Voxair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

10 July 1985

Some Yesterdays

RCAF Flight Lieutenant T. Percival captures 49 photos of the sun's eclipse 40 years ago yesterday at former RCAF Station Rivers, Man.

Next Deadline July 16 for July 24 Edition

No change in policies: philosophies
New Commander says quality of personnel is greatest strength

WINNIPEG — A few days after stepping into the job as Canada's top operational airman, LGen. Donald M. McNaughton issued his first message to all ranks and civilian employees of his command.

He said that the foremost goal is the highest level of operational capability.

Full text of his message follows.

"It is a great privilege to be your commander. I will do my utmost to serve you and Air Command in the best possible way during my time in this position.

"Having served as deputy under two previous commanders, it is obvious that I will not change the policies or philosophies which they sponsored. I am in complete agreement with their initiatives and will work to consolidate the work begun by them.

"I have inherited a command that is in good health and is maturing rapidly. The quality of our personnel is second to none and this is our greatest strength.

"The attainment and maintenance of the highest level of operational capability must be our foremost goal. Our challenge will be to do this while ensuring the responsible utilization of precious public resources.

"We in Air Command are the custodians of extremely valuable equipment and personnel. Their preservation and their responsible and economic employment are of the greatest importance if we are to protect our operational capabilities. We must continue to emphasize those programs which are designed to limit the loss of material and personnel resources.

"Finally, from all our supervisors in the field, at all levels, I expect the highest level of responsible leadership. We have high standards and they must be maintained. As a team, we can keep Air Command strong and meet the challenges of today and the future.

"Sic itur ad astra."

C'est un grand honneur pour moi que d'etre votre commandant. Pendant que j'occuperai ce poste, soyez assures que je ferai tout en mon pouvoir pour vous servir, ainsi que le commandement aerien, de la meilleure maniere possible.

Ayant ete l'adjoint des deux commandants precedents, il est evident que je ne changerai pas les politiques et philosophies qu ils ont faites leurs. Je suis tout a fait d'accord avec leur initiatives. Et je poursuivrai le travail qu ils ont commence. Je prends un commandement en bonne sante et qui se develope rapidement. La qualite de notre personnel est sans egale et c'est la que nous puisons plus grand force.

La realisation et le maintien de la plus grande capacite operationnelle doivent constituer notre objectif ultime. Notre defi sera d'y parvenir tout en assurant une utilisation rationnelle des precifuses ressources publiques. Nous du commandement aerien sommes les gardiens d'un personnel et de material d'une tres grande valeur. Leur preservation et leur utilisation d'une maniere responsable et economique sont primordiales au maintien de notre capacite operationnelle. Nous devons continuer a mettre l'emphase sur les prgrammes visant a reduire les pertes humaines et materielles.

Finalement, je m'attends a ce que tous les surveillants de tous les niveaux au sein de nos unites fassent preuve d'une tres grand leadership responsable. Nous avons des normes elevees et il faut les respecter. Comme equipe, nous pouvons assurer la force du commandement aerien et relever les defis d'aujourd hui et de demain.

Sic itur ad astra.

CF pay raise back — dated to April 7

OTTAWA — Increases in pay averaging 3.64 per cent and .11 per cent in allowances have been announced by Defence Minister Erik Nielsen for Regular and Reserve components of the Canadian Forces.

Both are retroactive to April 1, about 2½ months.

Rates normally are adjusted each year in April.

BASE ACKNOWLEDGES COMMUNITY VOLUNTEERS — Some of the community leaders, who donate time and effort to make CFB Winnipeg a better place in which to live, line up for a keepsake photograph with the base commander, Col. S.E. McGowan, front row, third from right, at an awards presentation. He singled out their dedication and support in contributing to the morale and well-being of the community. Two former editors of this paper are depicted. Far left, second row, is Capt. Terry Lawrence, who writes the Voxair Kit Bag column, and back row, fourth from left, is MCpl Tom Langer, now associate editor, who is about to move to CFB Cornwallis, where he'll become involved with the base's Ensign newspaper. Terry also is ready to shed the uniform after a couple hundred years of service, hither and yon, but it is hoped that — between football interests and other pursuits — he'll find time to regale us with his Kit Bag institution. (Photo by Base Photo Section)

Base Commander presents community service awards

On Sunday, June 9th, CFB Winnipeg held its annual Community Service Awards presentation. Thirty awards were handed out to those who had contributed time in assisting with girl guides, boy scouts, brownies, cubs, minor league hockey, the Thrift shop, Community Councils and various other recreational and social programs.

