

Wings

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

August 22 Aout 84



Cover Illustration



On behalf of Air Command, Lieutenant General Paul Manson accepts the painting used as the cover illustration for the special RCAF 60th Anniversary edition of WINGS MAGAZINE from publisher, Paul Skinner. During the ceremony, held recently at the CFB Winnipeg Officers' Mess, Mr. Skinner presented LGen Manson with a bound copy of the magazine. The cover picture is shown in detail above. (Photos by Sgt John Blouin and Cpl Julien Dupuis).

CFB Winnipeg Hosts The 1984 National Service Women's Softball Championships 27-30 Aug 84 Ball Diamonds Bldg. #90

Mon. 27 Aug 84	Schedule	
0900	D.A. #1	Opening Ceremonies
0930	D.A. #1 D.A. #2	Prairie vs Pacific Ontario vs Europe
1330	D.A. #1 D.A. #2	Quebec vs Atlantic Europe vs Pacific
1800	D.A. #1 D.A. #2	Quebec vs Prairie Atlantic vs Ontario
Tue 28 Aug 84		
0930	D.A. #1 D.A. #2	Europe vs Atlantic Quebec vs Pacific
1330	D.A. #1 D.A. #2	Ontari vs Prairie Europe vs Quebec
1900	Banquet	Jr. Ranks Mess
Wed 29 Aug 84		
0930	D.A. #1 D.A. #2	Pacific vs Ontario Prairie vs Atlantic
1330	D.A. #1 D.A. #2	Europe vs Prairie Pacific vs Atlantic
1800 hrs	D.A. #1	Ontario vs Quebec
Thurs 30 Aug 84		
0930	D.A. #1	Final Game?
1330	D.A. #1	If Necessary

**SEE THE FORCES
FINEST IN
ACTION**



*"Give what you have.
To someone it may be
more than you
dare to think."*

LONGFELLOW

United way 

**CFB Winnipeg
CAMPAIGN
Kickoff
10 Sept 84**

EDITORIAL



BRAVO! to all the competitors and officials at the XXIII Olympics especially our Canadians who made Canada very proud. Had the opportunity while on leave to watch many hours of our athletes while they performed their best for our country. Some people complained that all that was on television those 16 days was Olympic coverage. Are all those people narrow minded as these athletes in the last 4 years have put in thousands and thousands of hours of hard work. But there are a few people that complain of a couple of hundred of hours of coverage to see the best in the world. These hearty individuals that did not want to watch the Olympics in action only had to change the station to get their mind stimulating soaps.

But to all Canadians we should be very proud of our members of our Olympic team and let's look forward to Calgary and Seoul for the 88's and more gold.

Well after spending my holidays relaxing in the sun and its back to the grind. The base is hosting the Servicewomens National Softball Championship the 27-30 Aug. 84. Games will be played on the ball diamonds behind the Rec Centre Bldg. #90. There will be teams from all across Canada and Europe at this competition so if you have some spare time come and watch the girls play ball and find out who is the best in the Canadian Forces. Our Prairie Region representative this year will be CFB EDMONTON.

The Toronto Blue Jays are having a banner year and the CFL West has the best two teams in the league but what do these teams have in common. If you follow these two sports you will discover to everyone's amazement that both the teams that end up in the runner-up position get nothing for their years work.

The Blue Jays if they play 500 or better ball will have the second best record in the American League but being in the same division as Detroit Tigers they will not get a chance at the pennant; it is possible thou that a team that has played 500 ball for the year will get a shot at the American League pennant.

Winnipeg and B.C. have the two finest teams, but the same as the Blue Jays one of these teams will be a bridesmaid. There must be a logical approach to the problem posed by the CFL and the National and American Baseball Leagues. Look at the NFL they have a system that uses wild card berths in a playoff situations and then on the other extreme you have the NHL that after a year of playing you only eliminate 5 of the 21 teams involved. I have thought of many types of situation that could solve this problem but alas I am stumped so my plea to the readers of the Voxair is that if you can come up with a solution to the professional sports dilemma please send in your suggestions and if they make sense to all concerned this editor will publish your ideas for our own satisfaction cause we all know the big boys at the top will only laugh at us.

Remember the children still have a week of holidays left so let's be careful out there.

EDITOR

LETTER TO THE EDITOR

Attention: Editor, Voxair

416 ALL WEATHER FIGHTER SQUADRON REUNION

1. A letter from this office, dated 15 May 1984, was sent to you requesting the publication of a letter advertising the forthcoming 416 All Weather Fighter Squadron Reunion in November, 1984. The letter at that time gave a date of November 22, 1984 for the Reunion; now due to prior commitments of the Air Command Band, this date has been changed to November 23 and 24, 1984.

2. If you could please disregard the letter dated 15 May, 1984, and publish the following in the October and November issues of your publication, it would be greatly appreciated.

"After 22 years of flying the CF101 Voodoo at Canadian Forces Base Chatham, 416 All Weather Fighter Squadron will be temporarily stood-down at the end of 1984 awaiting conversion to the CF18. The Squadron will be hosting a Reunion/Close-Out Party, now to be held on the 23rd and 24th of November 1984, at CFB Chatham, New Brunswick. This occasion will also be used to bid farewell to the CF101, as 416 AW(F) Sqn is the last remaining operational Voodoo squadron in the World.

The Reunion/Close-Out Party is open to all past and present Lynx Squadron members and will be comprised of a Meet and Greet Function on the 23rd and a Dinner and Dance during the evening of November 24th. Anyone wishing to obtain further information should contact Captain Darrell Synnott, 416 AW(F) Sqn, CFB Chatham, Curtis Park, New Brunswick EOC 2E0, or telephone (506) 773-4421 Loc 316."

3. I thank you for your support with this task of notifying past squadron members of the Reunion.

W. A. Kalbfleisch
Lieutenant-Colonel
Commanding Officer



EACH STEP TAKES US A LITTLE CLOSER TO HIS DREAM.

Terry Fox had a dream. He wanted cancer stopped. Stamped out. Taken out of a nightmare vocabulary too many of us are too familiar with. So Terry ran—he struggled, pushed himself to the limit—because he wanted the hurting to stop. Period. Since his death, over half a million people have taken up his cause. Most have run, many have walked—and some have participated under the same restrictions Terry himself was faced with.

