

Voxair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

06 Mar 85

Recreation Council Well On Its Way



On 1 Feb 85, the BComd, Col McGowan, became the first member to join CFB Winnipeg's newly formed Recreation Association. Observing Col McGowan as he completes his application form are Maj Margueratt, Recreation Council President, and Capt Caron, BPERO. The half price sale of memberships continues until the end of February.



Well Done

For outstanding performance in establishing a word-processing centre and organizing a word-processing course at CFB Winnipeg, Cpl. M.R. Huard is presented with a certificate of outstanding achievement by the base commander, Col. S.E. McGowan. She is a member of the Air Reserve Augmentation Flight.

CFS Yorkton Wins Basketball Tournament



The CFB Winnipeg Invitational Tournament championship team from CFS Yorkton; front row: Randy Gosse, Gord Pallaster, Randy Hampel, Steve Buck; rear row: Lou Worrell, Chuck Shields and Jude Kelly.

Canadian Forces Forces Canadiennes

NUTRITION MONTH **MOIS DE LA NUTRITION**

MARS 1985
MARCH

Canada 18-22 MARCH 85, BLDG 90, 1130-1330 HRS, FOOD SERVICES AND PHYSICAL EDUCATION DISPLAY. MARCH 20 - FILM "NUTRITION FOR SPORTS" TIMES 1130-1530 HRS.

NUTRITION MONTH MARCH 1985

It's time to start "breakin' into good nutrition". The fitness revolution is here but keeping fit is more than just hangin' out at your local spa. You can't be fit unless you eat well too.

If you want to know what eating well is all about, call:

NUTRIFACTS HOTLINE 956-0136

A registered dietitian will answer your questions about nutrition whether it be — food fads, fast foods, weight loss, vitamins, diabetes, etc.

Join the Manitoba Association of Registered Dietitians in their promotion of "Nutrition and Fitness", the theme for March 1985. We are sponsoring a variety of activities in Winnipeg.

- Look for "fit meals" at The Keg and Country Kitchen Restaurants.
 - Check out your local Safeway grocery store on any Saturday during March. If you have a balanced cart of foods you may win a prize.
 - Some high schools will be participating in our cafeteria meal check. If the tray gets an O.K. we've got a treat to give away.
- Tune Into Health, Start Eatin' Well Today!

More on Pg. 4

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COPY NEEDED BY 12 MAR 85



I haven't written much about the weather this Winter. Just as well, I would have been censored. I'm not a lover of cold, cold weather and this has been a cold, cold winter. My daily walks with the dog have been, on occasion, a real chore. I'm afraid that I do tend to become housebound but that only serves to make me more enthusiastic about Spring. I dragged out my putter and a few golf balls this week and have been tapping my way around the living room, (Look out Chev!). Sears Summer catalogue has been in the house for a few weeks and my neighbour is talking about sharing the cost of a Roto-tiller rental. Does all this mean that the end of Winter is in sight?

I literally scared the hell out of myself recently by pricing new cars and vans. I thought I'd like a new G.M. Mini van but broke into a cold sweat when we figured the price difference between my trusty (?) old '78 and the '85s. After all, severance pay only goes so far!

Roger at the Canex garage, was entrusted with the task of prolonging the life of the old yellow beast and between his skills and the local bank we're on the road again. We'll do some repairs to the vans' skin cancer and give it a coat of paint later this year and try to get another seven years out of it.

I'm almost willing to bet that the Burger King outlets in the city will go the way of Edsels if quality and service don't improve. Maureen Scurfield of The Sun recently wrote a scathing review of the Pembina Highway branch and I panned the west-end outlet in this paper. On our LAST visit, the staff was tripping all over each other in total confusion and an order of onion rings took fifteen minutes. Even the fleet of microwave ovens couldn't save the 'burgers after that wait.

Plans for the addition of a second eck on Polo Park shopping centre are being displayed in the mall now. The whole concept looks pretty impressive . . . and expensive!

After several months of driving around the Aircom building site, I'm curious about the proposed road routings. Perhaps an update on building progress and a road map would be of interest to Voxair readers.

Before many more weeks go by, I expect we'll be seeing the annual announcement of CFB Winnipeg Community Service Award nominations. May I suggest that NOW is a good time to consider your nominations as we are still in the most active season of community activities.

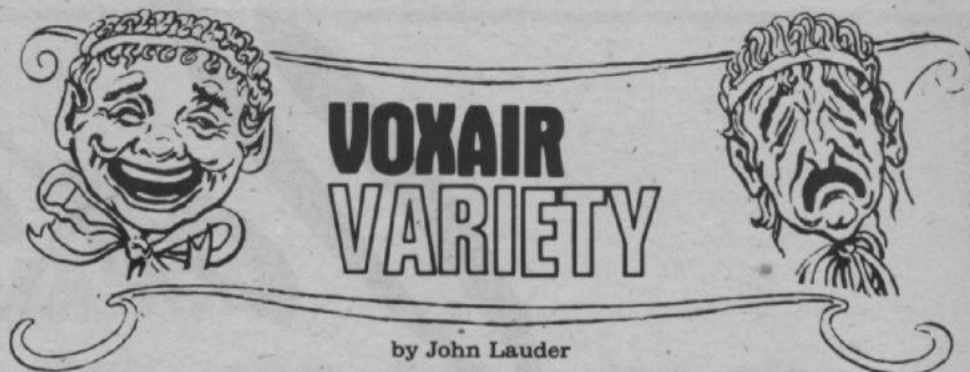
My journalism instructor at Red River likens writing for an Armed Forces newspaper to writing for a paper behind the Iron Curtain.

If hairdressers sold cars, we'd all be driving purple Edsels. I wonder how some of them can sleep at night. Hairdressers can sell anything to anybody. Especially hairdressers with trick names like Mister Rosemary. Did you see a recent edition of The Sun which featured on the front page, three frightening zoological wonders described as prize winning hairstyles at a local competition?

I've known women who have entered a "Beauty Salon" for, (a) A trim, (b) a Set and comb-out, and (c) A "light Frosting" and have emerged several hours later with, (a) a 1940 vintage military haircut, (b) Something which won't fit in the car, and (c) A complete colour transformation.

I've been told that most women have a pretty good idea of what they want on the way in, but become completely undone when they hear "I know exactly what would look DIVINE on you, my dear."

The Editor warned me that he's going to keep filling the Voxair with "Handshake" pictures if he doesn't start getting more news from Sections on the Base . . . PLEASE!!!