The base commander, Colonel S.E. McGowan, made the presentations. In a speech to recipients and guests, Col. McGowan stated that the Community Service Award was a small way of recognizing outstanding volunteer service to the CFB Winnipeg military community. Expressing his gratitude to the volunteers on behalf of CFB Winnipeg, he emphasized that their dedication and support were instrumental in contributing considerably to the morale and the well-being of the military community.

Master of Ceremonies again this year was Capt Terry Lawrence, who introduced each volunteer, touched upon their contributions, and at the same time interjected some humorous anecdotes to the proceedings.

Not all of the recipients of the Community Service Awards were Canadian Forces personnel. There were spouses of service members, DND employees and others who, over the past year, unselfishly have taken an interest in the community program. The Catholic Women's League and the Thrift shop were singled out for group awards.

A cake cutting ceremony, hors d'oeuvres, a choice of wines and cheeses and music by Rick Enns rounded out the pleasant afternoon.

Sea cadets will slice Gimli waters July 22-24

To celebrate the International Year of Youth, the 90th Anniversary of the Navy League in Canada and the 75th Anniversary of the Founding of the Naval Service of Canada, four Sea Cadet International Sailing Regattas will be held in Canada between July 22nd and August 7th, 1985.

Countries participating include Australia, Belgium, Britain, Canada, Netherlands, Sweden, United States and West Germany.

The program is sponsored jointly by The Navy League of Canada and the Department of National Defence.

The regattas will be held in Manitoba, British Columbia, Ontario and Quebec.

The first regatta will take place at HMCS Gimli, Gimli, Manitoba, between Monday, July 22nd, and Wednesday, July 24th.

For further information contact:

Lieutenant Commander T.J. Szczerski, Commanding Officer, HMCS Gimli: 895-5097

Mr. D.A. Ligertwood, Vice-President, Manitoba Division, N.L. of C: 233-6873

Major J.R. Webber, Region Cadet Officer: 895-5750

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Weather (or not)

So-so (uncertain but probable), but prospects are for improvement or deterioration — take your pick in "sunny Manitoba." You can't have it all, dummy!

Talk about your basic dumb moves!

We decided to ride the trusty old Honda to Assiniboine Park for the Canada Day fireworks display. We should have walked! Traffic snarls were horrendous and so were drivers' tempers.

The most discourteous and careless drivers were motorcyclists. A lot of those characters should still be on tricycles in backyards. If nothing else, they demonstrated that Manitoba's helmet law is a joke.

The fireworks display came to an abrupt end when "technical difficulties" intervened. We had our own sparklers so carried on in a very subdued fashion while trapped in traffic.

Next year we'll watch from our front lawn.

* * * * *

By the time this edition hits the street, we'll be in P.E.I. Hopefully, the weather will be good and the lobster even better.

For two weeks I'm not worrying (much) about weeding the garden or grooming the dog. I do expect a few tangles in each on our return however.

* * * * *

I had a sneak preview of the new "Sailor's Suit" recently. Very sharp, very British in cut. Double-breasted with two vents, anchors on the buttons and all. It's still polyester and wool blend, so lint will remain a problem.

* * * * *

Don't you just love —

People who park in the "No Parking" areas in front of stores.

People who do the above, and leave their four-way flasher on as some mystical signal.

People who take 15 items into the nine-and-under express line and then write a cheque — and have to do a complete body search for three pieces of identification.

People who crash line-ups.

People who talk in movie theatres; and who always sit right behind you.

People who take their "blaster" to the park or beach.

People who allow their pets to use your lawn as a latrine.

People who dump their garbage beside public roads.

People who paint signs and misspell words.

People who don't use turn signals.

People who complain a lot about "people"!

WHOOPS!

* * * * *

No Kit Bag in the next edition, (July 24th). The one after that will be the last. Keep your head up; I'm watching!

* * * * *

The Yogourt Memorandum

Yogurt is a Turkish Word. In 1908, a russian-born bacteriologist named Elie Metchnikoff suggested that ;yogourt was the reason Bulgarian peasants lived into their 120's.

