

Osair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

06 Feb 85

HAPPY



VALENTINES DAY



UNITED SERVICES INSTITUTE
OF MANITOBA
(ESTABLISHED 1910)

RUSI out to boost its membership

WINNIPEG — Deep loyalty to the Canadian Armed Forces and moral commitment to their welfare are two of the motives behind the Royal United Services Institute (RUSI) of Manitoba.

But the organization emphasizes that the contributions RUSI makes towards the resolutions of improved policies respecting National Defence can be advanced only through strong and active membership.

That's why the RUSI of Manitoba executive is urging eligible individuals to become members. They list the aims and objectives of RUSI of Manitoba as:

- the encouragement and promotion of naval, military and aeronautical art, science and literature;
- providing lectures, demonstrations and courses of instruction related to DND;
- the employment and remuneration of lecturers and teachers on DND topics;
- acquiring, holding and using all materials and things necessary for educational and demonstrative purposes;
- the acquisition, holding and maintenance of a museum comprising articles of and naval, military and aeronautical interest; and
- the promotion of social gatherings and meetings of persons associated with the three services, generally for national and patriotic purposes.

RUSI of Manitoba meets on the first Friday of each month in the Air Reserve Officers' Mess, CFB Winnipeg. For information regarding membership, interested individuals are asked to contact Capt. T. Sheardown, CD, at 832-4950.

The organization says it welcomes all potential members and suggests that they take the opportunity to visit their establishment and enjoy the camaraderie and hospitality.

JOIN THE RECREATION ASSOCIATION

**MEMBERSHIPS REQUIRED
BY 1 MARCH 85**

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Prairie Region Volleyball Championships

CFB Winnipeg will be hosting the Prairie Region Volleyball Championships at Lipsett Hall on the 12, 13 & 14 of Feb 1985. Teams from Alberta, Sask. and Manitoba will be participating.

The championship will be held during the hours of 0900 til 1800 on the 12 & 13 with the finals going on the 14 from 0800 till 1400.

This championship leads to the Nationals which will be held at CFB Halifax 22-24 April 85.

COME ONE & ALL. Any questions should be directed to the Rec Centre Loc 5511/5514.

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Now we're into Cabin Fever time. Sunday's edition (Jan. 27) of the Winnipeg Sun featured a couple of articles about the phenonemom. It's not as bad for those of us who can spend a few hours a day away from the cabin but even that temporary escape is often not enough to calm the mid winter bitchies. An oft heard refrain is "I know there's lot to do but I'm always so broke after Christmas!" Nothing like a shortage of ready cash to keep one close to home and hearth. It's a well known fact that this time of year brings all manner of ailments to the fore, from bad tempers to an increase in booze consumption, to severe depression, and perhaps even worse.

When it's thirty below and the wind is howling, it's hard to think about leaving the cabin for a frigid outing so we stay indoors and further aggravate the situation.

My salvation last year was a two week trip to the Mexican sunshine. This year I'm planning a mid February trip to the St. Vital Shopping Centre! (I'm so broke after Christmas!)

Cheer up, Autopac isn't due 'till February 28th.

In case you are wondering, my wife Jane accompanied me to the New Years Ball, not someone called June as published in the last Voxair.

Is anybody else glad that the Christmas party silly season is over?

This may sound pretty "square" but I just don't see Christmas as a time to get blasted with a group of virtual strangers at any drop of the hat.

HEY!

VOXAIR has a 24-hour telephone answering system to record your messages when our office is unattended.

889-3963

I've survived a couple of weeks sick-leave! Boring! I did manage to read three or four novels, get ahead on my Red River homework, teach the dog to walk on a leash and write a few letters to relatives who had given me up for lost. I spent most of the time trying to grow the hair that was sacrificed to the Surgeons work area.

Hospitals are no fun, there's a whole bunch of sick people in there! I was in a four bed ward with three (other) elderly gents, two of whom were recovering from major surgery and one who was in terrible shape with emphysema complicated by a two pack a day habit. Two days and nights with that poor guy would make anyone quit smoking.