One of the longest running events in this part of the world is the Winnipeg Music Competition Festival. Founded in 1919, and sponsored by the Men's Music Club, this has launched the careers of many local talents, some of whom have gone on to win national honours. Competitions are held in various places around town, including the Concert Hall (daytimes) on March 11th 12th, 13th and 14th. The finals are in the Playhouse Theatre on the 16th.

Major events include the Tudor Bowl for Class B Vocalists on the 13th, the Earl Grey Trophy for choirs on the 14th, and the Rose Bowl for Class A vocalists on the 15th.


For more information call the Men's Music Club at 947-0184.

Opening to-night, March 6th, the Royal Winnipeg Ballet gives its third home show of the season. Included is the Winnipeg premiere of "Song of A Wayfarer," danced to the Mahler songs of the same title. Two male dancers are involved in this intense number. In contrast, "Les Sylphides," the classic Russian ballet, and "Le Corsaire pas de Deux," will offer more romantic dance. The colorful "Translucent Tones" will round out the program.

Elsewhere around town the Folk Festival people are presenting Connie Kaldor at the Art Gallery on March 17th, in two shows, one at 2:30 p.m. and the second at 8:00 p.m. Then, on the 22nd and 23rd, they are bringing back Queen Ida and the Bon Temps Zydeco Band to Le Rendezvous in St. Boniface. This will be great Cajun music, with reggae, calypso, dixie and country songs.

Back at the Concert Hall, The Carlton Showband will give a show on March 10th at 8:00 p.m., while on the 11th and 12th the World Adventure Tours gang will sponsor a show on Holland with Chris Borden. This includes two shows each day, 6 and 8 p.m. on the Monday, and 2 and 8 p.m. on the Tuesday. Finally, on the 15th, La Chorale Des Intrepides will give their 25th anniversary concert in the Hall at 8:00 p.m.

On March 14th the Manitoba Theatre Centre will open *Quartermaine's Terms*, by Simon Gray, which will run until April 6th. This is an intelligent, funny yet sad play about a teacher in a School of English for foreigners in the U.K. Having seen it in London two years ago, I would highly recommend this one.



Scan Corner

**Tomorrow's Job.
Yesterday's Skills**

This series of articles needs an introduction or explanation as to what you can expect during the weeks to come. Those first two sentences sum it up.

"TOMORROW'S JOBS," because you and I know that your career in the Canadian Forces will come to an end. RETIREMENT. This, however, is the wrong word, because everyone also knows that servicepeople do not retire when they complete their service years, but move to the outside world and continue working. No, servicepeople do not retire — they change jobs.


"YESTERDAY'S SKILLS," because facing the challenge of modern Canada and a change in jobs involves planning and careful preparation.

Over the years everyone builds up a personal catalogue of marketable

skills and experience. This is the plus side of the ledger. The minus side is the problems faced in selling ourselves to civilian employers. Your training might be out of date, we speak a language that the civilian does not understand, and sometimes we are not sure how to go about getting that civilian job. A good deal of soul searching, thought and hard work are needed.

The change from service to civilian can be difficult and the present economic climate in Canada makes it much harder. That is why help is available through the SECOND CAREER ASSISTANCE NETWORK (SCAN). This series will examine the problems and assistance available to every serviceperson approaching retirement and, more important, the ways and means of reaching out for TOMORROW'S JOBS.

Copy Deadline 12 Mar 85



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Chaplains Meet In Winnipeg



A visit from the Archbishop of Winnipeg, His Grace, the Most Reverend Adam Exner, O.M.I., who presided at the Sacred Liturgy in Our Lady of the Airways Chapel and delivered the homily for the occasion. With a background banner of welcome to the chaplains of the Command, Deacon Major Rick McLellan and the Chaplain-General flank Archbishop Exner at the outset of Mass. The Archbishop stated priests come from families that pray and priests who are called must in turn be callers.



They came from Summerside, Holberg, and points between, — to meet at Villa Maria and consider new challenges in their military parishes involving all the people. Cpl. Ray Sauve of Base Photo caught them in this happy stance after coffee with the Commander, Air Command, and the Chaplain-General. Left to right (first row): Major Jacques Landry, Base Chaplain, CFB Greenwood; Major Raymond Thibodeau, CFB Ottawa (Rockcliffe); Major Allan Stack, Assistant Command Chaplain; Brigadier-General (Monsignor) George Travers, Chaplain General (RC); Lieutenant-General Paul D. Manson, Commander Air Command; Colonel Emile Landry, Command Chaplain; Major Robert Gagnon, Base Chaplain, CFB Winnipeg; Major Marc St. Andre, Base Chaplain, CFB Portage. Second row: Captain Joseph MacLean, CFB Greenwood; Captain Jean-Marc Gagne, Base Chaplain, CFB Moose Jaw; Major Ron MacFarlane, Base Chaplain, CFB Summerside; Major Claude Phaneuf, Base Chaplain, CFB Chatham; Major Ken Greer, Base Chaplain, CFB Cold Lake; Captain Jack Grech, Station Chaplain, CFS Holberg; Captain John MacIntyre, Base Chaplain, CFB Shearwater; Major Gaston Gagnon, Base Chaplain, CFB Ottawa; Captain Jozef Dabrowski, Base Chaplain, CFB Comox; Major Joseph Borg, Base Chaplain, CFB Trenton; Major Conrad Verreault, Base Chaplain, CFB Edmonton; Major Roger Boulet, Base Chaplain, BFC Bagotville.

Wedding in The Sky

WINNIPEG — If marriages are made in heaven — and heaven is where it's reputed to be — a Winnipeg couple has exchanged vows in a conveyance that likely has been closer to that celestial place than any marriage chapel.

The unique locale they've chosen was a retired Air Canada Vickers Viscount passenger aircraft. Since 1982 it has been reposing in the aeronautical collection of the Western Canada Aviation Museum at Winnipeg's International Airport.

The couple, both members of the Museum, are Lewis (Al) MacDonald, a Bristol Aerospace Ltd. employee, and Pat MacKenzie.

The wedding took place Friday, March 1, at 3 p.m. Marriage commission Alan H. Neelan presided.

The four-engine, 20-ton, 40-seat "chapel" has flown more than three-million miles around North America.

Viscount aircraft were the world's first propeller-turbine airliners and the first to operate in the Western Hemisphere. They were retired by Air Canada in May, 1971.

The bride recently was a CFB Winnipeg term employee with the Regional Film Library in Bldg. 10.