In 1911, Turkey went to war with Bulgaria and the other Balkan states.

Coincidence?

And how did the Swiss get involved? Why is a stirred-style yogourt incubated in large vats for 48-hours with fruit added at the end of the process called "Swiss-style" yogourt?

And what do the Americans know that has caused them to increase their yogourt consumption from 44 million pounds in 1960 to an estimated 624 million pounds in 1982?

International conspiracy — or Ripleysque oddity?

You taste and decide.

Take no chances: choose a set-style yogourt incubated in *individual* containers with fruit *at the bottom*.

Mmmm — tart!

Yes — but an excellent source of calcium and phosphorus for teeth and bones, riboflavin for healthy functioning of eyes and skin plus protein for muscle and tissues.

Caloric value? A 250 mL serving of yogourt has 170 calories. It would take your three-quarters of an hour playing golf to work off that number of calories. Golf was invented in Scotland. Think about it!

Oh, you'll argue that yogourt is versatile — as excellent as a salad dressing as it is on baked potatoes and cereals, as welcome on pancakes as in milkshakes or vegetable dips. But remember — those are suggestions from the Dairy Bureau of **Canada!**

And always, always keep in mind what gets the whole yogourt vat going — a microorganism called *streptococcus thermophilus*.

And that's Latin, bub, or I don't know my cultures.

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

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!

Editorial – Unless you wanna save $$

Don't read this!

There are many valid reasons to buy goods and services from Voxair advertisers. Here are six of them.

1. Advertisers spend money to attract your business. But, because they also want to hang on to you as a satisfied customer, it's unlikely they're out to skin you first time you walk through their doors. They know you didn't come to town on the last load of hay.
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4. They believe that Voxair readers make good customers, and they're in business to attract satisfied customers and get a reasonable return on their investment. Fair is fair.
5. As a rule, advertisers are better stocked with wider selections of merchandise, at better prices.
6. They're reputable firms, usually well established and stock quality merchandise. They know all about the "once-bitten-twice shy" customer, so they're out to give you a fair shake; otherwise, someone eventually puts a padlock on their doors.

Think about it!

One other thing. They also know that as members of the military and the public service, you belong to one of the better-paid entities in this country.

It's true. "You can look it up," as a famous baseball luminary once said.

If you've heard this one – I'm telling it anyhow

Same place, different year

The airline pasenger approached the outbound counter with three items of baggage, and wearily plodded them on the scale.

"Send the big brown bag to Madrid, the suit bag to Tokyo, and the black case to Bogota."

"Sorry, sir," said the attendant, "I can't do that."

"Why not?" snapped the passenger. "You did it last year!"

* * *

Air travellers lament

Breakfast in dear old London
Lunch in gay Paree
Dinner in New York
Baggage in Italee!

* * *

They're not hard to spot

Your worst enemies are not those who disagree with you — but the ones who pretend to agree with you.

* * *

You know the feeling

A businessman had been trying to reach his home by phone for almost an hour, but kept getting a busy signal. Finally, he asked the operator to cut in on the line.

Told that she could do this only in an emergency, such as a life or death situation, the harried man said, "Well, if it's my teenage daughter on the 'phone, there's goint to be a murder!"

* *

Happy 51st!

Granda and grandpa had a busy day with well-wishers on their 50th anniversary bash. Finally, they settled down in their recliners to think over the event.

"Mother," said grandpa, "I'm proud of you!"

"What did you say?" she asked; you know I can't hear you without my hearing aid."

"I said, 'I'm proud of you!"

That's OK," she sighed, "I'm tired of you, too!"

* * *

Telephone bingo

The businessman who despised being asked "Who's calling?" when he placed a telephone call also dislikes having his calls answered with a 'phone number.

Everything fell into place one morning when a secretary answered "889-3963!"

"May I speak to Mr. Langer?" he asked, slightly annoyed.

"May I tell him who's calling?" said the secretary.

"775-8447," he purred.

* * *

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VOXAIR VARIETY

by John Lauder

Rainbow Stage is celebrating the 75th anniversary of the Navy with the production of "H.M.S. Pinafore" at the Kildonan Park outdoor theatre. Actually, the famous comic opera is somewhat older that the Navy, as it was first performed in 1878. However, the present show is offered in the original form, indicating how timeless music and comedy can be.