What they all had in common with Terry was courage. Courage to confront the nightmare. Courage to get out and do something about it. This year marks the fourth year that we can raise money for cancer research in Terry's memory. The fourth year we can actually do something to help wipe out this disease. **Won't you participate? Run, walk, ride, man a desk, organize a run, sponsor a participant, cheer the cause.** Do a little, do a lot—but do something. The hurting has to stop. Together we can give cancer research the strength it needs so badly. Together we can give cancer research all the strength Terry willed it to have. On September 23rd, come out and join us. Participate, and help make Terry's dream a reality in our lifetime.

TO ORGANIZE A RUN:

Ask your local club, PTA, school, or neighbourhood association for help. Write or call The Terry Fox Run Office for an application form. Apply before September 10th, and we'll send you The Terry Fox Run Kit with everything you need to organize a Terry Fox Run in your area.

TO PARTICIPATE IN A RUN:

Write or call The Terry Fox Run Office. They will have a list of all run sites in your province.

The Terry Fox Run
777 Portage Avenue, 2nd Floor
Winnipeg, Manitoba
R3G 0N3
Telephone: (204) 775-4715/774-7483

The Terry Fox Run
SUNDAY, SEPTEMBER 23.



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COPY FOR NEXT
ISSUE REQUIRED
BY 28 AUG 84

Square Dancers

The Soellingen Swinger Square Dance Club of Canadian Forces Base Baden, West Germany will be holding a reunion on the weekend of Oct. 4, 5, 6, 1985 to commemorate 25 years as a club. All past club members are invited to attend this event. Along with the fun of renewing acquaintances and making new friends local tours of the Black Forest are planned plus more. If you are a past club caller planning to attend, let us know, as we would like the program to include only past callers for the club.

An accommodation and transportation must be arranged in advance, please let us know if you plan to come as soon as possible, giving the following information: size of party, duration of stay, and the years you belonged to the club. Send your letter to: Soellingen Swingers Reunion, c/o A. Himberg-Larsen, P.O. Box 508, C.F.P.O. 5056, Belleville, Ont. K0K 3R0.

Following the
Canadian Forces



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VOXAIR est le journal non officiel de BFC Winnipeg et est publié à tous les deux semaines avec la permission du Commandant de la Base Colonel S.E. McGowan C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministre de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressé à: VOXAIR, Bldg. 10, BFC Winnipeg, Westwin, Manitoba R2R 0T0.

Taux d'abonnement sont: 10.00\$ pour un an et 25.00\$ pour trois ans.

Commanders Presentations



On 21 Jun 84 Lieutenant-General P.D. Manson, Commander Air Command presented the following awards or decorations: (Back row, left to right) Maj M. J. Ethier, 1st Clasp to CD; Maj D. J. Crichton, CD; Sgt J. G. Collier, CD; WO J. R. Hughes, 2nd Clasp to CD; Maj G. M. Ingimundarson, 1st Clasp to CD; WO R. F. Dick, 2nd Clasp to CD; Maj M. W. McKeigan, 2nd Clasp to CD; Maj T. F. Lazaroff, 1st Clasp to CD; LCol A. W. Telik, 1st Clasp to CD; Capt V. M. Weaver, 1st Clasp to CD; and Capt I. L. Cheverie, 2nd Clasp to CD. (Front row) Maj J. C. McNeil, 1st Clasp to CD; CWO J. R. Y. Bedard, CWO Scroll; LGen Manson; MGen D. M. McNaughton, 2nd Clasp to CD; and Mr. W. J. Ridley, 35 yr medal.

Long Term Service

LCol E. V. McNeill, Commanding Officer, Air Cadet Camp Penhold, Mynarski Park, Alberta, recently received the Second Clasp to his Canadian Decoration Medal. Presenting LCol McNeill with his Second Clasp is Col M. M. Zrymiak, Deputy Commander, Air Reserve Group Headquarters, Air Command, Winnipeg. Col Zrymiak earlier officiated at Cadet Camp Penhold as Reviewing Officer for the first Wing Parade at the Camp for 1984.

To receive this Distinction of Service, a candidate must have completed 32 years of meritorious service with the Canadian Armed Forces. The 32 years include 23 years with the RCAF and 9 years working with Air Cadets during the summer months.

LCol McNeill spent five summers, from 1977 - 1981, as Training Officer for the Senior Leaders Course at Cold Lake, Alberta. He has been Commanding Officer of Cadet Camp Penhold from 1981 to the present. Cadet Camp Penhold is one of the largest Camps in Canada, with more than 1500 Air Cadets graduating each summer, and a staff of 180 personnel, under the command of LCol McNeill.

McNeill enlisted in the RCAF in 1950, received his wings in 1951, and spent the next two years flying Lancasters with 405 Squadron, Greenwood, N.S. He was then transferred to the Prairies, where he instructed at the British Commonwealth Navigational School.

From RCAF Station, Winnipeg, McNeill spent the years from 1957 - 1960 on the staff of Personnel Selection Aircrew in London and Centralia, Ontario. He then returned to Maritime Command.

McNeill's next tour of duty was flying the Argus Aircraft with 415 Squadron, Summerside, P.E.I., followed by four years as an instructor with 449 Squadron. Upon completion of this assignment, LCol McNeill was transferred to Vancouver Island, CFB Comox. He served at CFB Comox from 1968 to 1972 with 407 Squadron before retiring from the Armed Forces.

Not to be retired for long, McNeill returned to the University of London where he received his Teacher's Certificate in 1973. He is presently employed by the Lambton County Separate School Board in Sarnia, and is teaching at St. Helen's School. He is married and has five children.

When I started this column, some two years ago I stated my intention to include news and views as perceived from the sunset end of a lengthy career.

This column is the most difficult I have ever attempted. It is a view of a piece of our personal life which forms a part of the total mosaic of the life and times of this writer.

The photo at the head of this column is of our Old English Sheepdog, "Thumper", (admittedly a couple of years ago).

Thumper died last week after being hospitalized for seven days with the equivalent of leukemia.

All of the words written in the past about the loss one feels when a family pet dies have become totally inadequate. Our grief is overwhelming and our loss is irreplaceable.

In case a reader is inclined to say that I'm over-reacting and that "It's only a dog", please don't.

Thumper, whose full pedigree name was Caversham Thumper Blue was a dear friend, a faithful and loving companion and a patient listener. With a cock of his head and a gentle nudge, he could turn this somewhat jaded old geezer into jelly.

He followed me everywhere, his head pressed against my right hip. If my hand went inside my pocket, he'd nudge it out expecting, and receiving, a scratch on the ear.

