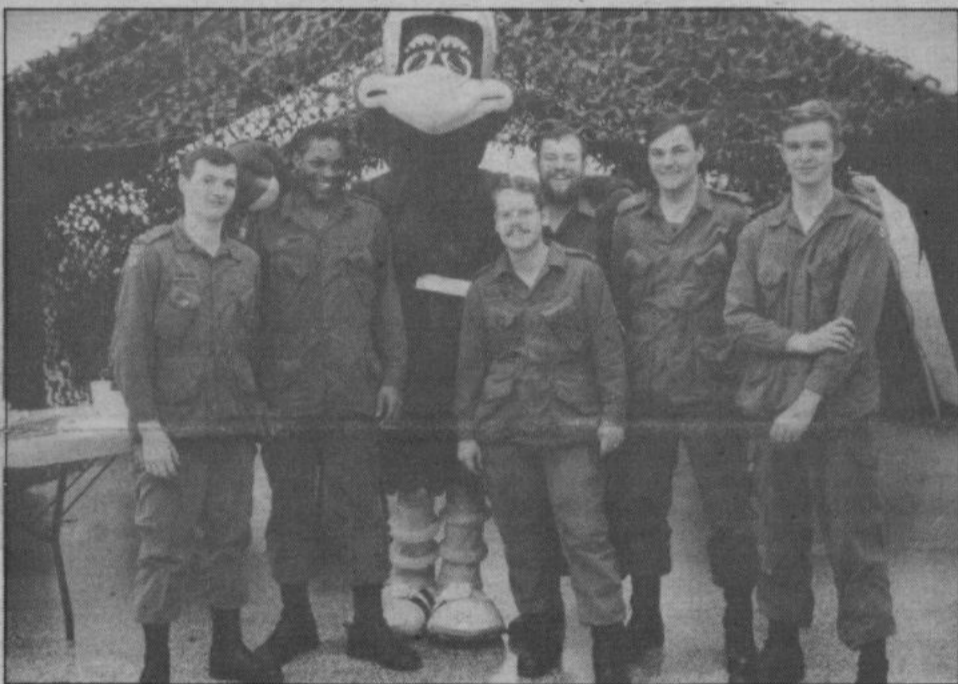


3 RCR Gives Heart Month A Boost



It wasn't the first time at Boot Camp for these members of 3 RCR. Along with "Boomer," mascot of the Winnipeg Blue Bombers, they were on hand to help the Manitoba Heart Foundation get its 1985 fund-raising drive off to a military start.

WINNIPEG — The Third Battalion, The Royal Canadian Regiment, was on hand last week to provide support to the organizers of this year's Manitoba Heart Foundation volunteer workers' training session.

Why the Royals for a Volunteers' training program? Well, this year, Heart Foundation workers were put through an army-type "boot camp" and where else would organizers look for army expertise than Kapyong Barracks?

Under the watchful eye of Captain Jack Piché, the men of 3 RCR picked up representatives of the Winnipeg press corps and delivered them to the training centre, Boot Camp 85.

The Battalion also provided cooks to man a small field kitchen and furnished the tasteful camouflage netting which graced the hall for the day's activities.

February is Heart Month and Heart Foundation organizers hope to raise over \$1-million for heart disease and stroke research.



Lt.-Gov. Pearl McGonigal was among those attending the Manitoba Heart Foundation's Boot Camp 85.



Second from right is LCol C.G. Diamond, Senior Staff Officer, Air Transport and Search and Rescue, at Air Command HQ, Winnipeg.

New Uniforms

Blue, tan, white and green in your future.

OTTAWA — Defence Minister Robert Coates has unveiled plans for the introduction of three distinctive environmental uniforms for the Canadian Forces.

While retaining the unified force structure, the sea element will be issued with dark blue uniforms, the land element will wear green and the air element will have light blue uniforms.

"This new initiative is tangible evidence of the government's commitment to the Canadian Forces. Moreover, since the cloth and uniforms will be manufactured in Canada, it will also provide a significant boost for the textile and clothing industry" Mr. Coates said.

The cuts of the land and air uniforms will be the same as the present Canadian Forces uniform, but with the addition of epaulettes for the

former. The sea element will wear a double-breasted jacket. Rank symbology will remain the same to illustrate the fact that the Canadian Forces remain a unified force.

There will be both winter and summer dress, with the lighter weight summer versions for the elements being white for the sea, tan for the land and light blue for the air.

All servicemen and servicewomen, Regular and Reserve, will be provided with an initial free issue of the uniform. A limited number of uniforms will be issued by summer, 1985. All members of the Regular Force and Primary Reserve should have their winter uniforms by the fall of 1987 and their summer uniforms by the spring of 1988.

Uniforms for the Supplementary Reserve and the Cadets will be issued at a later date in a manner similar to that for the Regular Force and Primary Reserve.