With nine stars and a huge chorus, this story of love and class distinction on the quarterdeck is a fine evening of entertainment. The leading singers are from all across Canada, and director Bob Ainslie has organized them into a coherent and cohesive team. Bob was the director of the excellent "Fiddler on the Roof," which Rainbow gave us last year, and is one of the best in show business.

This is the 31st year for the Kildonan Park group, which claims to be Canada's largest outdoor theatre, as well as one of the longest running enterprises of the type. The show runs until July 20th, and tickets are $4.75 to $9.50, with rates for children. They are available at all ticket outlets around town.

Note for newcomers — there is a roof over the seats in case of rain, and they do kill the mosquitoes.

* * * * *

The other big outdoor event this month is the Winnipeg Folk Festival, the 12th annual, which is staged in Birds Hill Park, 19 miles northeast of town on highway 59. Evening concerts are at 7:00 p.m., with daytime shows from 11:00 a.m.

The July 11th (Thursday evening) show is an all-Canadian concert, while on the 12th to 14th some 100 singers and groups from all over will be on stage. Not only singers, but vaudevillians, Blues and Jazz artists, Swing Bands and jugglers will be performing. For the kids, there will be puppetry, magic, storytelling and clowns, with such well-known childrens' artists as Valdy giving shows.

Also, a craft village will display pottery, basketry, toys, leather work, weaving, silversmithing and other items. A food village will offer treats from around the world, hopefully at reasonable prices.

They make it a family outing by strict exclusion of such things as booze, drugs, recorders and flash cameras, along with littering and pets.

* * * * *

Not much doing at the Centennial Concert Hall these days. On the 15th there is a Gala Concert by Music Competition Finalists, but apart from that, no more public items this month.

HALF-A-CENTURY WITH DND — Frank H. Pearce, right, has more coffee-break time in DND than most others have had pay days. Defence minister Erik Nielsen hands over a silver medal and retirement certificate in recognition of the feat to the septuagenarian (at least 70, according to the dictionary). He started off with the RCAF in 1934 as an areo-engine and air-frame technician. Flight training followed three years later and eventually a commission. He served in Canada and abroad during the Big One (WW II). Post-war, he became acting CO of 436 Transport Squadron in the U.K. His last job in uniform was as director of the transport force with the U.N. in the Congo. He took off the uniform in 1963. During his military career he flew in 67 different types of aircraft, involving 8,000 hours (close to a year off the ground). Post-uniform days, he became an Ottawa rock-ape in civilian manpower control at NDHQ, or whatever it was called back in those days. It all adds up to 29 years in uniform and 22 with the Public Service, for a total of about 51 years. (DND Photo)

Extroverts wanted

Don't be bashful, folks! Send your "stuff" into Voxair. We'll print just about anything, if it's reasonably clean and doesn't offend the sensibilities of this upstanding (sometimes) and erudite editor. But, be careful out there!

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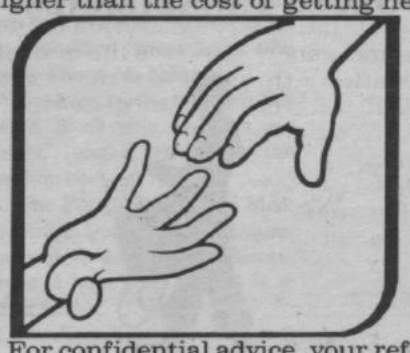
QUESTION: Are there any costs involved in seeing a referral agent?

There is no charge for the services of a referral agent but, an employee who needs and decides to accept specialized or professional help, will be responsible for any costs involved.

Referral agents make it their business to find out how the services of various specialists or agencies can be obtained free of charge or at minimal cost to the user. Many services are covered by provincial medical insurance plans: Group Surgical Medical Insurance, or other types of insurance or subsidized by government or non-profit organizations.

When professional help is needed, the cost of doing nothing could be far higher than the cost of getting help.