He reserved his best kisses for Jane, delighting in hearing her giggle and coax him for "one more Doggie Kiss".

He was very proud of his luxurious long, woolly winter coat. He'd lope along looking like a grey and white hay-stack, somewhat aloof, but let him encounter a child or even a sympathetic grown-up and he'd make friends in five seconds flat. In the spring he had his coat clipped and he invariably showed embarrassment for a day or two before rejoicing in his rediscovered unrestricted eyesight and sleek silhouette. He loved to swim. Half a dozen laps around the pool and he'd smile for hours.

All he wanted from life was loving owners, and Jane and I did our very best to provide for that need.

We know we didn't brush him enough and we didn't exercise him as much as we should, but we loved him. He returned our love a thousand-fold.

Six and a half years of wonderful memories and hundreds of photographs.

He was the best soccer player on the block and probably the worst watchdog. And we loved him.

Thumper's gone now.
God Bless, old buddy.

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LE REGIMENT DE HULL (RCAC)
célèbre
les 5-6-7 octobre 1984
son
70ème Anniversaire

Tous les anciens membres de l'unité sont invités à prendre contact avec le Régiment pour recevoir plus d'information. Du lundi au vendredi de 0900 à 1600 heures téléphone 997-3034.

THE REGIMENT DE HULL (RCAC)
is celebrating
its 70th Anniversary
On 5-6-7 October 1984

All former members of the Regiment are cordially invited to contact the unit for more information. Monday to Friday from 0900 to 1600 hours telephone 997-3034.



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APPOINTMENTS PREFERRED

Drops Anchor After 35 Years

LCdr Hatherley joined the Royal Navy in 1949 as an Engine Room Artificer Apprentice. Following service in HMS Daring and HM Submarines Turpin, Springer, Ambush and Astute, he joined the RCN in 1964 and served in HMCS Columbia as Main Propulsion Chief. In April 1968, he graduated from the last of the RCN-CFR Courses and after attending Royal Navy Engineering College in Plymouth, he served in HMCS Bonaventure, FDU(A), CFFS Halifax (Eng), HMCS Annapolis, and HMC Dockyard (A) Staff. He was promoted to LCdr in March 1975 and received his current posting as RSS Staff O (A&T) HMCS Chippawa (Winnipeg) in August 1979. LCdr Hatherley, his wife Janet, and son, Andrew, presently live in River Heights, and look forward to some travel, golf and basking in their new pool.



LCdr Peter Hatherley CDN, RN, RCN, CAF, Staff Officer, HMCS Chippawa, being presented with retirement gift on completion of 35 years service. Presentation by Cdr Brian Duggan, Commanding Officer, HMCS Chippawa, on behalf of Officers Mess, CFB Winnipeg.

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Registration Aug. 13-31, 1984



SCAN CORNER

How To Avoid Being Hired

The Placement Office of New York University lists the 50 reasons that are most frequently mentioned by employers for rejecting job applicants. The information is based on reports from 153 companies. If you are out to land a job, take inventory of yourself in relation to these facts. If you still have a period of schooling ahead of you, start immediately to work on any traits that may hinder you later in getting a job or being promoted. As you read the reasons for rejection listed below, ask yourself how you would rate in relation to each.

CEIC Winnipeg, in its contacts with employers in our local labour market, can confirm that local business and industry thinks the same as those in charge of the firms where the original survey was made. As a job seeker, do any of the following "reasons for non-hiring" fit you? All of these reasons can be corrected or adjusted by yourself.

- Poor personal appearance.
- Overbearing, overaggressive, conceited, superiority complex, "know-it-all".
- Inability to express himself clearly - poor voice, diction, grammar.
- Lack of planning for career - no purpose and goals.
- Lack of interest and enthusiasm - passive, indifferent.
- Lack of confidence and poise, nervousness, ill at ease.
- Failure to participate in activities.
- Overemphasis on money - interested only in best dollar offer.
- Poor scholastic record - just got by.
- Unwilling to start at the bottom - expects too much too soon.
- Makes excuses, evasiveness, hedges on unfavourable factors in record.
- Lack of tact.
- Lack of maturity.
- Lack of courtesy - ill-mannered.
- Condemnation of past employers.
- Lack of social understanding.
- Marked dislikes for school-work.
- Lack of vitality.
- Failed to look interviewer in the eye.
- Limp, fishy handshake.
- Indecision.
- Loafs during vacations - no job experience.
- Unhappy married life.
- Friction with parents.
- Sloppy application blank.
- Merely shopping around.
- Wants job only for short time.
- Little sense of humour.
- Lack of knowledge of field of specialization.
- Parents make decisions for him.
- No interest in company or in industry.
- Emphasis on whom he knows.
- Unwillingness to go where we send him.
- Cynical.
- Low moral standards.
- Lazy.
- Intolerant, strong prejudices.
- Narrow interest.
- Spends too much time at motion pictures.
- Poor handling of personal finances.
- No interest in community activities.
- Inability to take criticism.
- Lack of appreciation of the value of experience.
- Radical ideas.
- Late to interview without good reason.
- Never heard of company.
- Failure to express appreciation for interviewer's time.
- Asks no questions about the job.
- High pressure type.
- Indefinite response to questions.

CDS Appoints CFCWO

OTTAWA — General G. C. E. Theriault, Chief of the Defence Staff, has announced the appointment of Chief Warrant Officer Gilles J. Turgeon of Megantic, Que., as Canadian Forces Chief Warrant Officer (CFCWO) effective July 16.

The CFCWO, the senior non-commissioned officer in the Canadian Forces, advises the Chief of the Defence Staff on matters affecting non-commissioned officers and other ranks of the military.

CWO Turgeon is currently serving at CFB Trenton as Squadron Warrant Officer and Administration Officer with 426 Training Squadron.

CWO Turgeon joined the Royal Canadian Navy, Naval Air Branch, in 1954. He trained as an airframe and aviation technician at CFB Shearwater. He served with several land-based squadrons and on the Canadian aircraft carriers HMCS MAGNIFICENT and HMCS BONAVENTURE.

He was promoted Chief Warrant Officer in 1977 and served as Base Warrant Officer at CFB Bagotville until his posting to CFB Trenton in 1981.

CWO Turgeon replaces CWO Fred G. McKee, of Montreal, who is retiring from the Forces.



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They've been installed at the entry onto the aircraft ramp near the fire hall, and between 16 and 10 hangars. Their purpose is to dislodge stones from vehicle tires in order to help eliminate a F O D hazard on the aircraft ramp.