Maybe I'm missing something in local dress regs. but I was sure that the green sweater was not to be worn as an outergarment while wandering around shopping centres, sipping suds at public bars and dining at the Golden Arches.

I'm not a T.V. addict but neither am I a T.V. snob. I like a variety and I watch a few programs that could certainly be classified as a total waste of effort. Recent T.V. fare, which rates "well done" in the Kit Bag opinion were "Charlie Grants' war" and Robert Kennedy, His Times." The first program illustrating the typical Canadian practice of hiding our heros and the latter illustrating the best of Bobby Kennedy and the worst of the Bad Guys like Johnson Hoover and Hoffa.

Asked by a fellow student at Red River, "Is it true that we have eight pilots for every airplane in the Forces?" I don't know, I'm still wondering about the number of AERE officers.

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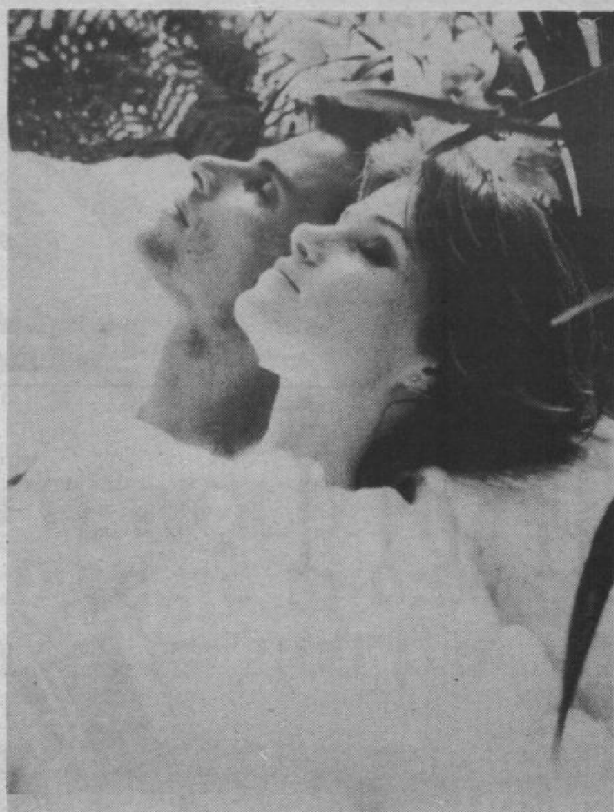
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APPOINTMENT PREFERRED



Valentine's Day romantic spa à deux

This year, bring Valentine's Day into the 80's. As lifestyles change and people become more health conscious, chocolates may not be the right route to take. Instead, why not try a romantically different idea — a relaxing spa for two.

Spas are often thought of as solitary experiences: a chance to get away from all the pressures of a daily routine. But more and more couples are realizing that a chance to escape **together** to a restful atmosphere may be just what they need to unwind and add a little spark to a relationship. If an exclusive spa is a little beyond your budget, don't abandon the idea. Instead, you can try what leading Montreal esthetician Marie-Josée Trempe, a consultant to Dove Beauty Bar, describes as the "Home Spa a deux."

According to Trempe, there are three main components of any spa regimen: relaxation or pampering, gentle exercise to revive the body, and delicious,

healthy meals. "There is no reason why you cannot duplicate these basics at home with great benefits, and minimal costs."

HOW A TYPICAL SPA DAY SHAPES UP:

- Wake up early! Start with some basic stretching exercises while still in bed. Stand up slowly and stretch to the ceiling, then touch your toes (keeping your knees slightly bent) and do other limbering exercises.
- Wash face and brush teeth. Then, go for a walk together, changing pace frequently. But, before you go, make sure you have plenty of fresh towels on hand. And, for a nice change, place fragrant sachets between them.
- For an energetic start, have a light but nourishing breakfast that includes something from each of the four basic food groups. (No bacon and eggs on a spa day!)