C.M.R. Ex-Cadet Reunion in Winnipeg

The C.M.R. Ex-Cadet Club will be organizing a dinner-dance for all C.M.R. Ex-Cadets, members or non-members, at the Air Reserve Officers' Mess at C.F.B. Winnipeg, on Sunday, 28 April 1985. Cocktails will be served at 1900 hrs and dinner will start at 1930 hrs.

This reunion will be a first in this part of the country and all Ex-Cadets are urged to attend.

A dance will follow the dinner. For more information, please contact 11254 André Gagnon (204-895-5135 / Autovon 257-5135) or 12422 Ronald Houde (204-895-5121 / Autovon 257-5121).

We thank you in advance for your assistance.

Yours sincerely,

Michel Leroux
President

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Cosair "Nutrition Month"

EAT WELL, LIVE WELL

Does **Eat Well** mean to you eating as much as you want of your favorite foods? If you want to **Live Well** then your view of **Eat Well** may have to change.

Eating well is consuming a variety of foods from all four food groups in Canada's Food Guide. While eating a well-balanced diet, moderate your intake of sugar, fat and salt and achieve and/or maintain your desirable body weight. Obesity and an excessive intake of sugar, fat and salt have been related to heart disease.

But what is a moderate intake of sugar, fat or salt and how much should you weigh? There are no clear cut answers to these questions but there are guidelines for you to follow.

SUGAR

Most sweet foods like cakes, candies and soft drinks contain little else but calories. They may contribute to obesity and replace more nutritious foods in the diet.

Sugar also causes tooth decay. To prevent tooth decay avoid eating sweet foods or brush your teeth after eating sugar-containing foods. Replace sweet snacks and desserts with fresh or unsweetened canned fruit, yogourt, cheese and crackers or bran muffins.

FAT

Too much fat in the diet has been related to heart disease, obesity and

some cancers. Most Canadians obtain about 42% of their energy intake (calories) from fat. It is recommended that your fat intake not exceed 35% of your energy intake. According to Food Consumption Patterns of Canadians, most of the fat in our diet comes from the meat group and a significant amount is derived from milk and milk products and fats and oils like butter, margarine and salad dressings.

To reduce your fat intake, choose low fat dairy products and lean meats and avoid gravies, sauces and pastries. Begin to broil, roast or bake your meats rather than pan frying or deep frying.

SALT

An excessive intake of sodium may lead to hypertension or high blood pressure. The average Canadian consumes 10 to 20 times more sodium than their body needs. Most of the sodium in our diet comes from commercially prepared foods and salt added during food preparation and serving.

Do you add salt to your food during preparation and/or at the table? Do you add salt before tasting your food? If so, begin by removing the salt shaker from the dining table and taste your food before adding salt.

OBESITY

What does your bathroom scales

read these days? Is your weight creeping up on you? Obesity is defined as being 20% above your desirable weight. Check the 1983 Metropolitan Height Weight Tables for your desirable weight or perhaps you know already what weight is good for you. To achieve weight loss you must reduce your food intake and/or increase your level of physical activity. Once you achieve your desired weight, balance your food intake and energy output to maintain your weight. Sounds simple, but it isn't. It takes careful planning of your meals and a lot of physical and mental effort to increase your activity and refuse those high energy foods.

Your eating and activity patterns have been developing throughout your lifetime and can not change overnight. Take one step at a time. Begin today by looking at your weight and your eating and activity patterns. What changes do you need to make? Set realistic goals for yourself and work on achieving one goal at a time. Soon... you will be on the road to **Live Well**.

For more information on nutrition and weight control during March call Nutrifacts Hotline - 956-0136 (Winnipeg).

A registered dietitian will return your call.

The Military Christian Fellowship of Canada

The MCF of Canada is an inter-denominational body of believing military men and women, whose commitment to Jesus Christ includes both concern for and expression within the military society.

The MCF's objectives are:

- To be an instrument leading military men and women to commit their lives to Jesus Christ.
- To assist the individual military man or woman to grow to spiritual maturity.
- To support the Chaplain and the Chapel programs.

The inception year of the MCF, 1975, was marked as a "year of transition, testing, vision and turning to God." Since that year the Lord has been adding to our numbers greatly. In 1983 the fellowship was enhanced by a full time staff member.

The Holy Spirit has awakened many hearts and minds to the Good News of Jesus Christ. He has particularly blessed the efforts among Recruits and Officer Cadets, many of whom have a great hunger for the Living World of God.

MCF membership comprises serving military, civilian members of the department, retired military and interested persons. A representative may be found at most Bases across Canada. Chapters meet regularly in such places as Cornwallis, Halifax, Ottawa, Shilo, Cold Lake, Victoria and Winnipeg. Meetings take a variety of forms, always having prayer as a central theme but including Bible Study, sharing of personal needs for prayer, singing or general discussion/fellowship.

In many of the Bases across Canada MCF members may be found supporting their Chaplains. As the Lord leads they follow in faith undertaking to support Sunday School, C.W.L., Chapel Committees and, foremost-of-all prayer for their Chaplain and his people.

We believe that the Bible is the Word of God and our statement of faith is the Apostles' Creed. Therefore we believe eternal life is received only by personally accepting the death of Jesus Christ as the complete atonement for sin. A committed Christian then is someone whose life evidences the changed person in Christ through the operation of the Holy Spirit.

"Two MCF bible studies take place locally each Wednesday, 12-1300 hours. One in the Chapel of the Good Shepherd and the other in AirCom HQ. For details on these times and places of fellowship and learning, please call Sgt Mel Ziegler, 5733 or LCol Brian Swan, 5326 for respective details. If you wish further details on the MCF you may also write our national office, MCF of Canada, Box 678, Station B, Ottawa, Ontario, K1P 5P7."

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.

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, Baked Goods and White Elephant tables are needed and we urge all to participate in this fund-raiser. Convener 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 to 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 1 April in the Chapel Annex preceded by Mass at 7:15 p.m.

Please advertise the following:

Our Lady of the Airways Catholic Women's League will hold a

Shamrock Tea and Bazaar Saturday, 16 March 12:00 until 3:00 p.m. in the Hercules Lounge.

There will be Crafts, Baked Goods, a White Elephant table, Fish Pond, Children's Crafts, Raffle, Religious Articles, and a Tea Room.

All are welcome.



