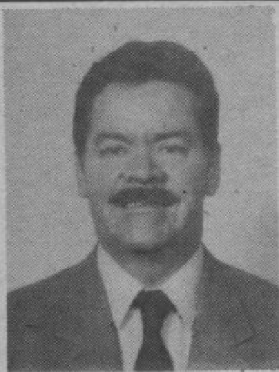
ADDRESS \_\_\_\_\_  
(Number) (Street) (City) (Province) (Postal Code)

In consideration of this entry acceptance, I hereby for myself, heirs, executors and administrators, waive any and all rights of claims for damages I may have against the 2nd Bn PPCLI, the Canadian Forces, the Crown, the City of Winnipeg or any individuals associated with this event for any and all injuries sustained by me in this event, and I will additionally permit the free use of my name and/or pictures in broadcasts, the press, etc.

(Signature) \_\_\_\_\_ (Date) \_\_\_\_\_ (Signature of Parent or Guardian if entrant is under eighteen years of age.) \_\_\_\_\_

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# SPORTS SHORTS

## INTERSECTION INDOOR SOCCER LEAGUE

Base personnel interested in forming an indoor soccer league are urged to contact the Base Recreation Centre, local 511/514, or Cpl T. Johnston, Base Supply, local 593.

## BASE VOLLEYBALL/ SERVICEMEN AND SERVICEWOMEN

All personnel who are interested in playing or coaching are to contact the Recreation Centre, local 511/514. Both teams play in the City of Winnipeg Volleyball Leagues. Ladies play Wednesday night and men play Thursday night.

## BASE BROOMBALL/ SERVICEMEN AND SERVICEWOMEN

Any personnel interested in playing or coaching are to contact the Recreation Centre, local 511/514. If enough interest is shown an Inter-Section League could be formed.

## BADMINTON CLUB

The CFB Winnipeg Badminton Club is in need of players and personnel interested in joining the depleted executive. Times for club meetings are: Westwin Gym, Wednesdays, 7:00 - 11:30 p.m. and Lipsett Hall, Sundays, 6:00 - 10:00 p.m. For further information contact local 511/514.

## NOON HOUR BOWLING LEAGUE

Personnel, male/female, military/DND employee, interested in participating in a noon hour league are requested to contact the Recreation Centre (511/514) prior to 16 Sep 83.

The league will be run Monday thru Thursday from 12:00 to 1:00 pm in Building 90. Teams will consist of four players and the league will commence Oct 83 and terminate Apr 84.

Costs are 75¢ per string and 35¢ shoe rental, plus prize monies as decided by the bowlers.

## WEDNESDAY NIGHT MEN'S BOWLING LEAGUE BUILDING #90

Male personnel interested in forming a Wednesday Night Men's Bowling League are urged to contact the Recreation Centre at local 511/514. Individuals or teams are welcome. Cost is 75¢ per string and 35¢ per string and 35¢ for a shoe rental.

## LADIES BOWLING WESTWIN LEAGUE

Anyone interested, bowling Tuesday nights, 6:30 p.m. and 8:30 p.m. To register and/or for further information call Marg Swyers 889-6127.

# LOCAL BODYBUILDERS COMPETE OCT 13

On the 13th of October, 1983, history is about to be made. CFB Winnipeg BP & R staff are organizing a Body Building Championship for Canadian Forces personnel in the Prairie Region. The competition will be held in the Base Theatre with pre-judging at 1300 hours, and the finals that evening to start at 1900 hours.

Body building is fast becoming one of the most exciting new sports to hit the athletic scene. Years ago, only the very rich who could afford the equipment or to attend a health institute entered this sport. More recently, anyone can participate.

The Base Weight Training Club has in excess of sixty members who can be seen working out at all hours of the day. The Bertheletts, Morris, Les and Cathy, were the forerunners of the sport here at the Base Gyms and with their success has inspired us to attempt a first. To date, there will be ten Service personnel competing for the Prairie Region laurels. This competition will not be a success unless we get spectators. It is very important to the contestants to have a big crowd of spectators hooting and hollering for their favourite contestant.

Support CFB Winnipeg, the competitors, and the competition. Come out on Thursday 13 October, at 1300 and 1900 hrs, and show we are interested and involved with new ventures in the military, and become part of history.



Cathy Berthelette feeling the pressure of competition.

## LEARN-TO SWIM PROGRAM

Registration will be held on the following dates and times:

Saturday 8 Oct. 1000 to 1200 hrs  
Monday 10 Oct. to Fri 14  
0800 to 1600 hrs

at the Westwin Recreation Centre. Registration will be made in person and a fee of \$10.00 per child must be paid at that time. Courses will be held every Saturday for ten weeks commencing 15 Oct 83.

Class times are as follows:  
0900-0940 White and Maroon  
0950-1030 Blue and Red  
1040-1120 Green and Orange  
1130-1210 Grey and Yellow

For moms and tots classes, phone in your registration to 832-1311, loc. 511 or 514. If there are sufficient numbers, classes will be held from 1220-1250 every Saturday.

Casual Swim Badge

Badges are a requirement for open swimming and will be available at registration. Badges are not required for military personnel or swimming lessons and children 5 years and younger, but must be accompanied by an adult while swimming. Swim badges must be sewn on bathing suits. Cost per year commencing 1 Apr to 31 Mar is \$7.50 each or \$25.00 per family.



The Goldeyes Scuba Club is looking for new members and we have a lot to offer you! The Goldeyes is one of the largest and most active dive clubs in Manitoba and offers excellent training and facilities to its members. If you are already a qualified scuba diver, join us and take advantage of our advance training course, free pool time, inexpensive equipment rentals, air fills, club-sponsored dives and social activities. Club membership is only \$32.00 for regular members, \$42.00 for ordinary and associate members and includes membership in the Manitoba Underwater Council (MUC).