If you are driving a vehicle authorized on the ramp definitely drive over the centre of the FOD SHAKER S-L-O-W-L-Y, as you see demonstrated here by the Base Commander and the Base Technical Services Officer.

Comd. Chaplain Retires



On 31 July Col Eric Vernon Porrior C.D. retired from active service as Command Chaplain (P) Air Command. Padre Porrior's career was marked by his dedicated concern for the people he was called to serve. As a command chaplain he provided wisdom and guidance to those under his command. Col. Porrior has the distinction to be the only chaplain to date that has served at the Command level of each of the three elements of the C.F.

Eric Vervon Porrior was born in Halifax, Nova Scotia, July 1926, the son of WO and Mrs. H. A. Porrior. He received all his early education there and also attended Queen Elizabeth

High School, the University of Kings College and St. Mary's University. He was ordained Deacon of the Anglican Church of Canada in 1951 and Priest the following year, and subsequently served the next five years in the Diocese of Nova Scotia.

In 1954, he enlisted in the Canadian Army Supplementary Reserve and served part-time as Chaplain (P) of the Halifax Garrison. In 1956, he transferred to the Canadian Army Regular as a Chaplain (P).

Padre Porrior has served in Camp Gagetown, CBUME Egypt, 4CIBG Germany, Manitoba Area HQ Winnipeg, Eastern Ontario HQ Kingston, CFB Kingston and CFB Shearwater. Promoted to Major in 1965, and Lieutenant-Colonel in 1973, he served appointments as Command Chaplain (P) MarPac HQ Esquimalt, Command Chaplain (P) FMC St. Hubert, and Director of Pastoral Activities NDHQ. In Aug 1981, he was promoted to Colonel and appointed Command Chaplain (P), Air Command Winnipeg.

On 2 November, 1980, Padre Porrior as installed as a Canon at Christ Church Cathedral, as a member of the Anglican Bishop Ordinary's Chapter.

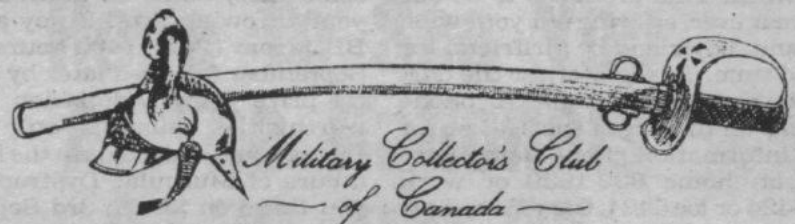
Padre and Mrs. Porrior will be missed by their many friends in Winnipeg. The Porrior's plan to reside in Ottawa.

Photo by Base Photo

The Corps In '84

ROYAL CANADIAN ARMY SERVICE CORPS ASSOCIATION REUNION 28-30 SEP 84

CONTACT: PO Box 55 CFB Borden Ont. L0M 1C0.
OR - (705) 424-1200 Local 2206/2541/2525



The 10th Annual Winnipeg Gun and Militaria Show will be held on Saturday: Wednesdays Bldg. #90 2000-2300, Sundays Lipsett Hall from 1900-2230.

Fees: Military & Dependents \$15.00 DND Employees, RCMP, retired service personnel \$30.00. Civilians \$55.00.

tary Collectors' Club. The exhibits, which will be in competition for prizes, will include antique and black powder firearms, modern firearms, and a variety of military artifacts including medals, badges, swords & uniforms.

The show will be open to the public from 10:00 am to 9:00 pm Saturday and 10:00 am to 4 pm Sunday. Admission is \$2.00 with children under twelve accompanied by an adult admitted free.

In addition to competitive exhibits, the show will feature a bourse section in which professional and part-time dealers will be available to buy, sell and trade material.

The show is an annual feature of particular interest to all members of the sporting and collecting communities as well as the public at large.

For further information, contact:

Charles Fred, 633-5650 (office) 888-6731 (residence)

Defence Minister Announcements

OTTAWA — Defence Minister Jean-Jacques Blais has announced promotions and/or appointments for the following Canadian Forces Officers.

Major-General George MacFarlane, 51, of Vancouver, has been appointed Associate Assistant Deputy Minister, Materiel, at National Defence Headquarters in Ottawa.

Commodore Eldon J. Healey, 50, of Owen Sound, Ont., has been promoted to the rank of Rear-Admiral, and appointed Chief Engineering and Maintenance at NDHQ.

Captain (N) James E. Green, 48, of Farnham, Que. has been promoted Commodore and becomes project manager for the Canadian Patrol Frigate Program at NDHQ.

Captain (N) E. Edward Lawder, 46, born in Durban, South Africa, has been promoted Commodore and appointed Chief of Staff, Material, Maritime Command Headquarters, Halifax.

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SPORTS SHORTS

Darts

The time is here to start thinking about playing darts. The JRC Dart League will be meeting 11 Sept. in the JRC with league play starting in the next week. This promises to be our best year ever, so bring out your wife, husband, boyfriend or girlfriend for a good time. To register for the dart season write your name & phone number on the list in the JRC or for more information phone Gary Harochan at, home 832-1939 or work 895-5424 or loc 5424. Gary Harochan 832-1939.

Junior Ranks Host 7th Annual Jerry Lewis Telethon

This year as in past years the Junior Ranks Mess, Canadian Forces Base Winnipeg, North, shall be doing our thing in assisting the Jerry Lewis Telethon in aid of Muscular Dystrophy. With our needed pledges you will help us fight against this terrible, crippling disease. Our Telethon starts from opening at 1200 hours the 2nd of September with continuous bar service til closing on 3rd September. The Junior Ranks Mess shall be open to all ranks of the Military, Civilian Employees of DND and their guests. Come on out, bring a friend and enjoy continuous music at .50 a request, kissing booths (male & female) casino games, beauty contests, marathon dancing and many more events too numerous to mention. Also this year the Dunk Tank featuring guest celebrities. Come on down and test your throwing arm. Enjoy a jumbo BBQ from 1200 - 1400 hours on 3rd September followed later by our raffle prize draw. Admission for the worthwhile cause is only \$3.00. Please come and aid us in the fight for a cure of Muscular Dystrophy. See you there on 2nd & 3rd September 1984.