Check Out The Kit Bag Pg. 2

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HEY!

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

889-3963



non-issue striped sweater under his unbuttoned tunic. I'll bet he heard from Dad about that.

There was also an anecdote under the title "Lighter Side" which I'll steal... Newly-wed husband to bride. "You mean there's only one course for dinner tonight, cheese?" Wife: "Yes Dear, you see, when the chops caught fire and fell into the dessert, I had to use the soup to put it out."

A corporal I know turned up wearing a new look in S3 dress. Open necked shirt! Seems he gained a few pounds over the Silly Season. Bigger shirts remedied the situation. Quickly!

A uniformed servicewoman I don't know was spotted at the west end Golden Arches wearing rather more than the approved amount of makeup. She rated somewhere between Boy George and a Japanese geisha.

Hey! Don't get me wrong, Chief, my comments and notes about those people taking liberties with dress Regs aren't intended as a shot at the discipline system. I know that most transgressors are being picked up and corrected. My point is, if I'm spotting them (and telling them.) so is somebody else who cares.

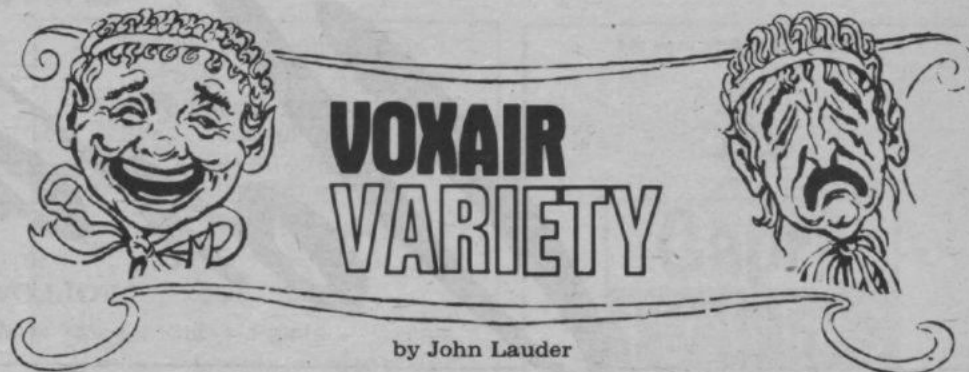
There's apparently nothing in Dress Regs about males wearing earrings. I worked with an old time Navy CP02 in Ottawa who wore one. When he retired we gave him ONE RCAF cuff link.

My sister reports from her home in southern England, "It's been very cold lately, we have two inches of ice on our pool." Pity!

Whatever happened to the contest to name the CFB sports teams and to design a crest for them? I entered that contest, too.

Twelve assorted service members recently partied at the Viscount Gort Mediaeval Feast at which I was acting as "Lord of the Feast." They were a lively bunch representing BAMEO, Supply and Transport. (And one supply type from 3 RCR). A good time was had by all, and Good Luck at sea, Gerry.

To close this edition, a genuine Third Hand Rumour. As a direct result of my comment in the last Voxair about Christmas parties being over for another year, I received a phone call from an eminent and well known "anonymous" tipster stating that DCOSPERS staff at Aircom was holding their Christmas Party on February 8th! I asked if it was '84 late of '85 early, and was told that due to other pressing engagements, it was '84 delayed.



In February every year the Manitoba Theatre Centre tries to give us a cure for the Winter Blahs, usually in the form of a musical or a comedy. This year they have reached all the way back to 1946 to find the Garson Kanin come, *Born Yesterday*. While it is old, it is still very good, and even relevant to today's scene. Unfortunately we still have crooked lawyers, politicians and businessmen, and also quite a few broads who appear dumb, but really are not.

Tight direction by Miles Potter keeps the action at a fast pace, while the actors all give inspired performances. Seana McKenna fills the role of chorus girl/consort, making a nice departure from her Shakespearean background. As the one who is educated during the course of the play, she conveys ignorance finally replaced by knowledge in a clever manner.

John Aylward is just right as the heavy-handed junk dealer, while Ric Reid is his opposite — the good guy hired to educate the girl. Many MTC plays lose a bit due to bad casting or bad acting by one or two cast members, but not here, all 14 of the cast are highly credible.

The play runs until March 2nd, so go and see it whether or not you have the February Blahs. 'Tis most enjoyable.

Also aimed at February is the MTC Warehouse Theatre production which opened on February 13th, just too late for this issue of Voxair. Called *Automatic Pilot* and written by Erika Ritter, this deals with the mid-30's crisis of a woman, and the men in her life. It is touted as "a bouyant funny comedy, full of fresh insights of living and coping in urban society" but we are also warned "some salty language and brief flashes of nudity," so do not take the kids.

The play also runs until March 2nd.