If you have been thinking about becoming a qualified scuba diver, you should take your basic course with the Goldeyes. We offer a comprehensive course which places added emphasis on theory, skills and conditioning. Our next course starts on Tuesday 11 Oct 83 at 8:00 p.m. in the Westwin Pool, Bldg 90. Enrolment is limited so call one of the people listed at the end of this article today to register. After the first session on Tuesday 11 Oct, lessons will be once a week on Thursday nights from 8:00 to 11:00 p.m. from 13 Oct 83 to mid-April 84. Upon successful completion of the course, you will receive cer-

tification with the Association of Canadian Underwater Councils (ACUC) and the National Association of Underwater Instructors (NAUI). Your course fee includes all instruction, pool time, certification, textbook, air, use of club tanks, regulators and B.C.'s, and one year memberships in the Goldeyes and MUC. All this is yours for only \$142.00 for regular members and \$177.00 for ordinary and associate members. Students must be 16 years of age by course completion date to certify.

Don't be fooled by our landlocked location, there's lots to see and do in the waters of Manitoba and Northern Ontario and the Goldeyes know where the action is! The club has its own 14 foot Zodiac inflatable dive boat, 16 sets of equipment, our own compressor, free pool time and good buddies for diving.

If you are interested in joining the Goldeyes or if you would like more information on the club, come out to the Westwin Pool any Tuesday or Thursday evening at 8:00 p.m. or contact:

Capt Ronn Cooper Work - 355  
Home - 489-8785  
Capt Don McLeod Work - 136  
Cpl Dan Daigle Work - 404



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SAT 10 AM - 9 PM  
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MON - FRI  
7:15 AM - 9 PM  
SAT & SUN  
10 AM - 5 PM



# CLUB 61 1/5 SOFTBALL CHAMPS

In a gallant effort, the Junior Ranks Intersection Softball team won this year's trophy after defeating CFANS in a triumphant 17-7 victory.

CFANS valiantly extended the best of five final series to the last game. A severe starboard drift sent CFANS off track, Junior Ranks taking advantage with a grand slam hit by Cpl. Eugene Simmons, bringing in three runs for a strategic third inning lead. The rest is history.

Many thanks to MCpl Brian Schmidt for his supreme effort to make up a team and lead them to the top.

As for CFANS, keep your chins up lads . . . next year is just around the corner, and after your excellent showing this season, 1984 looks promising! Until then . . .



Left to right backrow: Pte Jeff Stevens, Pte Randy Mayes, Pte Rover Misner, Cpl Eugene Simmons, Pte Snake Barrie, Cpl Mat Marshal, Cpl Daryl McIntyre. Left to right front row: MCpl Keith Johnson, Cpl Barry Smith, MCpl Brian Schmidt, MCpl Don Staples, MCpl Roby Robinson.

# LADIES FITNESS

## WESTWIN

**LADIES FITNESS CLASSES** at the Westwin Recreation Centre will commence 11 Oct 83. Classes will be held Tue and Thu mornings at 1000 hrs. Classes will run for 10 weeks at a cost of \$20.00.

Interested ladies are to contact the Base Physical Education and Recreation staff, local 511 or 514.

**DANCE AEROBIC CLASSES** will commence 11 Oct 83 and will run every Tue and Thu evening from 2000-2100 hrs.

Registration for these classes will be Tue 11 Oct 83 at 1930 hrs at the Westwin Recreation Centre. Cost for these classes is \$20.00 for 20 lessons.

- improves complete physical condition
- aids in weight control
- increases alertness and productivity
- excellent cardio-vascular strengthening.

## LIPSETT

Classes will be conducted every Monday, Tuesday, Wednesday, Thursday and Friday at 9:00 a.m.

Register for sessions twice per week, three times per week or for all five sessions per week.

Cost is reduced if you register in advance. Saving of 20%

### FEE STRUCTURE

Plan A twice per week, Tue and Thur \$4.00 per week x 10 weeks = \$40.00 Advance register and save 20% cost **\$32.00**

Plan B three times per week, Mon, Wed, and Fri \$6.00 per week x 10 weeks = \$60.00 Advance register and save 20% cost **\$48.00**

Plan C five times per week, Mon thru Fri. \$10.00 per week x 10 = \$100.00 Advance register and save 20% **\$80.00**

Register in advance and pay less than \$2.00 per visit

**BABY SITTING SERVICE AVAILABE** — COST OF ONLY .50¢ per child FOR FURTHER INFORMATION CONTACT THE PERI STAFF AT LIPSETT HALL

**MORE SPORTS  
ON  
PAGE 10**

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## CFB WINNIPEG OLDTIMERS HOCKEY TEAM

Interested in playing with the Oldtimers Hockey Team? Or maybe you would be interested in sitting on the side lines and coaching. If you are interested or would like some more information about the team, you can contact Capt Ron Kinnee at local 191.