For confidential advice, your referral agents are:

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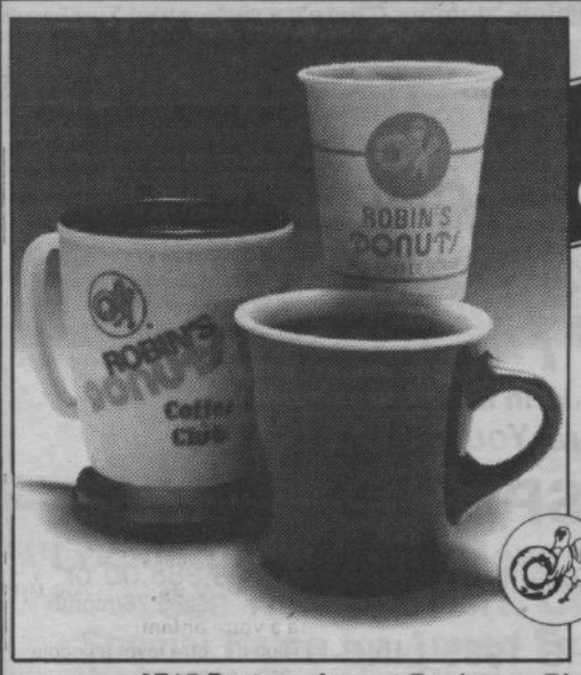

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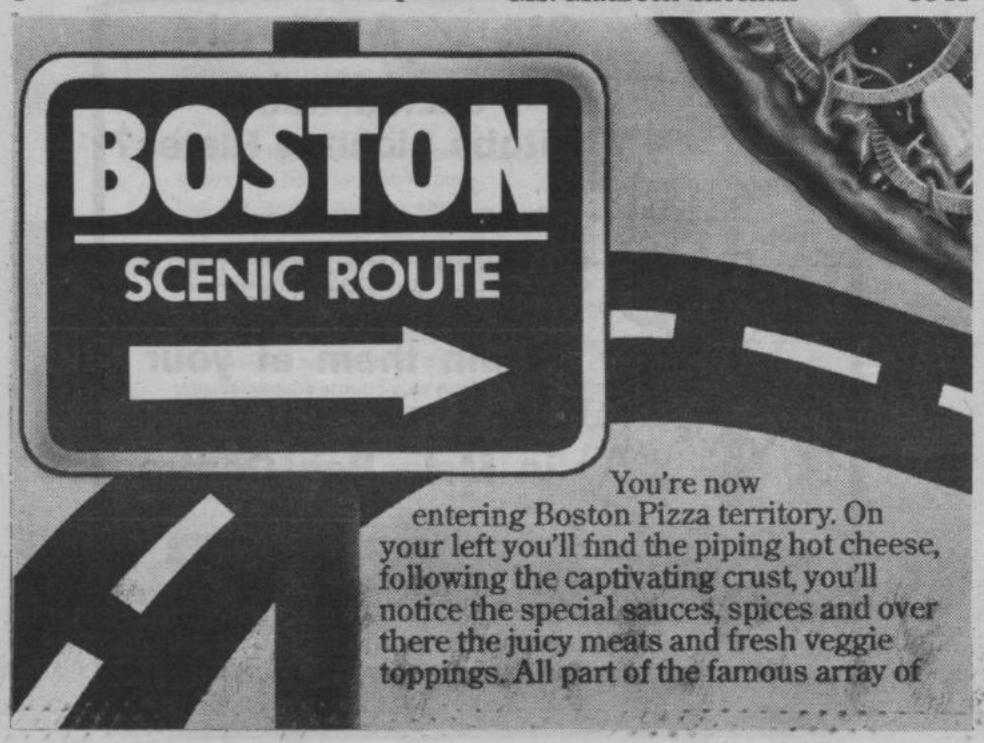