Opening on Saturday, February 23rd, is the Manitoba Opera Association's second show of the season, the well-known *Faust*, about the man who sold his soul to the Devil. Designed for bilingual people or language trainees, the opera will be sung in French, with English sub-titles flashed above the stage.

Lead singers Barry McCauley, Michael Devlin, Maria Spacagna and Stephen Dickson are all from the New York City Opera, and have world-wide credits as well. Local singers Geraldine Patterson and David Watson will be seen in minor roles, as will members of the Royal Winnipeg Ballet School in the dance numbers.

The opera is repeated on February 26th and again on March 1st.

And later in March, from the 6th to the 10th, the Ballet will be in the Concert Hall for six shows. These are nightly, 6 Mar to 9 Mar, at 8:00 p.m., with matinees at 2:00 p.m. on Saturday, the 9th, and Sunday, the 10th. Four numbers are scheduled, *Song of a Wayfarer*, *Les Sylphides*, *Translucent Tones* and *Le Corsaire pas de Deux*. More information at 956-0183.

Upcoming at the Concert Hall are The Vienna Choir Boys on the 24th, and the Symphony Pops concert on March 2nd. The latter is called "Pops Goes Hollywood" and features themes from such well-known movies as *Captain Blood*, *Big Country*, *Jaws*, *Chariots of Fire* and *Elvira Madigan*. Especially for the pilots, the *Warsaw Concerto* for Piano and Orchestra from the movie *Suicide Squadron* also will be played.

Finally, over at the Gas Station Theatre on Osborne Street this Saturday, the 23rd, there will be an evening of dance with Dance Manitoba, at 7:30 p.m. Next, an evening with Scotland's Walter Perrie, who is listed as a writer, folk musician and poet — this at 8:00 p.m. Then on March 2nd, the Winnipeg Folk Festival present Caludia Schmidt in two concerts, one at 7:30 p.m., the next at 1:00 p.m. Billed as jazz, blues and anything-in-between, this gal has a stunning range of octaves in her crystal clear voice. Thus, the price is \$10.00 a throw.

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I recently read a very yellow and fragile copy of The Ottawa Journal, dated 7 June 1944. As you might expect, it was full of D-Day news. Of interest to those of us who care was a photo of F/O W. BISHOP, son of the WW 1 ace, "Billy" Bishop, wearing a

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Circulation Manager — Capt. Grant Russell 5580
Advertising Manager — Mr. Wilf Brown 837-4396
Accountant — Cpl Bob St. Laurent

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CF Traffic Techs Donate \$800 to Fonyo Run



WINNIPEG — Steve Fonyo's cross-Canada run brought him to Winnipeg this month and Canadian Forces personnel were on hand to join representatives from a number of organizations making contributions to the Canadian Cancer Society.

Privates Jim and Terry Beattie of Base Transportation Section, CFB Winnipeg, joined other presenters and local dignitaries at a ceremony where they presented Steve with their donation of over \$800.00. The money was collected from traffic technicians across the country as a tribute to the memory of Warrant Officer Al Gregory.

WO Gregory's five-year battle with cancer ended at the national Defence Medical Centre, Ottawa, in January of this year. He served in the Canadian Forces for 27 years and during that time became well-known throughout the forces for his sense of humour, courage and dedication.

When news of his death was released, his fellow servicemen and women responded quickly and generously. In less than two weeks they raised the money which was presented by Jim and Terry Beattie to Steve Fonyo during his Winnipeg visit.

On behalf of WO Gregory's family, the following units representing members of his trade contributed to the Canadian Cancer Society through the Steve Fonyo Fund:

CONTRIBUTING UNITS

- 2 Air Movements Unit (Parent Unit)
CFB Trenton, Ontario
- Air Transport Group Headquarters
CFB Trenton, Ontario
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- Base Traffic Section
CFB Winnipeg, Manitoba
- 436 Squadron
CFB Trenton, Ontario
- 435 Squadron
CFB Edmonton, Alberta
- 426 Squadron
CFB Trenton, Ontario

Organ Recital To Be Held

You are invited.

On Sunday 24 Feb at 1900 hrs, an Organ Recital will be given at the Protestant Chapel (North) by WO L. Surges of the Air Command Band.

This Recital will commemorate two important events. First, for CFB Winnipeg's Protestant Chapel, the purchase of a new "state of the art" Allen Digital Church Organ, and secondly, for all music lovers, to commemorate Bach's birthday.

WO Surges will present a program of the music of Bach, designed to demonstrate the capabilities of the instrument and the musical genius of the famous composer.

A silver collection will be taken for a Winnipeg charity.

Vous êtes invités.

Dimanche le 24 février à 1900 heures, un récital d'orgue vous sera offert à la chapelle protestante (nord) par l'Adj L. Surges de la musique du commandement aérien.