- Warm up your muscles with gentle stretching exercises for at least 15 minutes, then follow with more rigorous activity such as aerobic exercises, jogging, jumping rope, or a game of tennis, squash or racquetball. Stretch again to cool down after exercise.
- Now, for some pampering. Shower or bathe, using a loofah to remove dead skin cells and stimulate circulation. Dry off with your lightly scented towels and moisturize your bodies while skin is still slightly damp.
- Give each other a manicure and pedicure.
- Break for lunch: Vegetable broth, crab quiche, steamed broccoli and fresh fruit.
- Luxuriate and give each other a skin boosting facial — the Dove three minute version. Start by wetting face and neck, then lathering up your cleansing bar. Begin with a long, sweeping motion up from the neck to the chin several times. Using the back of hands, sweep right hand under chin from ear to ear, then left hand. In long strokes, sweep forefingers from nose, along cheek to ear, then up the nose to forehead around to the temples. In circular motions, gently work area above lip, around mouth beneath lip, and up jawline to ear. Keep lather wet. Rinse with 30 splashes of water.
- Ride a bike, go for a swim, do some aerobic dancing. Stretch to wind down.
- Shampoo each other's hair, then massage carefully. Rinse and use your own conditioner or apply an egg yolk/hot oil treatment. Wrap hair in a towel and leave on for two hours, then shampoo again.
- To top off your day, a Valentine's dinner à deux. Try easy-to-prepare Teriyaki Steak and Stir-fry vegetables.

Remember that the spa concept is based on the simple belief that you **deserve** to be pampered. In the end you may find that you and your partner have found a new way to spend your leisure time. And you should certainly find that you never have to resort to chocolates for Valentine's Day again.

WESTWIN THRIFT SHOP

(Thrift Shop located in basement of Bldg. 90.)

The Thrift Shop re-opened
Tuesday Jan 8, 1985 - 7 - 9 p.m.

and

Thursday afternoons from - 1:30 - 3:30 p.m.

Customers with articles to sell or donate should bring them to the Thrift Shop during the above working hours. If articles are too large to bring in, you may advertise their sale on our bulletin board. For Further information please call 885-2473 evenings.

Next Voxair Deadline 12 Feb. 85



Following the
Canadian Forces

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Naval History

HMCS REGINA IN ACTION

HALIFAX — On February 8, 1943, after a fierce battle, the Canadian corvette HMCS Regina sank an Italian submarine in the western Mediterranean.

The Regina served during the Second World War as escort to the United Kingdom-Mediterranean convoy. She had no combat experience before encountering the Italian submarine Avorio, but this did not deter the ship's captain and crew from fighting.

The boat had been detected some one hundred feet below the surface. Depth charges dropped by the Regina brought it to the surface several thousand feet ahead of the Canadian ship. Submariners quickly assembled in the conning tower where they fired scattering shots at the corvette's upper works and gun positions. The Italian vessel then tried to outrun the pursuing attacker but without success.

The Regina's gunners fired shots but through the smoke it was difficult to judge the extent to which the rounds hit home. A gun duel ensued between the two crafts. The Regina kept steady her attack and well into the hour the Avorio's crew began to abandon ship. As the submarine sank from sight, Chief Skipper Robert Thompson, RCNR, issued orders for survivors to be taken aboard before proceeding onward with the convoy. It was all in a day's duty for the corvette.

The Regina had been commissioned into the RCN on January 22, 1942. For two years the corvette served as a convoy escort vessel before she was torpedoed and sunk on August 8, 1944 by a German U-boat off Trevoze Head, Cornwall, England.



The Canadian-built corvette HMCS Regina steams in calm seas during World War II.

RESERVISTS AT SEA

HALIFAX — As early as 1912 many people believed that a volunteer reserve force would be the only saviour of the Royal Canadian Navy.