Badminton Club Starts

The CFB Winnipeg Badminton Club will be starting play Wed 5 Sept 84 at the Westwin Rec Centre Bldg #90. The club plays every Wednesday and Sunday: Wednesdays Bldg #90, Sundays Lipsett Hall from 1900-2230. Fees: Military & Dependents \$10.00 DND Employees, RCMP, retired service personnel \$40.00. Civilians \$50.00. Minimum Age: 16 as of the 1st Sept 84. A membership with the club includes birds, club tournaments, subsidizes get-togethers and year end banquet. All you supply is your racquet. Free Instruction Available. All calibre and levels of play. Everyone welcome. Contacts: Capt. Bob Biggart Loc. 5896, Maj. Al Joplin Loc. 5812.

Get Involved

Men and women required as leaders for Scouts, Cubs, Beavers, Pathfinders, Guides and Brownies, experience not required (will receive training and assistance). For more info contact:
 Scouts & Cubs Jerry Stewart 489-9655 or Loc. 6180
 Pathfinders & Guides Denise O'Brien 489-2905 after 4:30
 Roberta Popoff 489-5030

Meeting times in the fall:
 Scouts 7:30 - 9:00 p.m. Mondays, Lipsett Hall
 Cubs 7:00 - 9:00 p.m. Thursdays, Lipsett Hall
 Beavers 6:30 - 8:00 p.m. Wednesdays, Lipsett Hall
 Pathfinders 7:00 - 9:00 p.m. Tuesdays, Lipsett Hall
 Guides 6:30 - 8:30 p.m. Tuesdays, Lipsett Hall
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Y.B.C. Registration

Registration will take place for the coming YBC season at the Westwin Bowling Lanes, Sep 5 and 6 from 7:00 - 9:00 p.m.; and Sep 12 and 13 from 7:00 - 9:00 p.m. Bowling to commence Sep 15, 1984. Registration cost is \$3.50 per child.

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CFB Edmonton Wins Prairie Region Service Women's Softball Championship

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Hope To See You At The Nationals 27-30 Aug 84.

CFB Winnipeg Golf Club Autumn Gold Tournament 8-9 Sept 84

CFB Winnipeg Golf Club will host their annual Autumn Gold Golf Tournament on 8-9 Sept 84 at the Wasagaming Golf Club in Riding Mountain National Park.

Individual application **must** be received by Mr. Baldwinson, Box 100, Westwin, MB, R2R 0T0, prior to 31 Aug 84. Entry is limited to 144 golfers on a first come first served basis. A womens' division is available for either one or both days of the tournament. Application forms may be picked up at Baldwinson Insurance Agency Building 90 or the Hercules Lounge.

The meet and greet will be held commencing at 1900 hrs on Friday 7 Sept 84 at the Wasagaming Community Hall (near Doners Lodge). See you on the Tee!

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*Music on Friday Aug. 24 by Brad Eadie (Sound Unlimited)
and Friday Aug. 31 by our own Marcus Carnegie.*

NOTICE

Bar Opens on Tuesday 4 Sep at 8 p.m. for
Election Returns. Watch it on T.V. at the Herc

See you at the Herc

CFB WINNIPEG GOLF CLUB AUTUMN GOLD GOLF TOURNAMENT WASAGAMING GOLF CLUB - RIDING MOUNTAIN NAT PARK 8-9 SEPT. 1984

NAME _____ USUAL FIRST NAME _____

HOME PHONE _____

RETURN ADDRESS _____
(only those outside Winnipeg)

BASE, ORGANIZATION OR SPONSOR _____

APPROX. AVG. SCORE _____

ENTRY FEES CHECK (✓) APPLICABLE

A. MALE SECTION (2 DAYS) \$35.00 _____

B. FEMALE (2 DAYS) \$35.00 _____

C. FEMALE (1 day - SAT) \$25.00 _____

1. Entry fee to accompany entry form. Cheques made to "CFB Winnipeg Golf Club."

2. Entry deadline noon 31 Aug 84. Entry limited to 144 golfers.

3. A "Meet and Greet" will be held at 7 p.m. Friday night at the Wasagaming Community Hall.

4. Mail entries to: CFB Winnipeg Golf Club

P.O. Box 100, Westwin, Manitoba R2R 0T0

Attention: Mr. Baldwinson

5. Contacts at CFB Winnipeg are: Capt Hal Steffler - 8 95-5455

Capt Al Brabant - 895-5597, Mr. Al Baldwinson - 888-4763.

6. Those wishing to enter as toursoome for first day of the tournament, please enter names below:

A. _____ C. _____

B. _____ D. _____

7. We are attempting to reserve electric carts. Those requiring carts indicate below:

Medical _____ Other _____ Golf Partner _____

8. RESERVATIONS: Doners Lodge (Special rates) - 204 848-2404, Johnson Cabins 204 848-2524



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SAT - NOON - 9 PM
SUN - 7 - 9 PM

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GROCERY MINIMART
PHONE 620 or 889-6394
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7:15 AM - 9 PM
SAT & SUN
10 AM - 5 PM

I C.E.U. Change of Command

On 25 July 1984, a Change of Command ceremony was held at CFB Winnipeg where 613 302 793 LCol W.W.A. Anderson, CD, assumed command of 1 Construction Engineering Unit from LCol J. R. Hosang who has been posted to AIRCOM DCOS MILE as the Senior Staff Officer of Quartering.

LCol Anderson, an engineering graduate of the University of Alberta, had previously served as a project officer with 1 CEU from 1970 until 1973. LCol Anderson's previous appointment was Base Construction Engineering Officer at CFB Halifax. The Change of Command ceremony was witnessed by Col J. R. Fryer, NDHQ/Director General Works. Also in attendance were Col S. E. McGowan, BComd CFB Winnipeg; Col W. D. Johnston, Air Command DCOS MILE; Col J. E. Woods, BComd CFB Chilliwack; and Col M. C. Sutherland-Brown, Colonel Commandant Canadian Military Engineers.



L to R: LCol W.W.A. Anderson, Incoming CO 1 CEU Col J. R. Fryer, NDHQ/Director General Works LCol J. R. Hosang, Outgoing CO 1 CEU.

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B M (L) Presentations



Cpl Chris Flood received his corporal chevrons from Capt A. C. Augustson, A/Bmlo. Congratulations to old Slim and Trim from the Staff.



Cpl Brian (the bear) Case received a posting plaque upon his departure from BML. Brian will be taking up his new employment at RSS Minto. Good luck from the staff.

B.T.N.O. Promotion



Cpl (W) Jackie Johnson received her Cpl's hooks from Major (Dick) Savage, BTNO.