Ce récital célébrera deux événements importants. Premièrement, pour l'église protestante — BFC Winnipeg, l'achat du dernier modèle d'orgue "Allen Digital", et deuxièmement, pour ceux qui adorent écouter la musique, nous commémorerons la fête de Bach tout en jouant quelques unes de ces compositions.

L'Adj Surges nous présentera un programme de la musique de Bach, pour nous démontrer la capacité de l'instrument ainsi que le génie musical du fameux compositeur.

Toute donation sera acceptée et donnée à une organisation de charité ici à Winnipeg.

Cruise Missile Test Flights

OTTAWA — Three air-launched cruise missile test flights will take place in Canadian airspace this year in accordance with the 1983 Canada-United States Test and Evaluation Agreement, the Department of National Defence announced today.

The first test is scheduled for January 15. During this test, similar to a test conducted in March 1984, the missile will remain tethered to the B-52 aircraft and its navigational data will be used to control the flight. Two free-flight launches will follow before the end of March 1985. For all tests, the missile will be unarmed.

A notice advising the flying community of the forth-coming tests was

Catholic Women's League Report

Our Lady of the Airways CWL has enjoyed a successful year to date with several major activities planned for the rest of the year. Our membership is 52 women strong.

We wish to thank all who gave so generously to our Rock-a-thon project. Twelve "rocking ladies" were able to raise \$1,000 to support Osborne House, a shelter for battered wives. Ms. Cathy Boyko, assistant to the shelter's Administrator, gave an informative talk at our November meeting and we are sure the money will be put to good use.

issued by Transport Canada in December 1984 and, in addition, a Notice to Airmen (NOTAM) will be promulgated 48 hours before each test.

ALCM flights will originate over the Beaufort Sea, follow the Mackenzie River valley, parallel the Rocky Mountains and then turn eastward near Dawson creek to end at the Primrose Lake Evaluation Range near Canadian Forces Base Cold Lake, Alberta.

Safety remains a prime consideration during the tests and at no time will the flights be closer than eight kilometers to any built-up area. An Airborne Warning and Control Systems (AWACS) aircraft will monitor the airspace for other aircraft. In addition, a Canadian test monitor will be aboard an accompanying Advance Range Instrumentation Aircraft (ARIA). During free-flight launches the missile trajectory can be manually controlled from the ARIA or, if necessary, the test can be terminated and the missile brought to earth by parachute.

Weather and the availability of primary facilities or equipment may alter the schedule.

Guild News

The Chapel of the Good Shepherd Ladies' Guild hosted the Command Chaplains and CWL members to a Christmas Pot Luck dinner and social evening in December. We appreciated the lovely decorations and Christmas pins. Thank you, ladies.

After our delightful evening as guests of the Guild, we felt it only fair that we extend a little Christmas spirit to others. We visited veterans on a ward at Deer Lodge Centre. The men seemed to enjoy our amateur choir as much as we enjoyed them. All were entertained by the visit of Santa.

Our chaplain, Father R. Gagnon, was guest speaker at our January meeting, sharing his slides and experiences as a missionary priest in Africa. Father often speaks fondly of his eight years in Africa and we were happy that he could share some of his memories with us.

Plans are nearing completion for our Shamrock Tea and Bazaar, to be held Saturday, 16 March, from 12:00 to 3:00 p.m. in the Hercules Lounge. Donations to our Craft, Baking and White Elephant tables are needed and we urge all to participate in this fundraiser. Convenor for the bazaar is Norma Burns. If you have any ideas or wish to help, please call her at 889-9742.

We look forward to an April Tea at Oakview Place Personal Care Home and our annual Military Vicariate Convention in Ottawa, 30 May - 1 June.

For many of our members, participation in League activities extends beyond monthly Council meetings and fund-raisers. These members are active in community projects on and off the base. We share responsibility for the operation of the Base Thrift Shop with two other groups and members participate in Brownies, Beavers and Cubs. Some of the Council assisted at the Red Cross Blood Donor Clinic at CFB Winnipeg in January, while others volunteer their time at Oakview Place. Members are active in Home Care, a provincial program that assists seniors with shopping, errands and rides to medical appointments, etc.

We share a variety of activities and interests. If you think you might be interested in joining the League, feel free to inquire. We welcome new members. Our next meeting will be 4 March in the Chapel Annex preceded by Mass at 7:15 p.m.

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Promotions & Awards



Maj Mercer congratulates Cpl. Johm Chomyn on his promotion to that rank. Cpl Chomyn is off to the Golan Heights for a six-month hiatus, 16 Jan 85.



CWO Jim Fletcher receives his CWO Scroll with congratulations from the CO, Maj J.W. Mercer, on his promotion to that rank.



Pte T.S. Beattie receives her first chevron. Congratulations are extended by all Base Traffic Section.