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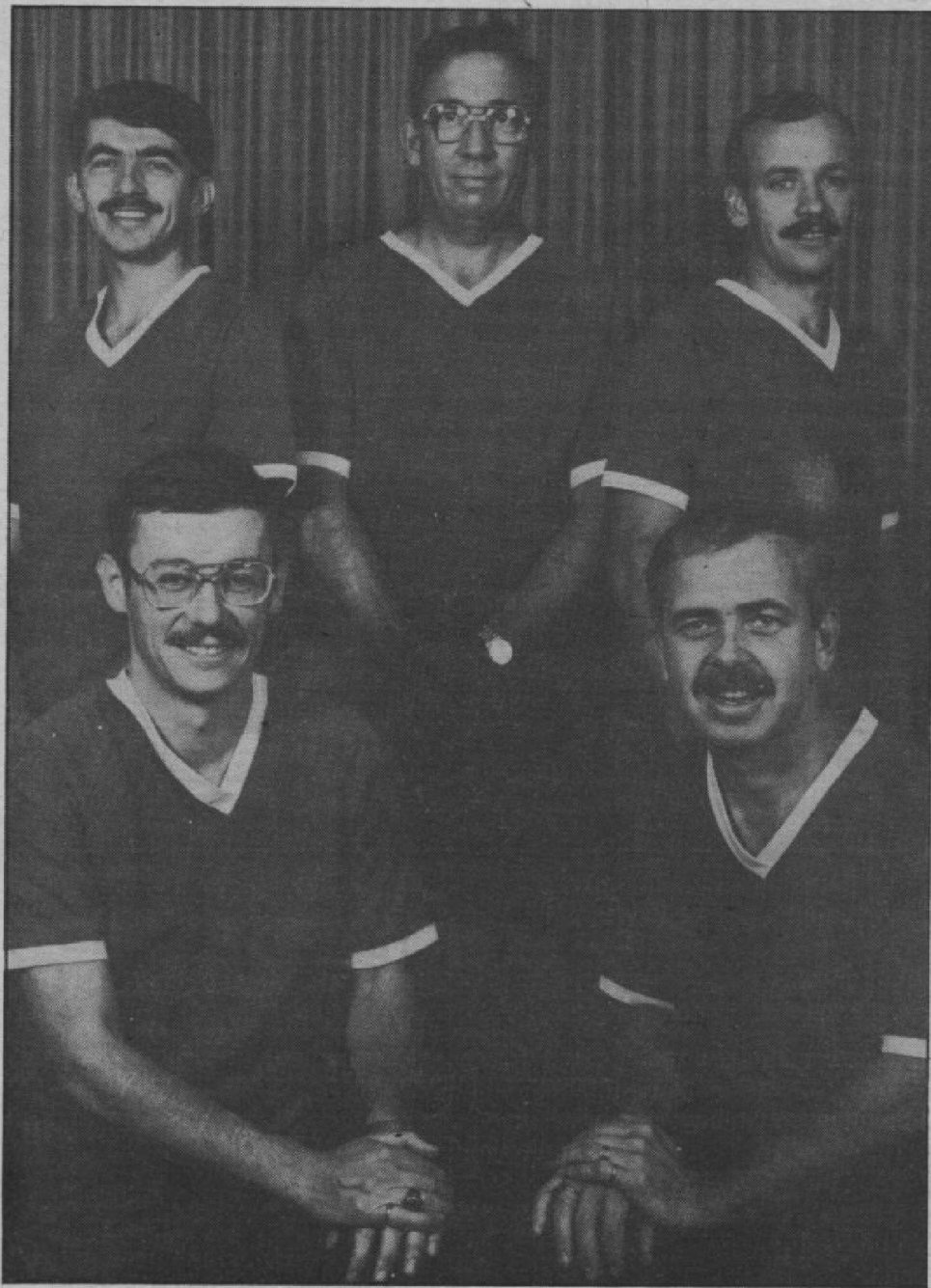
Al Thumler  
& Guest Artists  
3-6:30 p.m.

## DCOS MILE ON THE RUN

On Sunday, September 25th the engineers running team turned in their best performance to date during the annual Kelly Corporate 25 kilometre relay. The five man squad made up from DCOS MILE, Air Command HQ, finished with a time of one hour 41.25 minutes to place 18th out of 93 teams. The Fort Garry School Division finished first with one hour, 25.57 minutes. Keen competition throughout the Assiniboine Park course was a factor in assisting the DCOS MILE runners to achieve PB's

(Personal Bests) for the season. Many of the premier runners in the province competed which can be attested to by Capt. Buzz McFadden whose 17.30 minute time put the squad in 8th spot after the first 5 km leg.

Notwithstanding the enjoyment of participating in such a memorable event the registration fees also served to raise money for the Ronald McDonald House. The team is looking forward to next year's run and encourages other sections to enter.



DCOS MILE Team placed 13th out of 93 teams in this year's Kelly Corporate 25 km relay. Standing (L-R) Capt Don Lovell, CWO Reg Daws, Capt Buzz McFadden, Kneeling (L-R) Capt Dave Widdows, Maj Mike Whitty.

## SAFETY TIPS FOR RUNNERS

Running differs from other kinds of vigorous physical exercise because it is often performed in a hostile environment — on public roadways, where tragic consequences can result.

When runners discuss the hazards of the road, they talk about the "crazy drivers" with whom they must contend — drivers who at best ignore runners' welfare and at worst take deliberate aim at them.

Motorists, on the other hand, blame "crazy runners" for their tendency to appear unexpectedly on roadways, causing motorists to swerve dangerously to avoid colliding with them.

The facts are, that drivers and runners contribute equally to the initiation of collisions. But no matter who is responsible for a collision, it is the runner who is vulnerable to serious injury. Just as there are measures to protect the runner from overuse injuries, there are — precautions a runner can take to ensure this safety while running on public roadways.

If possible, avoid the problem by not running on roadways, use off-road routes whenever possible. If sidewalks are available, use these even though concrete is harder on a runner's legs than asphalt.

If you must use the roads, choose routes with little traffic. Wide roads, roads with wide shoulders and roads with no major thoroughfares.

Run against, rather than with traffic. You can better anticipate and react to vehicles when running against traffic.

Run on the shoulder or close enough to the edge of the road so that vehicles do not have to alter their paths. Stay as far as possible from the paths of vehicles. The roadway surface may be more level than the

shoulder, but this is not a good enough reason to risk calamity.

When running with others along a road side, run single file to keep all runners away from the paths of cars.

Give way to vehicles at Intersections unless it is absolutely clear that you have the right of way, the motorist has stopped and sees you, and then act accordingly. Don't run across an inter-section in front of a car stopped at a stop sign unless you are sure the motorist sees you and expects you to cross. Even in this situation, it would be wise to stop or to run behind the car.

Always give way to vehicles turning across your path — both oncoming, and vehicles travelling in the same direction you are. An especially dangerous situation when running against traffic occurs as the runner approaches a car preparing to make a right turn. In this case, the motorist will be scanning for traffic coming from the left and may not even look to the right until he is well into the turn.

Avoid running on roads in non-daylight hours. If you must, wear light coloured clothing or reflective materials and remember, at night all guide lines for sharing the road with motorists become doubly important.

*Be Alert* — Always Runners cannot afford to become inattentive. They must anticipate potentially dangerous situations and be ready to deal with them. This may not make for the most relaxed and enjoyable runs, but vigilance is the price we must pay for running the roads with vehicular traffic. All runners should consider the risk of a crippling or fatal injury in a collision with a motor vehicle. Knowing that the danger exists is the first step to safety.

## SCHOOL BUS SAFETY WEEK

Can you answer "Yes" to all these questions?

- when you are driving, are you always particularly cautious in school zones?
- do you come to a full stop when a school bus with flashing lights is encountered?
- do you wait until the flashing lights of the bus have been turned off before starting to move your vehicle in either direction?