Thus on January 31, 1923, Order in Council 139 was signed authorizing the establishment of the Royal Canadian Naval Volunteer Reserve. The initiative for forming a Canadian Naval Reserve came from the Director of Naval Services. He argued that preparation for naval war could be achieved at low cost by the creation of a reserve force. The RCNVR was established to provide a reserve of partially trained personnel for emergency service.

The RCNVR complement was to consist of 70 officers and 930 seamen organized into divisions, with headquarters in major cities across the country. The volunteer reserve was established for civilians who had no affiliation with a seafaring career. Those entering were required to be healthy British subjects between the ages of 18 and 32. They had to be willing to sign on for three years, go wherever needed and perform 30 drills a year. The volunteers received .25¢ for each drill attended and when in training at Halifax, Esquimalt, B.C., or at sea they received pay on the RCN scale.

At about the same time the RCNVR was being established, a seamen's reserve was authorized. Unlike the volunteer reserve, the seamen's reserve was to be composed of men who had a professional affiliation with the sea. A complement of 70 officers and 430 seamen was authorized. The reservists signed on for five-year periods, the maximum being five terms. In addition to the standard requirement, candidates had to be willing to go wherever needed.

This reserve force was to be known as the Royal Canadian Navy Reserve. It established divisions or units in five major cities across Canada: Halifax, Montreal, Quebec, Charlottetown, and Vancouver. Small retaining fees were paid to the members of this professional reserve according to rank and length of duty.

The RCNVR and RCNR retained their original formats until 1946 when a reserve reorganization occurred. However, the RCNR and the RCNVR played extremely important roles in the mobilization of Canada's navy during the Second World War. The two distinct reserve organizations were amalgamated into the Royal Canadian Navy (Reserve) in 1946. Today, the Naval Reserve has a complement of 3,200 men and women employed by 19 naval divisions across Canada.



A naval reservist stands lookout during convoy duties in the North Atlantic.



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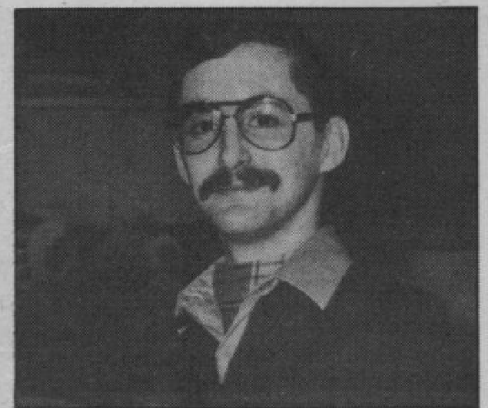
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Presentations



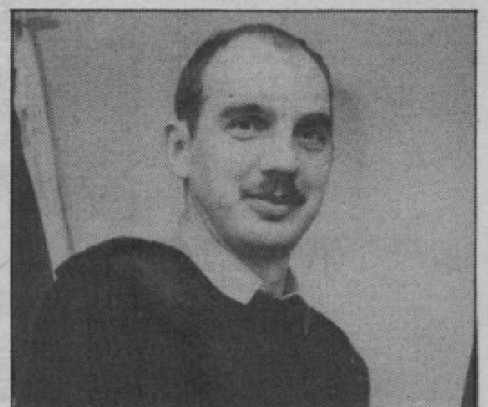
Lieutenant-General P.D. Manson, right, Commander of Air Command, is shown here presenting the Canadian Forces decoration to Major R.G. McLellan. This award recognizes twelve years of service with the Canadian Forces. Major McLellan is the Regional Social Work Officer at Air Command Headquarters. In this position he is responsible to the Command Surgeon for the provision of social work services within Prairie Region, an area that encompasses all military establishments from Thunder Bay to the BC border.



Cpl Smith was presented with his Cpl chevrons by Lt GF Fisher, ARO. Congratulations are extended by all BAMEO Section.



"Recently, Pte Steven received his promotion to Cpl. Congatulations from all of Base Transportation."