Pte Lecasse receives her first chevron. Congratulations from all Base Transportation/Traffic Section.



LCol R.J. Donovan, Senior Staff Officer Security, Air Command, congratulates Stan Paterson on the occasion of his promotion to MWO.

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BAMEO Section extends their congratulations to Cpl Brown on his recent accelerated promotion to Cpl. Presentation was made by Lt GF Fisher, ARO.


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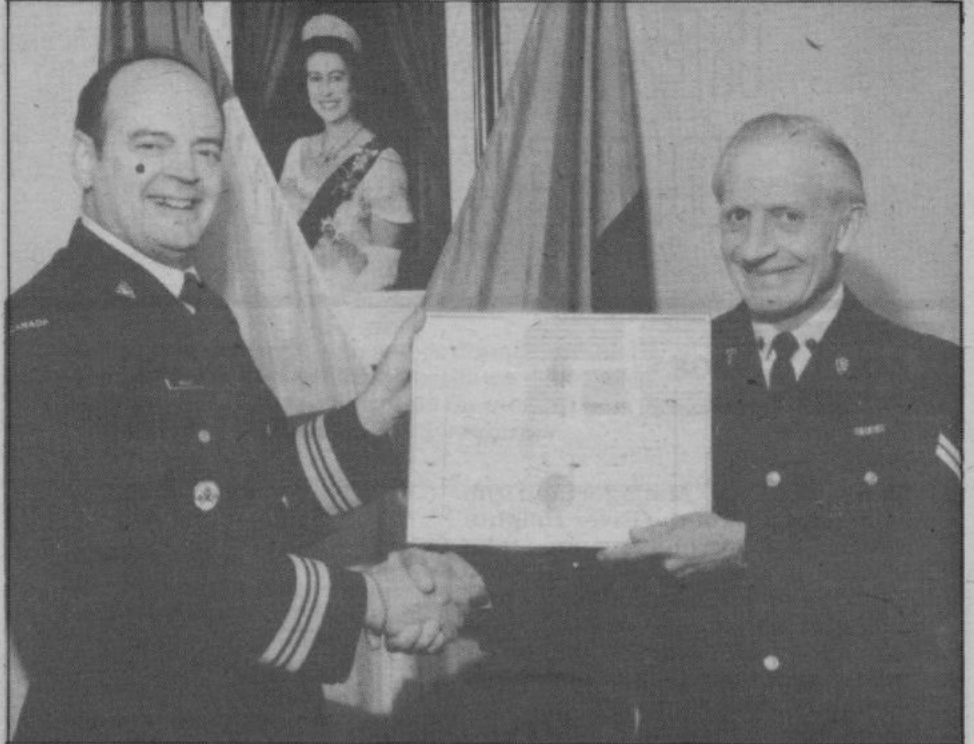
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Maj Mercer awards the Canadian Forces Decoration to MCpl. Jim Kinnear during a Squadron parade.



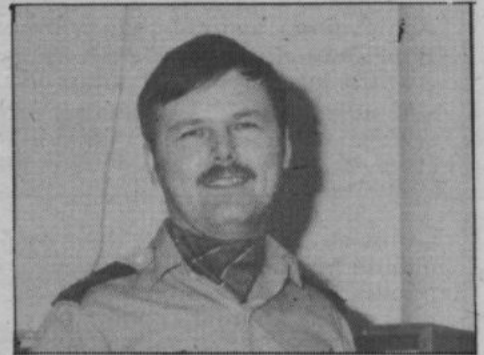
Maj Mercer presents MCpl (Doc) Docker with his Certificate of Service on the occasion of his retirement from the CF with 30 years service.



Mr. George Brickley is presented with his retirement scroll by Col. S.E. McGowan, Base Commander. Mr. Brickley served 35 years in the Department of National Defence. He enrolled in 1942 in the Canadian Army and served in Sicily, Italy, France, Belgium and Holland during World War II. He later served in Canada, Viet Nam and Germany, retiring from the Canadian Forces in 1971. He has worked in the Base Winnipeg Cleaning Services for the last 14 years.



LCOL R.J. Donovan, Senior Staff Offices Security, Air Command HQ, congratulates Danica Dupont, Adm Clk 831, on the occasion of her accelerated promotion to Cpl.



Recently, Cpl Steve Zelezen, from Canadian Forces Postal Section at CFB Winnipeg, received his CD from Capt Tom Murray, CFPU, DCO and Prairie Detachment Commander. Congratulations from all Base Transportation section.



The CO, Maj Mercer, is flanked by Squadron members to whom he presented, from right to left, Sgt Earl Muir (1st Clasp), MCpl Charlie Nelson (1st Clasp), and MCpl Dave Berry (CD).