New Arrivals

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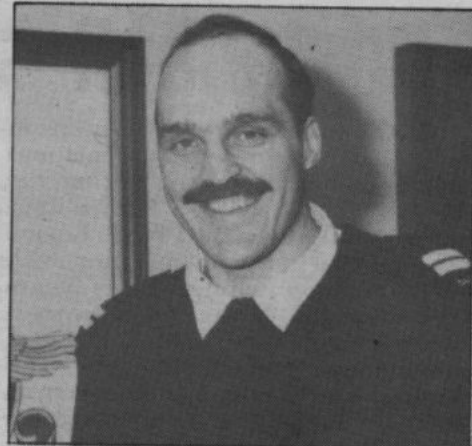
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Promotions and Awards



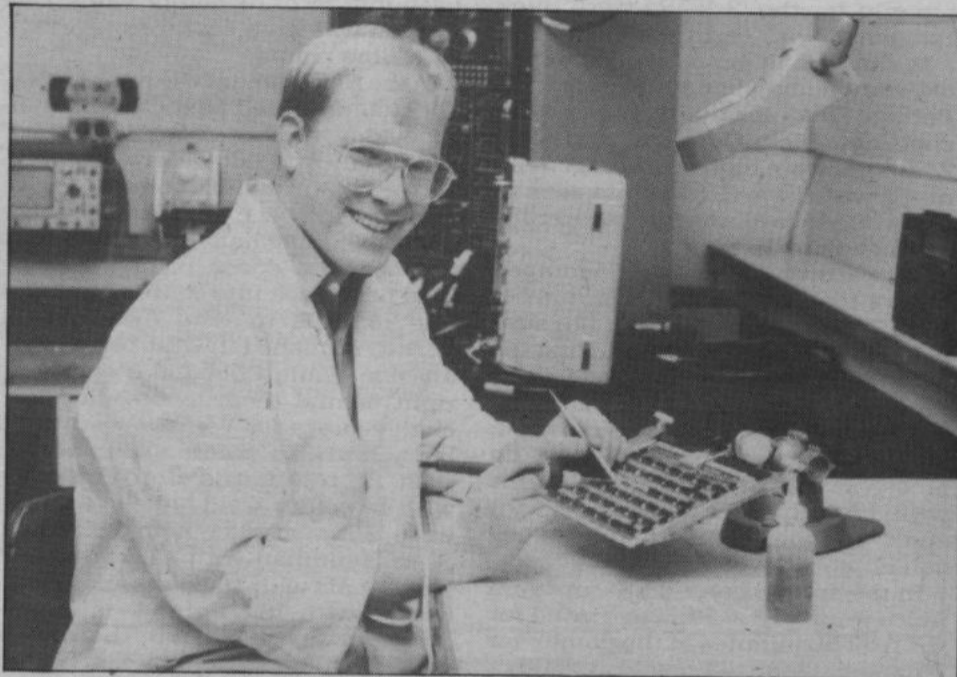
LCol W.E. Sveinson, Commanding Officer, 735 (Winnipeg) Communication Regiment, presented WO Sam Thomas with the second clasp to the Canadian Forces Decoration. WO Thomas enrolled in the Regiment after serving 26 years with the regular force. He is currently employed as a supply technician with the regiment.



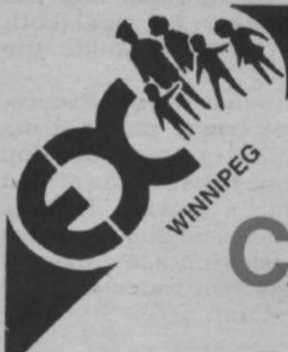
PROMOTED — Capt. W.W. Plikett, Avionic Services Officer, CFB Winnipeg, was congratulated on his promotion to that rank by Maj. R.E. Bladwin, Base Aircraft Maintenance Engineering Officer (BAMEO).



Cpl. Lori Vos has received accelerated promotion to that rank. She joined the CF in Jan., 1981. Upon completion of basic training at CFB Cornwallis and TQB Med A training at CFB Borden and NDMC, Ottawa, she was to the CFB Winnipeg Base Hospital. Here she completed her TQ4 training and last November her TQ5 training at Borden and NDMC. Since arriving in Winnipeg she has worked in all the different areas of the Base Hospital, and is rated as a valuable medical team member.



Accelerated promotion to the rank of corporal for D.M. Graham is announced by Capt W.W. Plikett, Avionics Servicing Officer in Hangar 16, for the "diligent work in the Integral Systems Laboratory."



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Basketball Championship

The Westwin gym was the scene of the CFB Winnipeg Invitational Basketball Tournament during the weekend of 1-3 Feb 85. Six military teams from across the Prairie Region participated in the tournament, with CFS Yorkton winning this year's championship. The teams in the tournament were from CFB Cold Lake, CFB Moose Jaw, CFB Portage, CFS Yorkton and the two local teams from CFB Winnipeg; the 13 RCRs and the rest of the Base Basketball team.

During the first day of competition, the 13 RCRs succumbed to the leapers from Cold Lake and came out on the short end of a 73-30 score. High scorers for Cold Lake were Shawn Luker, son of the ex-basketball great Al Luker from AIRCOM HQ, and Jeff MacDonald with 23 points apiece. The top gun for the 13 RCRs were Buck Buchanan with eight points.

In the second game, the Winnipeg old-stars pummeled the cagers from Portage 79-45 in a fine display of hoop shottng. Rick Carnegie and Juri Zvanitajs were high scorers for Winnipeg with 14 and 13 points respectively. Rod Ward was high scorer for Portage with 14 points.

On Saturday, the host Winnipeg cagers took on the hustling quintet from Moose Jaw in a fast, physical game. The local crew failed to find the hoop during the first half and fought their way back from a 17 point deficit to come within eight at the final horn, 56-48. Hot shot for the winning Moose Jaw team was 'Skin' Collins with 17 points, while Bill Sergeant sunk 13 points for the Winnipeg squad.

In the second game on Saturday, a much improved 13 RCR team led for the first 50 minutes of the game over Yorkton. The RCR held a 34-30 ad-

vantage at the half and held onto the lead until Yorkton's Jude Kelly popped in 14 of his 24 points in a two minute span. Yorkton went on to win 78-62. Rick Poter and Buc Buchanan led the RCRs with 15 and 14 points respectively while Chuck Shields was second highest scorer for Yorkton, behind Kelly's 24 point performance, with 12 points.

In the third game, Moose Jaw took to the court again to teach Portage a lesson in outside shooting. Steve Leeming singed the twines for eleven quick points to give Moose Jaw a 37-19 halftime lead. When they were not scoring on offence, Dan Meade controlled the defensive boards to lead Moose Jaw to a 61-47 victory and first place in the 'A' division. High scorers for Moose Jaw was Steve Leeming with 13 points while Don Burden was high scorer for Portage with nine points.