Cpl A.D. Peddle received his Corporal chevrons a few days ago. Congratulations from all of Base Transportation.

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I/S Hockey Update


TEAM AND COLOUR		WINS	LOSSES	TIES	GAMES PLAYED
EAGLES	ORANGE	15	4	2	21
BRAVES	GREEN	12	7	1	20
DOLPHINS	LT BLUE	10	9	1	20
ARROWS	WHITE	10	11		21
FLYERS	DK BLUE	5	14	2	21

TOP SCORERS	TEAM	GOALS	ASSISTS	PENALTY MINS.
Misner	Braves	36	23	32
Stubbert	Arrows	27	20	25
Carnegie	Braves	23	23	30
Vieira	Eagles	24	21	10
Pilon	Dolphins	28	14	4
Plikett	Braves	19	23	8
Smith #20	Eagles	20	21	10
Sinclair	Dolphins	22	17	0
Kennedy	Eagles	17	22	14
Newton	Flyers	21	17	25
Savage	Braves	19	18	4
Neill	Eagles	19	15	4

GOALIES	FOR	AGAINST	GAMES PLAYED
McFADDEN	83	116	18
STEWART	108	33	12
BENOIT	113	96	16
HAYES	75	101	15
PEPIN	48	38	8
JOHNSTONE	24	36	6

OTHER GOALIES HAVE PLAYED 5 OR UNDER GAMES

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Colecovision game with roller-ball and three cartridges, \$150. Phone Marc at 837-5173.

Motorcycle, 1981 Honda-750 with fairing, am-fm cassette stereo, low mileage, asking \$1900. Call Marc 837-5173.

1983 Firebird, V6 Automatic, PDL, PS, PB, AM-FM cassette, T-tops, \$11,080. Call Rob Stewart, 339-2001 or 889-3196.

1982 Firebird, 6-cylinder automatic, PS, PB, PW, air conditioner, cruise, tilt, AM-FM cassette, \$9864. Call Rob Stewart at 339-2001 or 889-3196.

Baby crib mattress, \$40; two chests of drawers, \$75 each; two muskrat fur coats, sizes 12-14, \$75 each; one violin Stainer Copy, \$500; two pine school desks, \$25 each; lady's three-speed CCM bike, \$80; girls' 14-inch bike, \$60; and Singer sewing machine, \$80. Call local 5872 days, or 837-5766 after 5 p.m.

One pair of junior X-country skis, 160 cm, \$35.00; two pair of X-country ski boots, sizes 3 and 5, \$10.00 per pair; one pair of boy's Lange skates, size 6-1/2, \$15.00. Phone 895-8301.

FOR SALE — Kitchen table with chrome legs and wooden top, six chairs, excellent condition. Asking \$150. Phone: 489-9410 after 6 p.m.

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FOR SALE — 1982 Camaro Z-28 (loaded); red exterior, tan interior, 36,000 km, four-speed transmission; must be seen; asking \$11,000; call John Giles, (work) 895-5796, (home) 832-5478.

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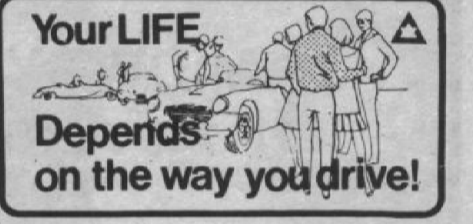
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PETS
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 Canadian Summer Resort Employment Opportunity Information offered across Canada. Age no limit. Send name, address, phone number to I.E.S., Box 429, Lumby, B.C., V0E 2G0.



MISSING CHILD
 Could you give the Police a positive identification if your child was missing. Each year, thousands of children are reported missing, however, police agencies are unable to locate or identify these children as they have no positive proof the child is yours. If your children were fingerprinted, this would greatly assist all police agencies in finding and properly identifying those missing children. In the interest of your child's safety and your peace of mind the CFB Winnipeg Military Police will be conducting a Dependant's Identification Program at the following times and locations:
 BLDG 90 1300-1630 HRS 17 FEB 85
 LIPSETT HALL
 1300-1630 HRS 24 FEB 85
THIS SERVICE IS STRICTLY VOLUNTARY EVERYONE IS WELCOME TO ATTEND.