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For the third consecutive year Grant was recently presented with a Top Achievement award by the Winnipeg Real Estate Board. Top Achievement Awards are presented annually to recognize those salespeople who display a high level of accomplishment and dedication to the real estate industry.

Grant & Mary thank their many clients for making 1984 a very successful year. You can contact Grant at his office 284-6131 or Mary at 889-3380.

Royal LePage, Canada's largest diversified real estate services organization, employs more than 9,000 people in approximately 350 locations in Canada, the United States and Western Europe.

If it's that you're only as old as you feel, then most of us have a problem. Feeling old before your time is a very common condition. It's also a sign of the premature physiological aging of the body.

In this country the problem starts to develop quite early. Even young children have shown signs of cardiovascular diseases usually associated with later life. By their teens, many Canadian kids have declined to the point where they have the physiological age of adults in their 40's. By 25, Canadians are settling into the lifestyle that is primarily responsible for this premature aging process in the first place. Virtually all physical activity has been abandoned in favour of a life characterized by sitting, riding, driving and watching. In a sense, the body has been put out to pasture. With nothing much to do its condition declines.

Of course aging is inevitable but we have come to accept as part of the process things which are not only far from inevitable, but also just plain unnecessary. Weak hearts, stiff joints, countless aches and pains, growing fatigue and a general loss of vitality don't have to be a part of growing up and growing old. These and other signs of aging are also the symptoms of unfitness. And that means they are things you can do something about.

The best way to stay young is to stay active. There's no proof yet that fitness will make your life last longer

but there's considerable evidence to indicate it will help you live better on virtually every level. People who have always made keeping active a part of their lives have been able to retain their vim and vigour right along.

The luxury of youthful vitality is by no means the exclusive preserve of the always active. Every body can reverse the process of decline to a significant degree if given the chance at some regular energetic activity.

So get out and get active. You'll probably be surprised to discover how easy it is to start feeling like a kid again.

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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!

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Swim Lake Winnipeg

Commencing 1 February 1985 the Westwin Pool, located in Building 90, will be instituting a challenge to anyone to swim the entire length of Lake Winnipeg, starting at Winnipeg Beach and ending at Limestone Point approximately 240 miles away. Swimmers will be able to plot their way on the large scale map located in the pool.

All people taking part will be required to register with the Duty Lifeguard in the pool office. Once registered, swimmers will be given a number and required, on the honour system, to record their lengths. The lengths will be posted every second week on the pool office window.

The total distance has been calculated to be 240 miles (approximately) and has been broken down as follows:
WINNIPEG BEACH

TO	MILES	LENGTHS
Deer Island	50	3,500
Matheson Island	75	5,250
Commissioner Island	100	7,000
Northern Tip Reindeer Island	140	9,800
Long Point	175	12,500
Eagle Island	235	16,450
Limestone Point	240	16,800

280 Gets New Engine

OTTAWA — Defence Minister Robert Coates has announced a \$17.65 million contract award to General Motors (GM) Canada in London, Ont. for 11 marine engines. The Allison 570KF engines will replace the cruising engines on the four DDH-280 Tribal class destroyers based in Halifax.

Mr. Coates said the new cruising engines will eliminate serviceability problems due to shortages of spare parts for the current engines, which are no longer in production.

In addition to the engines, which will be supplied by the Allison Gas Turbine Division of GM, the contract

includes a complete technical data package and logistic support documentation. A \$16.2 million offset benefits package representing 110 per cent of the foreign content in the contract has been negotiated.

The engines greater fuel efficiency is expected to result in an annual saving of 52,000 barrels of fuel.

To avoid disruption of operations, the engines will be installed as the DDH-280 ships enter the Tribal Update and Modernization Project (TRUMP). Delivery of the engines is scheduled for the summer and fall of 1986.

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.

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895-5083



New Reserve General

OTTAWA — Defence Minister Robert Coates has announced that Brigadier-General Reginald W. Lewis, CD, 54, of Toronto will be promoted to Major-General and appointed Chief of Reserves for the Canadian Forces effective January 25.

He succeeds Rear-Admiral Thomas A.M. Smith, CMM, CD, also of Toronto, who is retiring following 38 years of Regular and Reserve Force service. Rear-Admiral Smith has the distinction of being the first naval reservist in Canada's history to be promoted to that rank, and cedes his appointment after two years in office.

In civilian life, Brigadier-General Lewis is the Chief Executive Officer of the Parking Authority of Toronto and serves as an executive member or director of a wide variety of organizations. These include the Home Care Programme for Metropolitan Toronto, the Good Neighbours Club, the St. John Ambulance Ontario Council, the Canadian Corps of Commissionaires, the Empire Club, the Royal Commonwealth Society, and the Royal Canadian Legion. He is President of the Toronto Branch of the Royal Canadian Military Institute and has been appointed President of the Toronto Sesqui-centennial Board by City Council.