Photo by Base Photo

Bameo Promotion



"Col SE McGowan, BCom, congratulated WO H.E. McGuire on his promotion to MWO. MWO McGuire will be returning to Air Command after servicing three years with the BAMEO section. The BAMEO and staff extend their congratulations on your promotion and thank you for a job well done."

AMCRO Promotion



Cpl Cross was congratulated by Capt Delamere, AMCRO on his promotion.

"Molly" Retires



Cpl "Molly" Dawson received her Certificate of Service from Maj Baldwin, BAMEO after long and dedicated service.



Cooks Corner

Kids and nutrition, beef plays an important role

There's little doubt the eating habits of North American children and teenagers are below par. Studies conducted in both Canada and the U.S. have pointed to a number of deficiencies in the diets of children and adolescents.

According to the Nutrition Canada survey, approximately one-third of our children and adolescents have diets low in iron. About a quarter are low in calcium and one out of six are low in vitamin C. A U.S. study of over 3,000 pre-school children showed their diets to be unnecessarily high in candy, soft drinks, pastries and fried snacks.

To ensure adequate nutrient intake by the young people in your house, here are a few things to consider. Meals prepared with beef will provide children and adolescents with many of the nutrients they require for growth and energy. Beef is an excellent source of protein and niacin, a good source of iron and phosphorous, and also provides zinc and B-vitamins.

The iron in beef is of key importance to the diet as it's in a form that's more easily absorbed by the body than that found in vegetables or cereals. In addition, beef in the diet increases your body's ability to absorb iron from other food sources.

Because children and adolescents grow and develop at a much more rapid rate than adults they need more of each nutrient in relation to their body size. Also, children are more physically active, so their bodies need more fuel.

After a busy day the preparation of a nutritionally sound meal needn't be a tedious task. Children love to help in the kitchen, so why not let them? Salad making can be great fun for young people, and when it comes to teaching them about nutrition and food variety, salads are in a class by themselves. When preparing Sunny Beef Salad, marinate beef strips ahead of time and let the kids add the fruits and vegetables just before serving.

Sunny Beef Salad

- 500 g (1 lb) cooked beef, cut into thin strips
- 25 mL (2 tbsp) honey
- 2 mL (1/2 tsp) salt
- 1 mL (1/4 tsp) ginger
- 1 mL (1/4 tsp) nutmeg
- 15 mL (1 tbsp) white vinegar
- 15 mL (1 tbsp) oil
- 750 mL (3 cups) broccoli flowerettes, blanched
- 1 apple, cored, halved and sliced
- 1 medium onion, halved and sliced
- 1 can (284 mL/10 oz) mandarin orange segments

Drain mandarin oranges and reserve liquid. Combine honey, salt, ginger and

Colourful Canned Fruits



More cooks are into "putting down" the luscious fresh fruits available at pick-your-own orchards, local roadside and farmer's markets and grocery stores. The ones with the best results are using an ascorbic acid colour-keeper like Fruit-Fresh to help prevent discoloration—and flavour loss during the preparation and storage of the canned fruit.

Experienced cooks have learned that the canning process is a science and step-by-step procedures must be followed for excellent results. If the few basic rules are not heeded waste and disappointment result.

- Always choose firm ripe fruits for canning.
- To prevent darkening while fruits are being prepared for canning and during the canning process treat cut fruits with Fruit-Fresh. It is available from the freezing and canning supplies section of the supermarket. You will find it in an easy-to-use, handy screw-top jar with a shaker-cap snapped on to its top. Each jar contains enough ascorbic acid mixture for 35 kg/75 lbs of fruit. Dissolve 45 mL (3 tbsp) Fruit-Fresh in 2 L (8 cups) water. Add fruit as it is peeled and sliced to eliminate discoloration. When canning use 5 mL (1 tsp) Fruit-Fresh in each 250 mL (1 cup) liquid used. (For pears double this

amount.)

- Have clean jars ready with new lids if they are the self-sealing type; new rubber rings if they are the type with glass lids.
- Pack fruit, hot or raw, into clean, hot jars.
- Cover with syrup or boiling water leaving a 1 cm (1/2 inch) head space. (Remember to add Fruit-Fresh to this liquid.)
- Remove air bubbles, wipe sealing edge, place lids in place and adjust following manufacturers' directions for type of jar used.
- Process fruits in a "boiling water" bath in a canner for processing time stated in directions. Always remember to start the timing once the water in the canner with the jars of fruit in place comes to a boil.
- For calorie-counters can fruit in its own juice, in unsweetened fruit juice or in water. The processing time for a specific fruit is the same whether or not the liquid is sweetened.

For more canning, freezing, drying and fresh fruit recipes please write for the free leaflet "Preserving the Best" to Fruit-Fresh, Bovril Canada, 5600 Trans Canada Highway, Pointe Claire, Quebec H9R 1B6.

Gingered Apple Pear Butter

- 10 medium fully ripe pears
- 8 medium apples

- Fruit-Fresh ascorbic acid colour keeper
- 750 mL [3 cups] granulated sugar
- 2 mL [1/2 tsp] ground ginger

Wash pears and apples and cut into eighths into a large saucepan. Sprinkle with Fruit-Fresh. Cook, without water or with just enough to prevent sticking, until soft and tender. Press through a sieve or food mill. Discard cores and skins. In clean saucepan combine fruit pulp, sugar, 15 mL (1 tbsp) Fruit-Fresh and ginger. Bring to a boil and cook over high heat, stirring frequently, for 20 to 25 minutes, or until a wooden spatula leaves a path on bottom of pan. Pour into hot sterilized jars. Seal with sterilized self-sealing lids or melted paraffin and lids. Cool and label. Store in cool, dry, dark place. Makes about 1.5 L (6 cups).

Apricot Almond Butter

- 1 kg [2 lbs] large ripe apricots, halved and pitted
- 15 mL [1 tbsp] Fruit-Fresh ascorbic acid colour keeper
- 500 mL [2 cups] granulated sugar
- 10 mL [2 tbsp] almond extract

In food processor or grinder puree apricots, including peel. In a bowl combine fruit puree, Fruit-Fresh and sugar, cover, and

leave in a cool place for 2 to 3 hours. Transfer mixture to a heavy saucepan, bring to a boil and cook over high heat, stirring frequently, for 30 to 35 minutes, or until a wooden spatula leaves a path on the bottom of the pan. Stir in almond extract. Pour into hot sterilized jars. Seal with sterilized self-sealing lids or melted paraffin and lids. Cool and label. Store in cool, dry, dark place. Makes about 750 mL (3 cups.)