If you answer yes to all these questions, you are on the right way to guide those who might have answered differently. But no matter if you answered "yes" or "no", we need your help to make people aware of the facts during the School Bus Safety Week 17-23 Oct. We know you have another minute, so let's keep reading to verify your knowledge about this very important topic.

Do you know that, based on the latest available Canadian statistics a student fatality is four times as likely to happen before boarding and after leaving the bus then while inside the

bus? We also find that 86% of all school bus accidents involved a bus and another vehicle. What can you do about it?

Being aware of these few statistics, you now have the opportunity to help prevent these unnecessary accidents.

Adult or old enough to be responsible, you have the greatest influence on the attitudes and behaviour of children. You have this influence because children do not have the advantage of being able to draw on years of experience to help them in their decision-making. They are not always careful about the traffic danger of crossing any road, when boarding or leaving a school bus or even when playing in the school yard.

"MIND THAT CHILD", this year's theme, is designed to help everyone become aware of the potential for accidents. It is hoped that military and civilians personnel as well as their dependants will take a few minutes to "mind that child", and assist in achieving an "accident-free" school year.

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# ABDOMINAL MUSCLES IMPORTANT SAY PERI STAFF

It is important that we have strong abdominal muscles because they support and protect some of our most vital organs. Our abdominal — pelvic cavity contains the liver, gall bladder, stomach, intestines, pancreas, spleen, bladder and kidneys.

Strong abdominal muscles support the all-important membranes that keep these organs in place and enable them to function properly. They give support to the lower spine, and help to avoid or eliminate lower-back pain, and can prevent or clear up some of the complications of constipation.

We can build and maintain a flat stomach by doing a few abdomen-strengthening exercises every day. But as with any exercise, program, the exact amount you start with depends on your age, willingness, and physical condition.

Start slowly and consult your physician or phys-ed expert for a range of exercises from very simple to rather difficult. If you can't do them all, do those you can, and don't worry about the rest. If your muscles feel stiff, or if there is some soreness, then you did too much.

Before you begin, measure your girth at the level of your navel with your stomach relaxed. Now pull your stomach in as far as you can, and measure it again. Record both measurements. Do this once a month, preferably on the same date. It may be a month or more before you see any improvement. Keep at it. Your looks and your health are important.

**CAUTION:** In doing exercises that involve the lower back it is very im-

portant to keep the curve of the lower back as flat as possible; also try to breathe regularly and slowly as you perform your exercises. Holding your breath while exercising may put an unnecessary strain on your heart.

Here are three exercises to help get you started:

1. Stand, feet placed shoulder width apart, arms stretched sideward and parallel to the floor, elbows straight. Slowly twist the trunk as far to the right as possible, stretch, pulling the right arm back, and the left arm around to the right, return to starting position, and repeat exercise now twisting to the left. Keep the feet planted firmly.

2. Lie on your back, legs bent, with the knees pointed at the ceiling, feet flat on the floor, hands on the back of your head, fingers interlocked. Slowly sit up (exhale as you do) and place the head between the knees. Inhale as you start back slowly to starting position; it may help to place your feet under a piece of heavy furniture, such as a dresser or couch.

3. Stand, feet wide apart (comfortable), arms over head, shoulder width apart. Rapidly swing your upper body forward and down, while bending your knees. Reach back through the legs, and touch the floor as far back as possible (comfortable). Swing your upper body back to the starting position. Increase the repeats to a level that feels comfortable to you. Start more slowly, not more than ten repeats each exercise.

Good looks and health. Have a nice day!

# BORDER CROSSING

Ann Elizabeth Carson

"Your passport, please. Thank you. Your papers are in order. You may proceed. Next . . . The deutschmark in American dollars? The deutschmark is quoted at \$31.10 per hundred."

The year was 1956. The month was August. The border station at Rosenheim, nestled in the foothills of the Austrian Alps on the road between Salzburg and Munich, was doing a brisk business, and the air rang with questions and answers. The border officials were rushed almost off their feet, for the day had been fair, and it seemed as if everybody wanted to cross into Germany on that particular day at that particular point.

One car stood out from among the others. It was a small, compact British car, black in colour, with four young girls inside. The car had British licence plates, but from their accent the girls were anything but English. American, more likely, or perhaps Canadian. One of them, a tall brunette, who knew a little German, was talking to the customs inspector, in a mixture of her own language and his. They seemed to be arguing about something, for finally the customs man called one of his colleagues over.

"But I don't see why I can't take her across the border" the tall girl said. "She's perfectly healthy; she's been vaccinated with all the latest shots. She won't harm anyone."

At this, the subject of their altercation poked her head out of the wicker basket in which she had been lying. "She" was a cat, a lovely tortoise shell cat, quite small, and very delicately marked. She looked at the customs officials, pushed her pink nose into their hands, and purred.

"I'm sorry, Fraulein, but the regulations do not allow animals to enter the country without a period of quarantine. Your cat will have to comply with the regulations, or you will not be allowed to proceed."

The girl seemed to be almost in tears, but she turned to her friends, and after a short conference, they came to an agreement. The cat would be left behind. The customs officials greeted this surrender with relief, and after a cursory inspection of the luggage rack on top of the car, and an equally cursory inspection of the girls' passports — they were Canadian, by the way — waved the car through.

The tall brunette, who was also the driver on this occasion, continued down the winding mountain highway until she came to a secluded side road. She pulled into this, drove down it

some little distance, and once sure that she was safe from observation, came to a stop.

"We've done it," she cried jubilantly, "we've done it." And with that she got out of the car, took out the key to the trunk, unlocked it, flung aside a rug which was covering an indeterminate object, and said, "It's alright, Jozsef, you're safe now. You can get out."

At her words a young man of about twenty-two uncoiled himself from the floor of the trunk and climbed stiffly to the ground. Seen in broad daylight his face was markedly slavic. He was, in fact, Hungarian, and he was in full flight from his native Hungary.