Brigadier-General Lewis served with the British Army prior to 1954 and since then, he has held various positions in the Militia including command of the Toronto Service Battalion from 1969 to 1972, and command of Toronto Militia District from 1972 to 1974. In August 1975 he was promoted Brigadier-General and served until September 1978 as Commander of Central Militia Area, the largest single command in the Canadian Reserves. He is currently serving as Special Projects Officer of the Chief of Reserves Council.

Fire Safety Precautions

A fire is no fun . . . but practising fire safety really can be. Here are some fire safety rules that the whole family can practise together.

1. Plan two escape routes from every room. It's important. Fire often blocks a door or window, but you won't lose a minute if you've planned escaping two different ways from each room.

2. Practise home fire-drills. Planning and thinking about what you'll do in case of an emergency is really not enough. You have to practise escaping, each and every member of the family, and meeting in a pre-arranged place outside and away from the house where you can count noses and see that one and all are safe.

Many experts believe that if smoke detectors were installed in every home we would not have a single death by fire in the home. Smoke detectors are a critical life saving device. Installing and maintaining smoke detectors is a family affair. Check to be sure they are in good working order and that they are installed in the correct place — at the top of the stairs outside the bedroom doors.

Smoke detectors should be tested monthly by home occupants to ensure they are in a serviceable condition. Any unserviceabilities in the smoke detectors shall be reported to work reception at local 5207. Testing procedures may be obtained by contacting Fire Prevention Bureau at local 5501.

Gaaak!! There's smoke in my bedroom.

Would you know what to do if you woke up and found your bedroom filled with smoke? Take a tip from the Old Lady. Roll out of bed, down onto the floor. Since smoke rises, you'll be able to crawl under the smoke to safety.

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



Fiprecan, Fire Prevention Canada and your Fire Department.

CFANS News

Well, it's that time again, time to sit down with pen in hand and bring you all up to date on the latest from CFANS.

It's been awhile since the last article. I hope you all had a good Christmas and that 1985 will see your ship come in. Speaking of Christmas I got a wallet from my son. Little does he know that after what the kids got for Christmas, there's nothing left to put in the wallet.

Things are looking up though. 1985 should be a good financial year for me. I just obtained the exclusive territorial rights for the province of Manitoba to distribute solar powered flashlights.

Since our last report, which saw the departures of courses 8401 and 8402 to greener pastures, we have had the arrivals of courses 8501 and 8502. Welcome one and all to the hallowed halls of Mawdsley. Gook luck on your courses and remember a sextant is not a place where campers make love.

A training mess dinner was held recently at the Officer's Mess in which staff and students got together so that the refined elements of gentlemanly dining, etiquette and the art of judicious conversation could be eloquently displayed for the edification of the neophytes. A job well done, thanks to the student organizers. The objectives of the exercise were met and the staff will now be capable of attending future mess dinners on their own without supervision and the dreaded fear of using the wrong spoon to eat their peas.

A word to the wise. I believe it behooves all students to maintain track tolerances in the future when flying with Maj. Weir from 429 Sqn at the controls. At least until he takes up his post at the Tactical Airlift School at 435 Sqn this summer. Seems its been awhile since he's done any tactical drops and he may wish to practise with a few erratic students if large track deviations continue.

Congratulations are in order for Martin and Juanita Marshall, Rob and Lorraine Stephens and Kaz and Kathleen Oreziak, all recently the proud parents of baby girls. Must have been a long cold winter last year.

Well, that's about all the news that's fit to print for this episode. Next instalment I'll be able to let you all in on the upcoming postings. At this stage most of it is rumor only; however, I understand Mike Muzzerall has bought out the entire stock of Quick Tan from the local drugstore. How gauche. Til next time.

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.

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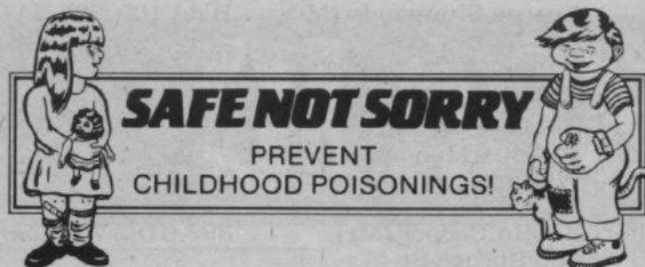


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Did you know that more than 50,000 children under five years old will be poisoned this year in Canada?

Common household items, which are often within easy reach, are the most frequent causes of these poisonings. Furniture polish, lighter fluid, household cleaners and shampoo are only a few of the many poisons in your home. Prescription drugs, over-the-counter drugs, such as aspirin, ointments and large quantities of vitamins are also harmful when swallowed by young children. Household garden plants are another common source of poisoning.