Cinnamon

Apple Rings

- 3 kg [6-1/2 lbs] well shaped, firm, ripe apples
- Fruit-Fresh ascorbic acid colour keeper
- 1 to 2 batches Thin Syrup

- Cinnamon sticks, 5 cm [2-1/2 inches] long
- Red food colouring

Wash apples, peel and core running corer all the way through apple. Slice about 1 cm (1/2 inch) thick to form rings. To prevent discoloration drop into a Fruit-Fresh soaking solution made by dissolving 45 mL (3 tbsp) Fruit-Fresh in 2 L (8 cups) water.

In a large saucepan combine ingredients for Thin Syrup. Add 2 to 3 cinnamon sticks and food colouring for desired colour. Place over heat, bring to the boil and boil 5 minutes. Add drained apple rings, remove from heat and allow to stand about 10 minutes. Return to heat and bring to a boil then reduce heat and simmer 20 minutes until apple rings are coloured. Remove from heat and allow apple rings to cool in the syrup. Drain off the syrup into a saucepan and bring to a boil.

Pack the apple rings into hot canning jars. Cover with boiling syrup, leaving 1 cm (1/2 inch) headspace and discarding cinnamon stick head space. Remove air bubbles; adjust lids. Process in a boiling water bath 15 minutes for 0.5 L (pints) and 20 minutes for 1 L (quarts). Cool, label and store in a cool, dry, dark place. Makes about 8 cups (2 L).

Thin Syrup:

Combine 500 mL (2 cups) granulated sugar and 25 mL (2 tbsp) granulated sugar with 4 cups water. Heat to dissolve sugar. Makes 1.5 L (5 cups).

nutmeg in small saucepan. Add reserved liquid, vinegar and oil. Simmer 2 to 3 minutes, stirring occasionally. Cool. Place beef strips in bowl, cover and marinate in refrigerator 1/2 hour. Combine fruit and vegetables. Drain beef strips. Add to fruit and vegetable mixture. Slowly add remaining marinade to salad. Not all remaining marinade may be necessary. Toss lightly. Line serving platter with romaine lettuce; place beef salad on top. Sprinkle with slivered almonds, if desired. Makes 4 to 5 servings.

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Vosair

Well the BOSS is away so there is finally some time to get on with some important matters . . . there, my thumbs have been thoroughly twiddled so its on to lesser matters.

The Nav School is having a Golf Tournament at John Blumberg Golf Course on Friday the 17 Aug the reason for the tournament is to give all of us a pack of lies to tell each other at our Annual Sqn picnic on the 26th of this month.

The above mentioned Sqn picnic will start out with a Car Rally with a surprise finishing spot (hint the picnic is at the oasis campground at Birds Hill Park).

The Commandant of CFANS is proud to announce the much awaited Graduation of course 8308, I say much awaited because the date of Graduation had been set 4 times. The graduates and their postings are:

2LT K.L. Jones VP 405 SQN Greenwood.

2LT A.J. Mackay VP 407 SQN Comox.

2LT R.W. McBride HS 423 SQN Shearwater.

2 LT R.H. McGowan 424 (T) SQN Trenton.

2LT D.A. Richards 435 (T) SQN Edmonton.

2LT K.J. Rodzinyak VP 415 SON Greenwood.

2LT W.S. Taylor VP 415 SON Greenwood.

The Graduation for these gentlemen will be held on Thursday 26 Aug 84. The Reviewing Officer is the new C.O. of 14 Training Group BGen Price.

LCol Forbes would like to thank the party(ies) who finally returned "JOHN DOOR". His absence was a puzzle and so's his return.

Finally one last closing point, HAPPY BIRTHDAY to Judy Young who will be 29 on August 29th.

ICBG Change of Command



CALGARY — Following a change of command parade at Currie Barracks, Calgary, the outgoing Commander of 1 Canadian Brigade Group (ICBG) Brigadier-General John L. Sharpe, is escorted on horseback from the parade square by members of the Lord Strathcona's Horse (Royal Canadians) Ceremonial Mounted Troop. The new commander of 1 CBG is Brigadier-General Clive Milner. The reviewing officer for the July 19 parade was Lieutenant-General C. H. Belzile, Commander Force Mobile Command. (CANADIAN FORCES PHOTO by Sgt. Dennis Mah).

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1 single bed with metal headboard & footboard, exc. cond. Ph. 885-3544.

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Men's garter belt 30"-40" (brand new) \$4.00 ea. Ankle Supports \$3.00 (exc. cond.) Cage (white) \$3.00 (exc. cond.). Boy's C.C.M. black hockey pants w/suspenders (M 28"-30") exc. cond. \$15.00. Boy's C.C.M. red hockey pants w/suspenders (small) \$15.00. Cooper SK600 white helmet w/cage (brand new) \$15.00. 2 boy's garter belts (20" - 33" exc. cond.) \$3.00 ea. 2 pairs of boys hockey socks (good cond.) \$1.00 ea. 2 pairs of boys 27N Cooper Hockey Gloves \$5.00 ea. black/blue (good cond.). 2 boy's small hockey sweaters \$1.00 ea. (good cond.) Cooper EK26 Boy's Elbow Pads \$4.00 (good cond.) Cooper DG4S boy's hockey skin pads \$5.00. 1 blue drawstring hockey bag \$4.00. 2 pair men's hockey socks \$2.00 ea. Call Debbie Hemlow 489-6959.

MOTORCYCLES

1972 Honda 750 with riding suit & 2 helmets, high backrest, roll bar, spare rear tire, like new, \$800. o.b.o. 837-3493.

CARS

1975 Fiat, 4 cyl. 5 spd. Asking \$800. OBO. 832-4878.

75 Mustang II small V8, AT, PS, PB, new exhaust, 65000 miles, must sell, need cash for tuition, \$2500 or reasonable offer. 885-7057 after 5.

78 Chevy Chevette, 4 doors, 54,000 miles \$3,200 or a good offer. 233-5949 after 6. 233-4955 between 1 and 5.

1981 Ford Mustang, P.S., P.B., 4 speeds + O/D, AM/FM cassette with auto reverse, T-top, 4 cylinders turbo, 2.3 litres \$7000 O.B.O. Cpl Meagher 885-9621 or 895-5550.