In the final game of the round robin, Yorkton squeezed past Cold Lake in an evenly contested match, 90-74. Jude Kelly and Lou Worrell combined for 37 first half points to give Yorkton a 49-41 advantage at the horn. In second half, Sean Hanrahan pumped in a dozen points to bring Cold Lake back into contention but it was to little to late. As a result, Yorkton finished in first place in 'B' division while Cold Lake ended up right behind them in second place. High scorers for Yorkton were Jude Kelly with 45 points, Lou Worrell with 21 points and Gord Pallaster with 14 points. Cold Lake's top guns were Shawn Luker with 18 points, Sean Hanrahan with 17 points, Jeff MacDonald with 16 points and Bernie Boland with 15 points.

On Sunday, 3 Feb 85, there were three playoff games played. The third

place teams in each division, Portage and the 13 RCRs, played off at 0900 hrs. The RCRs played good solid basketball but failed to put the ball in the hoop as they found themselves on the short end of a 32-20 halftime score. Buc Buchanan and Rick Poter found their range and started to peck away at the lead, closing the gap to four points with five minutes left in the game. However, Portage made a few key baskets when the RCRs went into a hurry-up offence and held on to win 59-51. High scorers for Portage were Rod Ward with 21 points and Don Burden with 18 points. Buc Buchanan and Rick Poter led the RCRs with 20 and 18 points respectively.

In the second playoff game between Winnipeg and Cold Lake, the high flying crew from Cold Lake dominated the play from the opening tip-off. They led 33-21 at the half, and Bernie Boland hot hand from the line (14 for 15 foul shots) helped pace Cold Lake to a 77-57 victory. High scorers for Cold Lake were Bernie Boland with 24 points and Sean Hanrahan with 16 points. Bill Sergeant and Bob Burke were the sharp shooters for Winnipeg with 11 and 10 points respectively.

The Championship game was a real barn burner between two evenly matched teams. Yorkton and Moose Jaw went hoop for hoop throughout the first half as both teams hustled on defence to deny the opposition any advantage on the boards in their own ends. At the half it was 31-31, and the score remained close until eight minutes left in the game, when Yorkton pulled away behind five quick hoops by Jude Kelly and Lou Worrell. That two minute lapse was the big difference in the game as Yorkton held on to win 67-57. High scorers for Yorkton were Jude Kelly and Lou Worrell with 20 and 18 points respectively. Steve Leeming and Dan Meade were top guns for Moose Jaw with 22 and 17 points.

When the Championship game was over the BPERO, Capt Michel Caron of CFB Winnipeg presented several awards to players. First, in recognition of the time George Zvanitajs, Dan Meade and Chuck Shields donated to the tournament to referee several games, he presented them with tournament sport shirts. Next he thanked the minor officials, Andy and Eric Zvanitajs, Jeff Dick, Gordon Sharpe, Rick Carnegie and Don Barrill for doing an excellent job at the scorers table throughout the tournament.

Capt Caron then presented the Most Valuable Player trophy to Rick Poter of the RCRs in recognition of his superb performance in each of the games that he played in. In addition, Rick was named to the tournament all-star team along with Steve Leeming of Moose Jaw at the guard slots; Jude Kelly of Yorkton at center; and Shawn Luker of Cold Lake and Don Burden of Portage at the forward positions. Finally, the members of the winning team of the CFB WINNIPEG INVITATIONAL TOURNAMENT, Yorkton, were each presented with a tournament sports shirt in recognition of their championship victory.

This tournament could not have been possible; however, with the superb job of organization done by

Sgt Chris Christensen. On behalf of all the tournament participants and the fans that came out to watch, and especially the members of the CFB Winnipeg Base Basketball team, thank you very much for a job well done and for pomoting basketball in the Prairie Region.

William Sergeant
Coach
CFB Winnipeg Basketball
Team 1984-85

Canadian Forces Joins Sports Council

OTTAWA — Prior to leaving his portfolio, Defence Minister Robert Coates has accepted on behalf of the Canadian Forces an invitation to join the Conseil International du Sport Militaire (CISM).

CISM is an 86-member, world-wide association composed of the armed forces of various nations dedicated to the development of military sports. In 1985, CISM plans to conduct 12 military sport championships throughout the world.

Mr. Coates said: "I believe that Canada will be able to contribute to this world-wide body as well as to benefit from our involvement therein. The overall aim of friendship through sports is an admirable goal, and it is only fitting that Canada join other sovereign states in yet another means of reducing world tensions."

The Canadian Forces are currently assessing participation in parachuting, biathlon, cross-country running, shottng and military pentathlon. Further down the road, the CF will also investigate the possibility of participation in the CISM naval pentathlon and orienteering.

Canadian participants and observers will be attending the Nordic ski events in Switzerland and the Cross-Country run in Portugal (both in March) to further evaluate the program.

CISM was founded in Nice, France, in 1948 to encourage physical activities and military sport, develop friendly relations between the armed forces of member nations, further mutual technical assistance between members and contribute to universal peace through comradeship and mutual understanding.



The most valuable player of the tournament was Rick Poter, seen here receiving the MVP trophy from Capt. M. Caron, BPERO.