His name was Jozsef Sandor. He had, like so many Hungarians in the summer of 1956, seen trouble looming, and being a resourceful young man, had determined to leave Budapest, where he lived alone, and to make his way to Munich, where his married sister lived. He was unable to obtain papers to cross the border legally, so one dark night he had slipped across the Austro-Hungarian frontier, and had made his way to Vienna. There he went to the Hotel Adlerhof, which he knew was run by a proprietor who spoke both Hungarian and German. It was there that he met the four Canadian girls, who were touring Europe that summer. Jozsef spoke a little English. He made his plight known to the quartet, and told them he needed help in getting to Munich. Once there, he said, he could get in touch with his sister, and go to a refugee camp until his papers could be obtained. The girls were at first hesitant, but after much consultation, decided to risk ferrying him across the border in the trunk of their car. But how to avoid a complete search of the car at the border? It was then that the proprietor's wife suggested the tortoise shell cat as a decoy. The cat was one of five or six belonging to the hotel, and could easily be spared. If the attention of the border officials was diverted, the conspirators reasoned, the guards might not think to look in the trunk of the car.

In effect, this was what happened. The border crossing was accomplished without detection of the hidden passenger, and the girls carried Jozsef on to Munich, where he was able to get in touch with his sister.

Jozsef reached Munich safely. The four young Canadian girls returned to Canada unscathed. The only unknown in this equation is the fate of the tortoise shell cat, and that is probably buried forever in oblivion.

## NEW COMMANDER FOR PRAIRIE MILITIA

A senior civil servant in the Saskatchewan government, Brig. Gen. John C. Law of Regina has assumed command of the Prairie Area Militia, a command involving 28 militia units from Thunder Bay, Ont. to the B.C. border.

Law, who is Saskatchewan's associate deputy minister of supply and services, was formally installed in the military post at a change of command parade Aug. 20th at the Militia Training Centre in Dundurn, Sask. He succeeds Brig. Gen. M.D. Paine of Saskatoon who held the command for the past three years. Paine is an architect in Saskatoon.

Law, 51, retired in 1977 as a colonel in the Canadian Armed Forces, transferring to the Militia. In 1980 he became commander of the Saskatchewan Militia District. Born in Canora, Sask., Law entered the RCAF as a flight cadet in 1951 rising to colonel and becoming deputy chief of staff logistics for Air Command. He was a staff officer on the team charged with responsibility of integration of the Canadian Forces in 1968. He was also a chief instructor of the Canadian Forces School of Administration and Logistics. He received his Bachelor of Arts degree from the Royal Military College in 1955 and a Master of Science degree from the U.S. Air Force Institute of Technology in 1964.

Law and his wife, the former Kathleen Lynch have three children, John of Winnipeg, and Scott and Colleen both of Regina.

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# THE CAR DOCTOR

Paul Quinn

Your car's exhaust system plays a key role in maintaining the comfort, safety, performance and fuel economy of your car. Its purpose is to exhaust burned gases from the cylinder head, control back pressure for peak engine performance, and quiet exhaust noises.

The system consists of five elements:

- (a) Front pipe
- (b) Front muffler
- (c) Connecting pipe which connects the front and rear mufflers
- (d) Rear muffler
- (e) Connecting pipe through which exhaust gases pass safely at the rear of the car (tail pipe).

One other element of the exhaust found on most cars built in the past five years is a Catalytic Converter. The Catalytic Converter assures that Federal emission standards are met. Each element should be engineered to meet the unique demands of your car's engine design. An improperly designed system may cause either excessive or insufficient back pressure. Under both conditions, exhaust gases will not be fully extracted from the cylinders. This in turn results in insufficient combustion, loss of horse-power and poor fuel economy. Exhaust gases are pushed through the system in a series of pulsations. The pulsations cause a pressure vacuum sequence which helps to pull spent gases from the cylinders. The pulses must be tuned to assure complete venting at the cylinder head.

After a cylinder has fired, hot gases pass through the cylinder head into an exhaust manifold and into the first element of an exhaust system the "Exhaust Pipe". Improper exhaust pipe design will result in uneven exhaust pulsations which, in turn produce the poor engine performance associated with inefficient exhaust gas exhalations. The exhaust pipe length is carefully calibrated to each manufacturer's design achieving the best compromise between low engine speed and high engine speed exhaust flow, dynamics where the exhaust pipes join together. A smooth V-shaped joint unifies the exhaust pipe system into a single pipe. This enhances the flow of exhaust gases and adds strength and life of the exhaust pipe. Exhaust gas leaks can occur through improperly welded joints, consequently Canex Service Station only sells the proper exhaust system parts for your car.

Mufflers are designed to suppress exhaust noise and smooth exhaust pulsations with a minimum of back pressure. Most exhaust system

failures originate at the muffler. Faulty construction or corrosion at welded joints allow the internal parts to loosen. This causes noisy vibrations, affects back pressure, and severely reduces the mufflers ability to suppress exhaust noise. In addition, the muffler is subject to dents from road debris, or warping which can occur when a hot muffler contacts snow or water. Both conditions will increase the pressure and retard venting at the cylinder head.

Even the way we drive our cars affects the life of the muffler. While driving the muffler becomes hot. Condensation forms on the interior surface which normally vaporizes and is vented along with the exhaust fumes. During short trips the muffler does not become sufficiently hot to vaporize the moisture, instead, water and combustion by-products collect in the muffler and begin to corrode the surface from the inside.

Does the best cost more? The real bargain is at your Canex Service Station. Maybe the cost is a little more than some automotive outlets such as Canadian Tire or Acme Auto etc. but when it's time to replace your exhaust system, let us inspect your car to see what parts it may require and save you some money. Our exhaust and all automotive parts are of the highest quality. You deserve the best for your money and I hope when you deal at your Canex Service Station this is what you get. If you don't please tell me. Your complaints are always welcome. By the way, so are all compliments.