To protect your child and young visitors:

- Keep all poisonous substances well out of reach of children. Do not underestimate a youngster's ability to reach, climb and open cupboards. Children are explorers.
- Provide a safe locked cupboard for household cleaners.
- Buy products with child-resistant caps. Ask your pharmacist for all medicines in child resistant containers. These containers do make a difference.
- Store all medicines in a locked cupboard.
- Keep workshop supplies, such as paint and paint thinners, in a locked storage area.
- After use return all products, medicines and alcoholic beverages to locked cabinets.
- Keep all products in their original containers.
- Get to know your plants; and, do not keep poisonous ones in the home.

If in spite of your efforts a child swallows a poison take the following steps.

- First, call your local poison control centre and follow their advice. Keep a list of emergency phone numbers beside your telephone, so you will be able to dial help without delay. Time makes a difference.
- When you go to the hospital make sure that you take with you the substance, medicine or plant ingested.
- Keep a bottle of Syrup of Ipecac in your locked medicine cabinet and use as directed by your poison control centre. Make sure your bottle of Syrup of Ipecac is up to date as it may deteriorate with time.

A «poison proof» environment will reduce the chances of a child swallowing a poison. Remember though, children's abilities change as they learn and test new skills every day. Attentive supervision is the best prevention.

Canadian Institute of Child Health, 17 York Street, Ottawa, Ontario K1N 5S7

**FACT SHEET:
CHINESE NEW
YEAR 1985**

- Chinese New Year falls on February 20 in 1985 and marks the beginning of the year 4683 on the Chinese lunar calendar. It is always celebrated on the 30th day of the Twelfth Moon of the Chinese lunar calendar. Chinese New Year 1985 represents the Year of the Ox on the Chinese Zodiac. Those born during the Year of the Ox are said to have a calm, patient nature. Friends turn to them because they are that rarest of creatures — good listeners.

**CELEBRATIONS
CUSTOMS**

- Chinese New Year day is considered the "Day of Omens" as that day will influence family life throughout the year. Therefore, the Chinese take precautions to speak only in positive terms, maintain joviality and avoid the negative.
- Chinese New Year is a time to strive for excellence in all

things, including the family feast. All food is prepared in advance as legend precludes toiling, cooking, cutting, cleaning, etc. on New Year. These activities will bring bad luck.

- Chinese New Year is a time for the exchange of small gifts called "Lai See". This exchange will bring good fortune to both the giver and receiver. "Lai See" are individual packets of small coins wrapped in bright red paper.
- Chinese New Year is a time for noise and loud celebrations with drums, gongs and firecrackers to frighten from the earth all bad and evil spirits.
- In order to bring good luck in the New Year, Chinese legend has it that all "old must be dispelled". Therefore, in the week preceding Chinese New Year, homes are swept spotless (to eliminate the old year's dust, and sweep out all evil spirits), past debts paid, new clothes purchased and new utensils and household items selected.

**OTHER
COOKING/KITCHEN
CUSTOMS**

- Rarely is Chinese food eaten plain, rather it is adorned and seasoned. The Chinese carefully blend foods — taking into account flavour, texture and aesthetics — and season with appropriate ingredients to "bring forth the best taste sensations" and dispel the unsavoury.
- Soy sauce plays an important role in the Chinese culinary process as it enhances the natural flavour of food. Soy sauce is usually included on Chinese tables as a dipping sauce and enriching condiment.
- An ancient Chinese housewife's saying states: "From the moment I get up in the morning, I'm busy about the seven essential things — fuel, rice, soy sauce, oil, salt vinegar and tea".

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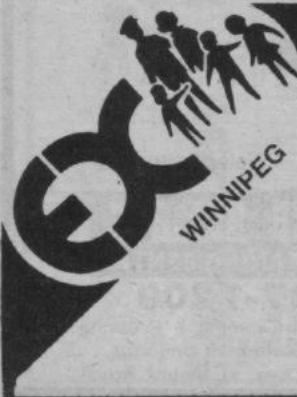
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UNDE NEWS Local 705

GENERAL MEETINGS for 1985

Wed. 30 January, 1985

Wed. 27 March, 1985

Wed. 29 May, 1985

Wed. 25 September, 1985

Wed. 27 November, 1985 ELECTION NIGHT

All meetings will start at 7:00 p.m. and will be held at the **PSAC BOARDROOM, Suite 808, 240 Graham Ave.**

EXECUTIVE OFFICERS

1984/85

UNDE LOCAL 705
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2nd Vice Pres.	Denis Jobin (Mr) 828 Mulvey Ave. Winnipeg, Manitoba R3M 1H8	Bldg P8	895-6158	284-5748
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Secretary (Corresponding)	Linda Doyle (Ms) 401-301 Mandalay Drive Winnipeg, Manitoba R2P 1C5	Bldg 61	895-5385	694-3234
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