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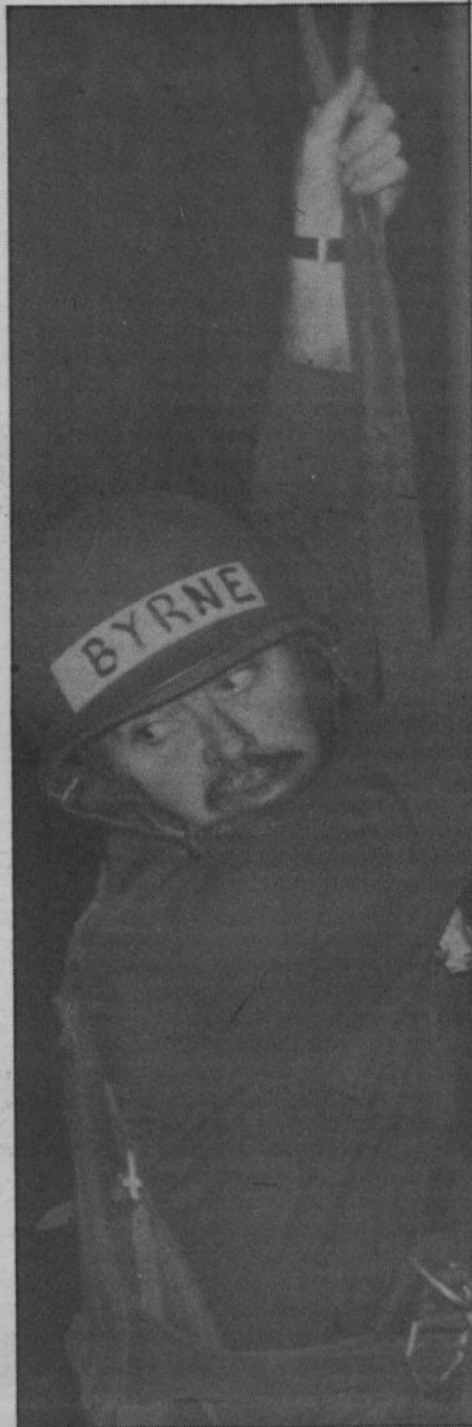
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AIRBORNE TRAINING — Chief Warrant Officer Bob Byrne, 39, of Kimberley, B.C., follows parachuting flight procedures while suspended in a parachute harness at the Canadian Airborne Centre in Edmonton. CWO Byrne is a mechanical systems technician at Air Command Headquarters in Winnipeg. He participated in a gruelling three-week course along with 44 other fellow servicemen, in both the regular and reserve forces. He is the son of Mr. and Mrs. Lou Byrne, 606 Nelson St. Kimberley. (CANADIAN FORCES PHOTO by Sgt. Dennis Mah)

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CANADIAN CONTINGENT CONFIRMED FOR JAMAICAN ARTS FESTIVAL

The Canadian talent contingent has been confirmed for JAMFEST '85, the Government of Jamaica's salute to the United Nations International Year of Youth.

The April 1 - 9 festival of arts will be centred in Kingston with local performances throughout much of Jamaica and will be attended by performers and youth delegates from around the world.

Featured Canadian performers will be Bruce Cockburn, Leona Boyd, The Parachute Club, Jane Sibbery, Leroy Sibbles and the Lisgar Collegiate Band from Ottawa.

To add to JAMFEST's Canadian content, Wayne Clarkson, Chairman of the Toronto Film Festival, will serve as vice-chairman of JAMFEST's international film jury which will view international entries including 10 from Canada.

Sen. Olivia Grange, executive producer of JAMFEST explains the selections: "The festival is designed to highlight the creativity of youth and will feature international artists who have demonstrated an understanding of the concerns of youth around the world."

Over 100 performers, displays and seminars will cover virtually all art forms including theatre, dance, poetry, painting, prose and music.

A Poem

The following item appeared several years ago in the Winnipeg Free Press. My response was in verse.

Eastbourne, England (AP) — Harry Hewitt, development manager of British Lighting Industries Ltd., told a convention here the house of the future may have no windows. He said people feel a vague need for natural light but can be conditioned to improved artificial lighting which would make design a lot simpler for heating and lighting engineers.

WINDOWS WILL GO

Oh, Harry Hewitt,
 Bitterley do we rue it,
 We learn that light
 Is a natural blight,
 And really has nothing to it.

A light engineer,
 You indeed make it clear
 That people don't need
 (If they'd pay any heed)
 Light, or a bright atmosphere.

Then conditioned we'll be,
 Improved, if unfree,
 Windowless, by design,
 In a house that's quite fine—
 And as simple as A B C.

Ann Elizabeth Carson

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Reunion for Girl Guides

A "Homecoming Weekend" will be held in Trenton, Ontario, April 27-28 of this year for all former Guiders and Guides etc., (now adult) of Trenton Division of the Girl Guides of Canada to celebrate the 75th. Anniversary of Guiding in Canada.

There will be a wide range of activities and time for looking back and reminiscing. The registration fee is \$10.00, to be received no later than April 1st.

Further information is also available upon request. Your cheque or money order should be made payable to Trenton Division, Girl Guides of Canada. The address is: "Homecoming Committee" 84 Stanley St., Trenton, Ontario. K8V 4V5

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What is Aloe Vera?

By Jane Lawrence

How much do you know about this remarkable plant?

The medical dictionary says in part: "A tropical plant, the milk or sap of which is used as a dressing for X-Ray or radium dermatitis. Has been used in ointments or by direct application of inner surface of the leaf."

"Aloe" — among other uses — "local application of the leaves is of benefit in the treatment of X-Ray burns."

If the medical books speak of such practices, can you imagine all the marvelous uses you could find for Aloe Vera around the home? Better still, if you were able to have access to a beauty program, can you imagine how good your skin would feel?

Not many years ago a new company entered into Manitoba with a beauty program that uses the Aloe Vera plant as a base for their product. That company is Aloette Cosmetics.

I was first introduced to the product some months ago by a family member and, after having tried Aloette for several months, I was so impressed I decided to get into product sales.

I have spoken to many friends and associates about the plant as well as the product. Those who are not familiar with it have tried the ointment and noticed a smoothness not there before, but most importantly, the people familiar with the plant are more than anxious to try the beauty product.

I feel more people should be made aware of the benefits of Aloe Vera and Aloette. For example:

Performance Plus: Deep penetrating creme, up to 30 layers of skin cells. Promotes smoother skin. Slows down

ageing process of the skin. Women under 25 may start with Performance Plus to prevent skin from ageing and to keep that young looking skin. For all skin types. Soften age lines.

Visible Aid: Recommended for surface skin problems. Eczema, Psoriasis, Poison Ivy, Poison Oak, Warts, Cold Sores, Scratches, Bee Stings, Headaches, Ringworm, Burns, Sunburns, Hemorrhoids, Diaper Rash, Brown Age Spots, Sinus, Earache, Sore Throat, Skin Irritations, Blemishes, Cuts, Acne, Skin Ulcers, Fever Blisters, Varicose Veins, Chicken Pox and more.

These are just two teasers to get you interested. I can't stress enough how great this product really is.

What attracted my attention most was that for someone, like myself who has problem skin, can get a personal beauty consultation from the Aloette consultant. If I were to go into any of the major department stores, a salesperson would sell me anything, just to make a sale, not even knowing my skin type.

The Aloette Beauty Consultant goes through a series of training workshops that show them how to advise future customers on different skin care programs and the dynamic application of makeup procedures.

If you are interest in knowing more about the product and the various skin care programs available, please don't hesitate to contact me at 885-5569 (after 4:30).

This is a fun and exciting part-time career for me and I feel my enthusiasm speaks for itself. We don't guarantee miracles, but we do guarantee results.