## CATALYTIC CONVERTER NOTE

The catalytic converter found on all American models and most imports (except Chrysler Corp.) are equipped with a catalytic converter. This converter is designed to aid in emission control, which is mandatory in Ontario and British Columbia. The converter on your car (if so equipped) can become plugged especially if you do a lot of city driving. If you have more than 30,000 km. on your speedometer and feel you are losing power, maybe your converter is getting plugged. Back pressure is being built up, and you can lose up to 70% of your engine efficiency and eventually it will become completely plugged. If you suspect you are losing the old ZIP in the buggy, drop in and see us at your Canex Service Station. We will gladly inspect it free, and give you some good advice. **Paul Quinn is the Service Station Manager.**

# CHAPEL SERVICES



## ROMAN CATHOLIC CHAPEL SERVICES

### Our Lady of The Airways (N)

**Masses:**  
 Sunday: 6:00 p.m. on Saturday  
 11:00 a.m. on Sunday  
 Daily: Tuesday, Wednesday and Thursday — 4:45 p.m.  
 Friday — 10:00 a.m.

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

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

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

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

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

**Masses:**  
 Sunday: 10:00 a.m.  
 Daily: Tuesday to Thursday (inclusive) — 4:30 p.m.  
 Friday — 11:00 a.m.

**Baptism:**  
 On request. Talk to us at least one month before.

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

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

CHAPLAINS: Fathers J.R. Gagnon  
 J. Archambault

## PROTESTANT CHAPEL SERVICES

### Chapel of the Good Shepherd (N)

**Church Service & Sunday School:**  
 11:00 on Sunday

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

CHAPLAINS: Padre G.E. Tonks — Base Chaplain — 832-1311 Loc 417  
 Padre S.C. Fowke — Chaplain (P) — 888-5175  
 Padre G.W. Lanctot — Chaplain (P) — 888-9036

### Chapel of St. Andrew (S)

**Church Services & Sunday School:**  
 10:30 a.m. on Sunday

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

# CF-18

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# COOK'S DELIGHT



## Chili Supreme

- 500 g (1 lb) ground beef
- 1 large onion
- ½ cup chopped green pepper
- ¼ cup All-Bran cereal
- 1 tbsp chili powder or to taste
- 1 (14-oz) can tomato sauce
- 1 (14-oz) can tomatoes
- 1 (14-oz) can Libby's Red Kidney Beans
- 1 (14-oz) can Libby's Deep-Browned Beans
- pinch garlic powder
- salt to taste

In large saucepan cook ground beef, onion and green pepper until meat is browned, stirring frequently. Drain off excess fat. Stir in remaining ingredients. Cover and cook over low heat about one hour. Stir occasionally. Makes 6 servings.

## SPICED TEA TODDY

- 4 cups boiling water
- 8 teabags
- 4 cups apple juice
- 4 whole cloves
- 2 whole cinnamon sticks
- ½ cup brown sugar
- 1 orange, cut into 8 wedges
- 8 whole cloves
- cinnamon sticks (optional)

Pour boiling water over tea bags. Cover and let steep 5 minutes. Remove tea bags. Meanwhile, combine apple juice, 4 cloves, 2 cinnamon sticks and brown sugar in saucepan. Simmer 5 minutes to blend flavours. Combine with tea. Serve in warm mugs. Garnish each mug with an orange wedge that has a whole clove stuck in the skin. Use a cinnamon stick as a stirrer. Makes 8 cups.

Note: For a "spirited" version, add 1 cup port wine to apple juice mixture and heat.

## SHRIMP CURRY CREPES

If you are hosting the Grey Cup Party this year, choose a menu that can be prepared well in advance, otherwise you'll be watching the dinner while everyone else watches the game. Remember that your guests will probably be snacking most of the afternoon, so a light, buffet-style meal would be most appropriate.

The Shrimp Curry Crêpes certainly are the answer. The crêpes can be made up to three days in advance, stacked and refrigerated. Even store them in the freezer up to 6 months. Make the filling early in the day and reheat five minutes before serving time.

- |   |        |
|---|--------|
| ¼ cup butter                            | 50 mL  |
| ½ cup chopped onions                    | 125 mL |
| ½ cup diced celery                      | 125 mL |
| 1½ cups apples, peeled, diced and cored | 375 mL |
| 2 tsp. curry powder                     | 10 mL  |
| ¼ cup flour                             | 50 mL  |
| 1 cup water                             | 250 mL |
| 1 cup chicken broth                     | 250 mL |
| ½ tsp. salt                             | 2 mL   |
| 2 7 oz. cans medium shrimps             | 200 g  |
| ¼ cup heavy cream                       | 125 mL |

Melt butter over low heat in medium saucepan. Add onion and celery; cook until tender, stirring, about 5 minutes. Add apples and curry powder; cook 5 more minutes. Over low heat, stir in flour until blended. Gradually stir in 1 cup water, chicken broth and salt, stirring until thickened and smooth. Just before serving, add shrimp and cream, heat through, and spoon about ¼ cup (50 mL) of the mixture in each crêpe.

Note: Chicken broth can be made by dissolving 1 boullion cube in 1 cup (250 mL) boiling water.

### CRÊPES

- |                        |        |
|------------------------|--------|
| 4 eggs                 | 4      |
| ¼ tsp. salt            | 1 mL   |
| 2 cups flour           | 500 mL |
| 2 cups milk            | 500 mL |
| 3 tbsp. butter, melted | 50 mL  |

Beat eggs and salt in medium mixing bowl. Gradually add flour and milk alternately to eggs, beating until smooth. Add melted butter and continue beating until batter is uniform. Let stand 1 hour. Heat a 6-7 inch (15-17 cm) oiled pan. Use a ¼ cup (50 mL) measure for pouring batter. Tilt the pan so the batter is spread evenly. Turn to brown both sides. Stack on a plate until ready to use.

Makes 20-25 crêpes, or 6 main course servings.

## TEA DRINKS

### BLUEBERRY TEA

A popular drink in restaurants, here's how to prepare it at home!

- Combine:
- 1 mug of hot tea
  - 1 oz Amaretto
  - 1 oz Grand Marnier

### SCOTTISH McTEA

- Combine:
- 1 mug of hot tea
  - 1 oz Scotch
  - 1 tbsp honey

### HOT RUM TEA

- Combine:
- 1 mug of hot tea
  - 1 oz white or light rum
  - sugar to taste
  - and add a cinnamon stick, if you like.