R. C. Chapels

NORTH	895-5076	SOUTH	895-6181
PHONE NO.:	Sat: 1800 hrs		Sun: 1000 hrs
SERVICES:	Sun: 1115 hrs		
MARRIAGE:	Please give the Chaplain a three month notice. Parlez à l'aumônier au moins trois mois à l'avance		
BAPTISM:	Please make an appointment at 895-5087. Il faut nous parler aussitôt que possible.		
SUNDAY SCHOOL:	Every Sunday at Air Nav. School from 0930-1030 hrs.	Every Sunday at the Chapel from 0900-1000 hrs.	
NORTH:	Chaplain R. Gagnon - 895-5275	Deacon R. McLellan - 895-5532	SOME CONTACT NUMBERS
	Ken McLeod - 895-5532	Ken Shortridge - 895-5305	
	Larry Willitts - 889-2579	J. P. Deschênes - 895-5722	
SOUTH:	J. P. Jolin - 895-5304		

B	I	N	G	O
Every Wednesday				
at 8:00 p.m.				
in Building 21				
50¢ a Card				
\$1,000 Jackpot				

WATERBED HEATERS RECALLED
JANUARY, 1985: Owners of waterbed heaters bearing the trade name "THERMALUX MODEL 1000" manufactured by Classic Thermal Systems in Surrey, B.C., and purchased between November 6, 1984 and December 18, 1984, should stop using them immediately.

Canadian Standards Association and the manufacturer advise that these heaters pose a potential fire hazard. An overheating problem has been detected in a number of units, creating a pad failure and scorching of the bottom wooden deck of the bed. If you purchased one of these heaters between the dates mentioned above and have not already been notified by the dealer or received a service call from him, disconnect the unit immediately.

Return the heater pad only (not the control) with proof of purchase to designated depots in your area, or send it directly to the manufacturer. For designated area information, please call toll free: 1-800-663-6810. The units are manufactured by: Classic Thermal Systems 12187 Industrial Road Surrey, B.C. V3V 3S1

If you find mistakes in this publication, please realize that they are there for a purpose. We try to publish something for everyone, and some people are always looking for mistakes!

That Last drink for the road' could be your last drink, ever.

UNLESS

you are lucky! Think about it!

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WINNIPEG
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SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
COMING ATTRACTIONS							
CLINT EASTWOOD RED WING CITY HILL	STARMAN	BEVERLY HILLS Cop				Playing Theory to a Fool But It's PROGRESS	THE LITTLE DRUMMER GIRL
Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9	Sep 9
AN AMERICAN WASTELAND SHELLY LONG THE HEART	The world's most courageous missionary BENSON	NO SHOW		THE 30 FOOT BRIDE OF CANDY ROCK	THE LITTLE DRUMMER GIRL		
Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16	Sep 16
DIANE KEATON THE LITTLE DRUMMER GIRL	subject lax THE CHINESE CONNECTION	NO SHOW		No Small Affairs	Run Wild Run Free	OH GOD! YOU DEVIL	
Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22	Sep 23	Sep 23
OH GOD YOU DEVIL	WARRIOR	NO SHOW		THE SWORD OF SHERWOOD FOREST	THE TERMINATOR		
Sep 24	Sep 25	Sep 26	Sep 27	Sep 28			
THE TERMINATOR	Blame it on ARIC	NO SHOW		Susanna	Get a boy friend who won't get out of the living room!		
					Take him out to the MOVIES!		

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION



1985



FEBRUARY OFFICE HOURS

BUILDING 90 WHYTEWOLD ROAD
MONDAY TO FRIDAY 8:00 a.m. to 6:00 p.m.
SATURDAY 10:00 a.m. to 2:00 p.m.



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