Your skin will love you for it!
P.S. — The Hostess benefits are also great.

- **Free Cosmetics of your Choice** (20% of show sales totalling \$200.00 or more; 15% if show sales total under \$200.00) For example, you will receive \$50.00 in FREE cosmetics for a \$250.00 show.
- **Personal Beauty Consultation** (Valued at \$25.00)
- **15% Lifetime discount on your cosmetics** (when ordered through your Consultant, not a show)
- **Cosmetic Bonus Certificates** Receive one for each booking from your show. Each certificate gives you \$10.00 of Aloette cosmetics of your choice for \$5.00. Redeemable at the booked show.
- **Free Aloe Vera Plant.**

Worry

I worry a lot. Right now, I'm worried about percentages. I sometimes worry about fractions, but in my experience, fractions are less worrisome than percentages.

It all began in Grade 4. The teacher said, "Now, boys and girls, we will learn about percentages." Only I never did learn about them. Instead, I became thoroughly and hopelessly confused, and the confusion has remained with me. Nor do I see any hope for the future.

Take, for example, the following calculation: 5 is what per cent of 100? I know, vaguely, that something is divided by, or into, 100. But what? Let us try 5 divided by 100. The answer, damn it all, is a fraction — 1/20. So that's not right. But there's another possibility, 100 divided by 5. This equals 20. It seems to me that this is the right answer.

Just for the sake of verification, let's take another set of numbers: 7 is what per cent of 49? (Simple figures, you'll note — easy to work with.) All right, I know that 7 is 1/7 of 49. 1/7 is 14.28%, carried to two places beyond the decimal. But, 49 divided by 7 equals 7 (as in the calculation 100 divided by 5 equals 20), and 7 is not the correct answer. Where have I erred? After a little trial and error, I discover that 7/49 x 100 gives the correct response. So my original calculation in "5 is what per cent of 100?" must have been wrong. It's not 100 divided by 5 equals 20. It's 5/100 x 100 = 5.

Suppose I want to know what 15% of 700 is. Do I divide 700 by 15? Or don't I? It took me about 15 minutes of laborious calculation to figure out that no, I don't. The correct answer is 15/100 x 700 = 105. But the gyrations I went through to arrive at that figure!

I was editing a Course Training Standard at work the other day. This particular CTS contained some basic, Grade 8 calculations. Just to try my hand, I worked out some of the percentages. Fortunately, there was an answer sheet at the back of the book. Without it, I would have sadly misled some Stewards, TQ 4.

One question which had me baffled for a while was the following:
There are 225 personnel aboard a ship. 4% of them are stewards. How many stewards are there?
The answer is 9. But it took me some time — not government time, I might add, I agonized at home — to figure out that the same procedure is followed here as in calculating 15% of 700. That is, 4/100 x 225 = 9.

Dear God in Heaven, how did I ever wind up with an "A" in Maths?

Maybe I'd better just give up, and worry about something else. I could worry about the Nuclear Holocaust, Famine, Star Wars. But I'm more accustomed to worrying about percentages. I've been worrying about them for longer than the other items have been around. I think I'll stick to worrying over matters I know something about. Loosely speaking.

Ann Elizabeth Carson

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Experts Say Don't Rush Into RRSP's

Every January and February, many Canadians go through a strange ritual: they look at all kinds of newspaper and TV ads, hold secretive phone conversations and study leaflets and brochures.

Then they rush off to the nearest bank, trust company or credit union and plunk down as much money — within limits — as they can.

They're smart, because RRSPs (Registered Retirement Savings Plans) are not lotteries, soccer pools or tickets on the horses. RRSPs are the best buy most people will ever encounter, and even more surprising, they're fully endorsed, in fact made possible, by the federal government.

Incidentally, people look at RRSPs differently: as retirement plans; as tax deferrals; and as plain good investment. In fact, they're all three. The great thing about an RRSP is that any money invested in the plan isn't taxable in the year in which it's invested. If the plan lasts for 20 years, the funds won't be taxable until 2005, and maybe not even then, depending on what the investor does with it. He may roll it into a government annuity or a RRIF (Registered Retirement Income Fund). In either case, tax is still not payable on the money invested until it's withdrawn.

It gets even better. If income tax is deferred at a time when the contributor is, say, in the 50-per cent tax bracket, by investing in a RRSP it may be eventually withdrawn after retirement when the tax bracket is much lower. That's what most people look at as one of the major benefits. But it's not the biggest attraction.

With an RRSP, the major benefit is that for all of the 20 years, or whatever period over which the tax is retained instead of being paid to Revenue Canada, it keeps compounding income along with the rest of the contributor's capital that's invested.

That may not sound like much, but think about it:

Suppose you decide to contribute \$2,000 annually to an RRSP at the beginning of every year. Assume that the plan will earn 12 per cent per year and that you are in a 50-per cent bracket. Meanwhile Fred, your neighbour across the street, in exactly the same circumstances as you, makes an ordinary investment at 12-per cent, earmarking \$2,000 per year, but of course pays tax on it first, because his investment is outside an RRSP. Let's see whose performance is better:

At the end of 10 years, your plan is worth \$39,309, while Fred has accumulated a total of \$13,972. And after 25 years, your nest egg is worth \$298,668, while Fred's is worth \$58,156!

"Wait a minute," says Fred. "You're missing one little item. My investment in all those years is made with money I've already paid tax on, so my total is tax free. Yours is all tax-deferred, so they'll tax you when you cash it in."

He's right. But then you may not cash it all in at that point, as we've

already seen, or you may pay tax at a much lower rate. But at the very worst, which means that you are still in the 50-per cent tax bracket when you cash in the plan, you're still almost three times as well off because there has been more money earning interest and compounding over all those years. In fact you'd still end up with \$149,334 compared with Fred's \$58,156.

It's even better if you can find an investment with a better rate of return that qualifies as an RRSP. In fact it gets better much faster.

Suppose that instead of contributing \$2,000 per year at 12-per cent (\$39,309 after 10 years; \$298,668 after 25) you found a 20-per cent investment. The totals would be \$62,301 after 10 years and \$1,132,755 after 25.

Of course you're not a millionaire yet because you still have to pay tax. But half a millionaire is better than none.

A warning note: Many people get so caught up in the numbers that they look mainly at their RRSP as a great tax deferral and retirement plan, forgetting the investment aspect. The soundness of the investment comes first. Then consider how good it is as a tax deferral plan and a retirement benefit.