### SKIER'S SMOOTHIE

- Combine:
- 1 mug of hot tea
  - 1 oz Galliano
  - add an orange or lemon slice

### WINE TEA

- Combine:
- ½ mug of hot tea
  - ½ mug of hot red wine
  - slice of lemon and sugar to taste.

## A MESSAGE



**From: The United Way Campaign Chairman**

THE UNITED WAY NEEDS YOUR SUPPORT

More people have in fact, become United Way supporters each year, but the support of many more is needed to share the responsibility. Your example, both in your own gift and in the spirit of encouragement you can lend to the campaign among those who work with you, can make all the difference to the success of this year's campaign.

We hope that you will help everyone remember that this is Winnipeg's United Way. It is Winnipeg's united way of helping over 60 agencies give service or assistance to all kinds of Winnipeggers in need. It is our way of supporting the thousands of volunteers who work generously in those agencies to meet those needs. It is one appeal for funds instead of many because Winnipeg saw the chaos and waste of time in countless fund-raising efforts pursuing us all.

Please be generous in the support you give to the campaign. This will help ensure that the needs of our community are met in an equitable and rational manner; the United Way remains the logical way to accomplish our common objectives.

Hon. Otto Lang  
Campaign Chairman



## Here's A Reminder!

- Your United Way contribution helps more Winnipeggers, in more ways, than any other contribution you can make.
- United Way supports a wide range of human care services ... agencies we all know, but also those less well known, which might otherwise not get the finances to carry on their good work.
- The allocation of United Way funds is determined following a review by local volunteers - people like you, who donate their time to make sure your one gift does all you want it to do.
- The full amount, 100% of every dollar, goes to work in the community as lottery revenue covers all administration costs.

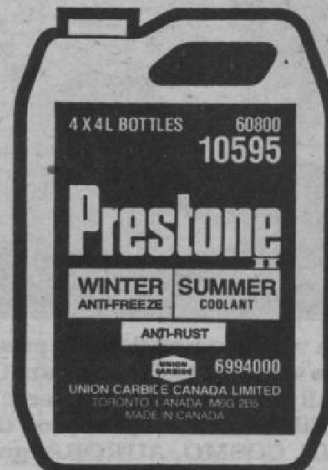
## Winnipeg needs ... The United Way



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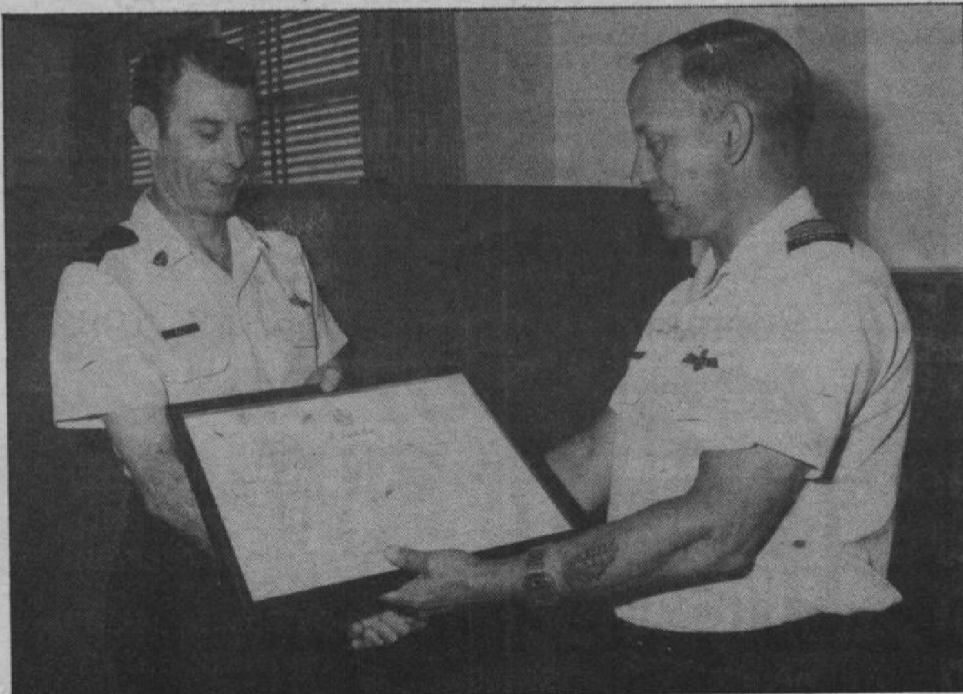
# SHAKES N' TAKES



On August 11, 1983, Sgt Ron Stenger congratulates his son, Ronald Stenger Jr., on his enrolment into the Canadian Armed Forces. Ron Jr. left the next day for CFB Cornwallis. Upon completion of recruit training, Pte Stenger will become a member of the logistics family, following his father's footsteps, a 911 Supply Tech.



BTSO, LCol DS Poole presents Cpl Huard with his Cpl chevrons, (approximately 6 months early), BAMEO Maj B.J. Meindl observing. Congratulations are extended to Cpl Huard from all members of Base Aircraft Maintenance for a promotion well deserved.



On 1 July 83 MWO Bill Ault of 429(T) Sqn was promoted to his present rank of Chief Warrant Officer and presented his scroll by Col McGowan. CWO Ault began his career in May of 1958, initially as an airframe tech. Later to remuster to the flight engineer trade, Bill has flown many of the RCAF "Heavies" including the DAK, NEPTUNE, COSMO, AURORA, and HERC. CWO Ault is presently flight engineer leader for 429(T) Sqn.

**DEADLINE NEXT VOXAIR  
TUESDAY OCTOBER 11, 1983**

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**ENGAGEMENTS**

**WEDDINGS**

**HOUSING**

Apartment to sublet for Oct 1, wall-to-wall carpeting. #602 Kenaston Blvd. across from Kapyong Barracks. Anyone interested please call Pop Wilson at 475-9346 anytime.

**FOR SALE**

One large coffee table with book-shelf and two enclosed storage areas. Year old in excellent condition. \$100.00 Call 489-7431. One large set of drapes — green with sheers excellent condition.

Knitted slippers, 3 different styles. Orders taken now for Christmas. Price range from \$4 - \$8/pair. Ph. 489-4470.