1980 Z28 Camaro 350, 4 bbl., auto., exc. cond., low mileage. Phone after 5. 489-4291.

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PART TIME EMPLOYMENT

Mess Manager - Air Reserve Officers' Mess. Preference will be given to ex-servicemen with some background in accounting/bookkeeping. Duties/Terms of Reference to be discussed during interview. Salary commensurate with experience. Applicants submit resumé to CO 402 Sqn - Hangar 10.

BABYSITTERS

Needed part-time day babysitter, also babysitter for eves. 489-2790.

Will babysit in my own home weekdays. English or French children. Please contact Joanne at 489-6483.

Needed a reliable sitter 2 or 3 afternoons a week on or near Kenaston, east side. 489-2790.

Will babysit in own home, very reliable, all ages, 7 days a week. Grant & Kenaston area. Ask for Sherry at 489-2353.

Mother of three will babysit afternoons and evenings in my home. Please contact me at 361 Kenaston Blvd. (south site) evens. between 6 & 8 p.m.

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

Wanted a reliable babysitter for 1 yr. old boy for the odd evening and day. Portage & Olive area. ph. 885-6142.

Wanted responsible babysitter for 4 & 6 yr. old occasional evening. References please. Call anytime at 885-9226.

Babysitter wanted days for 7 mos. old in my home preferably on the north site starting May 14. 832-4879 (eves), or 237-2560 (days) and ask for Nancy.

Sitter required to babysit in their home from 7:30 to 4:00 p.m. weekdays. For the month of July. Francophone is possible. Must be South Site. For more information call 895-6126 daytime or 489-5644 in the evening.

Experienced and reliable 15 yr old girl, completed Babysitting Course, is looking for work on the north site. Ph. 837-8383 and ask for Laura.

Will babysit in my own home. 885-7009.

I will babysit in my own home on south site. Mon-Fri from 7 a.m. to 5 p.m. 885-6123.

Experienced babysitter req'd for occasional evening for 6 months & 2 yr. old boys. Please call Chris at 837-5239.

Babysitters available: Jocelyn (14) & Anita (13). Both have had babysitters course - north site. 837-1249.

Req'd immediately a babysitter for a 6 yr old girl & 3 yr old boy on Seaton St. near Allard School area. \$400/month, receipts req'd. 832-0336 after 5 p.m.

Will babysit in my own home 5 days a week, reasonable rates. 489-5341.

Babysitter, 13 yr old boy, wishing to sit on the south site. Very reliable & have taken courses. Pls. call Gordon at 489-6347.

PETS

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PIANO LESSONS

Teaching given in all grades from beginner up to associate degree. Preparation for Royal Conservatory Exams if desired. Location in St. James, close to base. Reasonable rates. Phone 888-2664 after 5 p.m.

PHOTO HINTS



Günter Ott is editor of Camera Canada, a consumer photo magazine published by the National Association for Photographic Art.

By Günter Ott

FRAME YOUR SUBJECT

You can improve the photos you shoot this summer by using a simple technique called framing. It doesn't require additional equipment but it does require a subject, a background and some sort of foreground framing device such as a window, open door or leaves on a tree.

By aligning these three elements you can add a dramatic sense of depth to a picture. For example, a picture of a pretty girl in the woods framed by soft green leaves in the foreground is effective in suggesting a romantic mood. Framing works as effectively with a rectangular format as with a square

Polaroid photograph.

How can you find a frame? Look around just before taking a picture. By



moving a few feet to either side you'll probably find a tree, chair, doorway or other object that can be used to frame your subject.

The frame is usually kept right at the corner of the image so that it won't become obtrusive. Sometimes, however, a dark frame such as a window looking outwards onto a scene can effectively draw your attention to the subject.

By framing your subject well, you can make a standard photograph more imaginative and more artistically pleasing!

NOTICE

St. James Assiniboia French Immersion Nursery School for 3 or 4 yr olds, afts. only. Bannatyne School, 363 Thompson Drive. Diane - 837-3041 or Lorraine - 837-7924.

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CHAPEL SERVICES



PROTESTANT

WHAT	WHERE	WHEN
Services	North Side	Sunday 11:00 a.m.
	South Side	Sunday 10:30 a.m.
Marriages	By appointment, at least 30 days before.	
Baptisms	On request, contact a Chaplain.	
Sunday School	North Side	Sunday 11:00 a.m.
	South Side	Sunday 10:30 a.m.
Counselling	North Side	895-5417
	South Side	895-6022
Emergency	Base Operator will help to locate a Chaplain	
N.B. For other activities, please call the Chaplains:		
G.E. Tonks	BChap (P)	895-5417
S.C. Fowke	Chap (P)	895-5075
G.W. Lanctôt	Chap (P)	895-6022

ROMAN CATHOLIC

WHAT	WHERE	WHEN
Masses	North Side	Saturday 6:00 p.m.
	South Side	Sunday 11:00 a.m.
		Sunday 10:00 a.m.
Marriages	By appointment, at least three months before.	
Baptisms	On request, contact a Chaplain.	
Sunday School	Air Navigation School	Sunday 9:30-10:30 a.m.
Counselling	North Side	895-5272
	South Side	895-6023
Emergency	Base Operator will help to locate a Chaplain.	
N.B. For other activities, please call the Chaplains:		
J.R. Gagnon	BChap (RC)	895-5272
J. Archambault	Chap (RC)	895-6023

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AUGUST Program

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Sat. Matinee 14:00 hrs.
Sun. Evening 20:00 hrs.

Cinema Theatre

Telephone 888-6290

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			Wed 22	Thu 23	Fri 24	Sat 25	Sat 25
			NO SHOW	<i>Private School</i>	<i>THE GUILDFEEL</i>	<i>PURPLE HEARTS</i>	
Sun 26	Mon 27	Tue 28	Wed 29	Thu 30	Fri 31		
<i>PURPLE HEARTS</i>	<i>BILL MURRAY STRIPES</i>		NO SHOW	<i>VACATION</i>	<i>Get a boy friend who won't get out of the living room?</i>		

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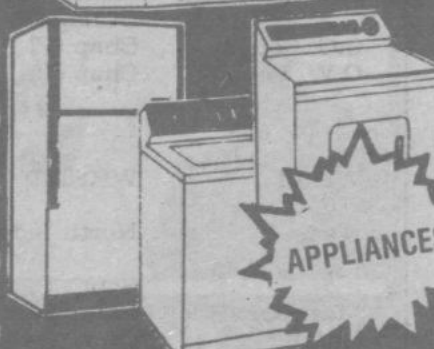


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