That's why it's important to talk to a professional who is experienced in financial matters. A certified general accountant (CGA) for instance, because if there still are aspects of investment advice that you might need he will gladly find them out for you or direct you to the best people.

Many Institutions get into the RRSP act, especially at this time of the year (because you're allowed to deduct your RRSP contributions from 1984 tax if you contribute before the end of February. And also because it makes sense to maximize the compounding interest your contribution will earn during the year).

Banks, trust companies, credit unions, investment dealers and mutual fund organizations all deal in and offer RRSPs of one kind or another. Such plans may be invested in everything from fixed-term deposits, right through the list of government bonds, debentures, preferred or common shares listed on Canadian stock exchanges; or mortgages or other approved investments. You may even invest in your own mortgage, but you should seek professional advice before you decide.

Usually, the institution selling you the plan does the managing of the investment fund and provides you with a fixed return.

Another warning: You read and hear a lot these days about unique

RRSPs. Look twice. There is very little to choose from one to another, either in investment caliber or in cost to you. One investment dealer, for example, charges a flat \$100 for a \$2,000-a-year contribution, annually. For that he provides his expertise in investing and all his firm's facilities. A trust company or banks may charge less, or more — but check it out.

Your friendly neighbourhood certified general accountant has seen 'em all. He'll direct you to one with a good balance of investment attributes (security, good rate of return, flexibility — the ability to switch if you want to — and cost).

Many financial institutions have been at the game so long that they seem to believe that everyone is capable of making financial judgements for themselves. So they may recommend 'self-directed' RRSPs. These are plans where the contributor makes his own decisions as to what his funds are invested in. It can be great, if you know what you're doing. You can save more and make more.

But, if you aren't a mechanic, stay out of the transmission. If you're an investment novice, learn first, then self-direct.

How much can you contribute?

Until this year you could invest 20-per cent of earned income up to a maximum of \$5,500, unless contributions were also being made to a Registered Pension Plan or a Deferred Profit Sharing Plan, in which case the 20-per cent is the limit. Current legislation will drop the allowable to 18-per cent, but raise the dollar limit in stages to \$15,500 in 1988. After that, the limit will be indexed to an average industrial wage level.

So, the bottom line is don't rush right out. Talk first to an expert like a certified general accountant. The CGA knows what's available and will advise you on what is the best RRSP for your circumstances. But do it now. You've got to make the investment before the end of February.

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"Heard Any Good Tax Returns lately?"

Millions of Canadians have once again become afflicted with a common annual disorder that first appears in January and reaches epidemic proportions by April 30th.

The malady is characterized by feelings of nervous tension, confusion, and fear. First signs of the ailment appear with the postman's delivery of a brown, manilla envelope.

Much is known about this universal infirmity, which strikes workers at every income level, but precious little is being done to provide economical relief to sufferers.

In many cases, incometaxitis, as its known, causes many taxpayers to reach for the telephone with trembling fingers and call out for professional help from an array of tax helpers, planners and semi-professionals who come out of the woodwork this time of year.

However, there are numerous side-effects to this form of relief — one is cost and the other is the quality of care the patient receives from part-time practitioners.

This year, however, something has been done to relieve victims of their distress and to help them understand the basis of their pain and suffering.

It's a 60-minute tape, narrated by tax expert Brian Costello who guides

listeners through their 1984 tax returns form in easy-to-understand, line-by-line instructions.

Costello, whose syndicated radio show "Taking Care of Your Money" is heard daily on as many as 180 radio stations, created the tape to take the confusion and difficulty out of preparing ones income tax return.

"This tape is aimed at the person who can't afford to hire a personal accountant", said Canada's leading financial advisor. "I've provided step-by-step instruction on how to fill out the income tax return and I've added many useful tax tips that can save taxpayers time and money."

A resident of Burlington, Ontario, who is married "with one little tax deduction," Costello said he takes time to research and deal with accountants, then passes along the information to the general public in layman's terms. "I speak English rather than legalese," he said.

That's good news for anyone who shivers at the thought of reading Revenue Canada's tax guide, which outlines such things as Supplementary Schedules for Calculating Capital Gains and Losses in Information Circular 74-3R2.

If you're confused about such things as what to do on Line 252 of the tax return and whether or not you have to calculate your CPP Contributions before subtracting line 255 from line 236, why not listen to Brian Costello's 'Make Life Easier' tape in the comfort of your home or office?

For \$4.95 you can hire your own accountant and let him guide you

painlessly through the tax form. It's as easy as 1-2-3.

Costello's talking tax return form is available in book stores and other outlets across the country.

Manitobans Give \$322,000 to African Famine Relief

"Thousands of Canadian from coast to coast have contributed \$5.1 million (CDN) through the Red Cross to famine relief operations in Africa," said Rene DeGrace, Canadian Red Cross National Director of International Affairs. Manitobans contributed \$322,000 to this total.

"Every cent of every dollar donated to the Red Cross does, in fact, reaches the victims," he said. "Money raised for African famine relief has been used, first and foremost, to purchase urgently needed food supplies. In addition to foodstuffs purchased, the Canadian International Development Agency, on behalf of the Canadian Red Cross, has purchased and shipped 100,000 bags of flour to feed famine victims."

The \$5.1 million raised by the Canadian Red Cross since early November, 1984, has been earmarked for assistance in Ethiopia, Mozambique, Angola, Niger, Sudan, Uganda, Tanzania and Burkina Faso.

"Since the need for vehicles to transport foodstuffs and other relief supplies is almost as urgent in many

of these countries as the need for the supplies themselves, the Canadian Red Cross has purchased three 10-tonne trucks, which are now operating in the most affected areas," said DeGrace.

In addition, a total of 42,770 woolen blankets were purchased by the Canadian Red Cross to assist destitute victims with no overhead shelter to endure the cold night temperatures in many famine-ravaged regions of the continent.

"Current supplies of foodstuffs are expected to meet the most urgent present requirements," added DeGrace, "but our on-going needs are great. The generous donations of Canadians will be used to alleviate the suffering of those most seriously affected. The International Red Cross estimates that a total of \$183 (Canadians) million will be needed in 1985 to assist some two million victims in 18 African countries."

Red Cross offices across Canada continue to accept contributions in support of International Red Cross famine relief operations in Africa. All donations should be clearly marked "African Famine Relief" or, if specifically designated for Ethiopia, "Ethiopian Famine Relief." Donations should be addressed to The Canadian Red Cross Society, 226 Osborne Street North, Winnipeg, Manitoba, R3C 1V4.

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