White leather duty shoes, size 6 1/2, worn once, \$20. White uniform dress, size 13, never worn, \$20. Light green uniform pantsuit, size 12, worn once, \$20. Ph. 489-6959.

One Filter Queen vacuum cleaner, like new, six months old. Asking \$500. o.b.o. Also one AM/FM cassette car stereo with 3-way speakers. Asking \$125. o.b.o. Call 832-5709 or loc. 208. Ask for Steve.

Two D78-14 studded snow tires mounted on 14 inch 5 hole rims. \$60.00 for the pair. Phone 888-3922 after 5 p.m.

1 New Yorker velvet waterbed, 6 months old, asking \$700 o.b.o. Also 1 house stereo containing AM/FM cassette, 8-track, graphic equalizer, digital clock & turntable plus speakers, asking \$500 o.b.o. Phone 832-5709 or 832-1311, loc 208 and ask for Steve Costain.

1 pr. men's hockey skates — Lange — 10M — New — \$90.00; 1 pr. girl's figure skates — Riedell — 4 — used — \$45.00; 1 pr. girl's figure skates — Don Jackson — 4 1/2 — \$45.00; 1 pr. child's x-country ski boots — 35mm & bindings — \$15.00; 1 girl's 3 sp. AMF DASHER — 19" — \$50.00; 1 girl's 3 sp. CCM SUNSPORT — 20" — \$70.00; 1 girl's standard hi-rise — 15" — \$25.00; 1 MAGNUS chord organ — electric — \$20.00; 1 Johnny-pole — avocado — NEW — \$15.00; 4 girl's skating dresses — 8-12 — \$5.50 each. Call 885-5059 after 6:00 p.m.

2 Hiway-Byway snow tires D78-14. Mounted on Dodge rims. \$50.00 for pair. Ph. loc. 773 or 895-0809.

Complete 8 mm sound movie system. For more info phone 489-5341 after 5 p.m.

Sears Diehard h.d. General Motors side terminal battery, used 1 year, \$35. o.b.o. Ph. 885-2183.

Man's full-length parka, down-filled, new, never worn. Original cost \$260. Sacrifice at \$135.00. Ph. 885-2183.

**VOLUNTEERS**

Anyone interested in volunteering their time to work the Thrift Shop, please phone 889-4284 or 832-5273.

**BABYSITTERS**

Experienced and reliable 14 yr old girl, completed Babysitting Course, is looking for work on the north site. Ph. 837-6363 and ask for Laura.

Wanted babysitter, a reliable mom to babysit for a 4 yr old boy, 9 to 5, weekdays on the south site. Please call 489-5087 after 5 p.m.

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

Babysitter, 13 yr. old girl wishes to sit on south site, qualified. Call 489-4237.

I will babysit in my own home, Leicester Square. Ph. 889-0740.

Require experienced girl over 13, two or three times a month, for 9 year old boy who needs a little extra attention. In north site. 832-1604 any time.

Will babysit in my home weekdays, south site. Ph. 489-7228 and ask for Wendy.

Mature 13 yr. old boy willing to babysit, had babysitting course. Ph. 669-0019 and ask for Paul.

**MOTORCYCLES**

For sale, 1982 Honda 185 XL, good condition; low mileage. \$1100. o.b.o. Ph. 895-1242 after 5:30 p.m.

Can-Am 250 MX-4 hardly used past 4 years, in very good condition \$500.00 firm. Also 1982 Honda CB650 7500 kms with \$300 accessories \$2000 firm. Both can be seen 429 Grenadier Dr. or call 489-9566, or Sgt. Masiuk Loc 214.

**CARS**

For sale, 1974 Stn Wagon, rebuilt motor, terrific condition. Ph. 888-2379 after 5.

73 Chev, 350 auto, 4-door. Ph. 775-1030 or 489-4290.

For sale, 1979 Ford Mustang. VG Condition, rust proofed, undercoated, scotchguarded, 56,000 org. miles. Asking \$9,000. o.b.o. Call 832-5709 or loc. 208. Ask for Steve.

**TRAILERS**

For sale, 1977 Leisurecraft hardtop trailer, sleeps 6, with icebox, 2 burner stove, sink & canopy. Asking \$1200. Ph. 489-7675 after 5 p.m.

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Small freezer, suitable for balcony. Ph. 256-2235 or 233-0347.

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Pizza drivers required, approximately 2 nights per week. Must own car. Apply in person to: Gondola Pizza, 2371 Ness Ave.

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COMING ATTRACTIONS							Oct 7	Oct 7
Oct 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sat 8	
				NO SHOW				
Oct 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sat 15	
				NO SHOW				

**COMMUNITY CALENDAR**

OCT.

SUN	MON	TUE	WED	THUR	FRI	SAT
			5 Base Library 1:00-4:00 6:00-8:30	6 Base Rec. Library 6:00-8:30	7	8
Mail Calendar entries to VOXAIR Bldg. 10		Base Library 6:00-8:30	Skating Clinic at St. James Civic Centre 12:00-1:30		11:00-12:30	Base Rec. Library 1:00-3:30
			Bingo 8 p.m.	Ceramics 7 p.m.	First Day of Fall	
9	10	11	12	13	14	15
	Thanksgiving	Voxair Deadline		CFB Winnipeg Body Building (Check Sports) Ceramics 7 p.m.	MIL Pay Day	
			Bingo 8 p.m.	Ceramics 7 p.m.		
16	17	18	19	20	21	22
			Bingo 8 p.m.	Ceramics 7 p.m.		
23	24	25	26	27	28	29
		Voxair Deadline	Bingo 8 p.m.	Ceramics 7 p.m.	Base Commanders Volleyball MIL Pay Day	

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Bruce Hagerman	Moosejaw	Denis Pelletier	Montreal
Frank Hunt	Northern Ontario	J.F. Blais	Montreal
Morley G. Thomson	Northern Ontario	Andre Dion	Richelain
Sterling F. Crooks	Trenton Federal	Irene Andres	First Heritage
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Gordon Graham	Greenwood	Robert J. Craig	CFB Toronto
Bill Halpenny	Winnipeg	Edward A. Francis	CFB Toronto
Cal Shermerhorn	Winnipeg	R.J. Kwasny	CFB Bagotville
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