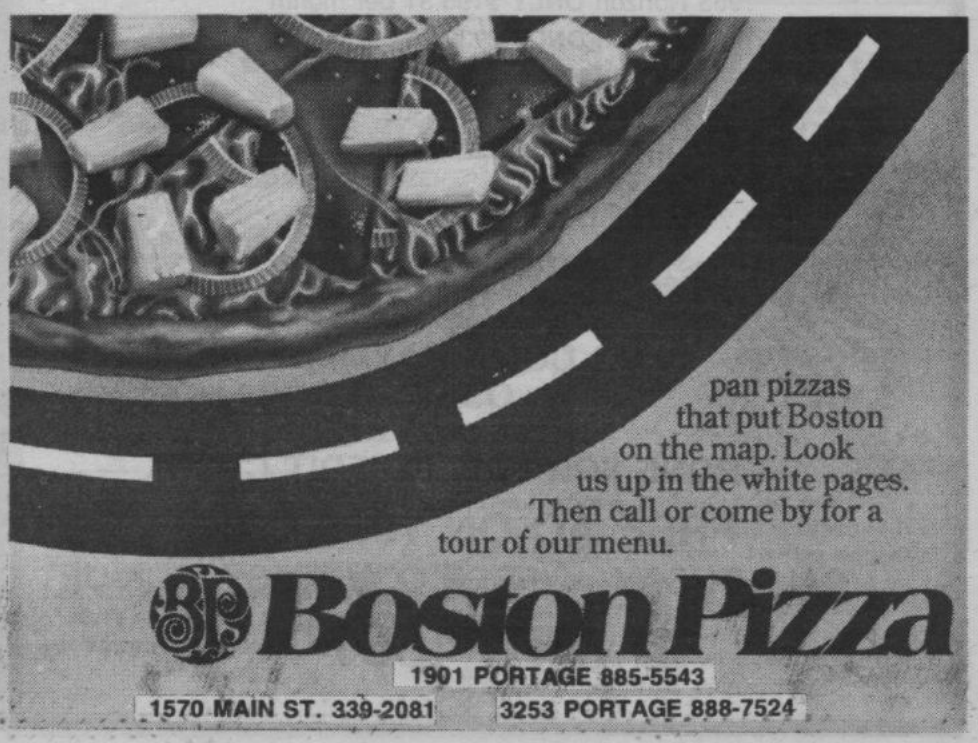

Think about it

Is it worth the misery

by MWO Keith Chapman
MWO i/c Military Police

In 1981, 158,000 people were convicted of impaired driving on Canadian highways.

Alcohol was a contributing factor in 50 percent of all traffic fatalities. The cost in medical bills, property damage and loss in productivity is a staggering $800 million annually.

In Manitoba, more than 47,000 drivers were convicted of impaired driving between 1977 to 1982.

Under Sect 234 (1) of the Criminal Code, everyone who, while impaired by alcohol or drugs, drives a motor vehicle or has care and control of a motor vehicle (whether it is in motion or not), is guilty of an indictable offence.

Under Sect 236 (1), impaired is defined as the consumption of alcohol in such a quantity that the proportion thereof in the blood exceeds 80 milligrams of alcohol in 100 milliliters of blood.

Anyone convicted of impaired driving is guilty of an indictable offence, subject to the following penalties under law:

- for a first offence — a fine of not more than $2,000.00 and not less than $50.00, or imprisonment for six months, or both;
- for a second offence — imprisonment for not more than one year and not less than 14 days; and
- for each subsequent offence — imprisonment for not more than two years and not less than three months.

Under Sect 234.1(2), everyone who, without reasonable excuse, fails or refuses to comply with a peace officer's request for an analysis of their blood by an approved roadside screening device is, upon conviction, subject to the penalties listed above.

An accused will be charged with impaired driving as a second offence where he has a previous conviction within two years, or two previous convictions within four years. An accused will be charged with a subsequent offence where the accused has two or more convictions within the previous two years or three or more convictions within the previous four years.

Licence suspension penalties which apply to persons convicted of Sects 234 and 236 are:

- for a first offence — for a period of six months unless injury, death or property damage in excess of $500.00, for a period of one year; and
- for second or subsequent convictions — for a period of five years.

NOTE: For the purposes of licence suspensions, a second or subsequent conviction is one that has occurred within five years after the date of the preceding offence.

Under Sects. 203 and 204 of the Criminal Code, the impaired driver who causes injury or death can be charged with criminal negligence:

- the impaired driver who, by criminal negligence, causes bodily harm to another person is guilty of an indictable offence and is liable to imprisonment for 10 years; and
- the impaired driver who, by criminal negligence, causes death to another person is guilty of an indictable offence and is liable to imprisonment for life.

The processing of impaired drivers at CFB Winnipeg is as follows:

- drivers of DND vehicles will be processed through a service tribunal in accordance with the NDA or Civilian Personnel Administrative Orders, A-AD-D23-001/AG-001; and
- other drivers will be processed through civil court.

Both the Province of Manitoba and the tri-state area have adopted extensive campaigns to prevent impaired driving. To ensure that everyone is safe and protected, the Base Military Police will be conducting random checks of vehicles leaving CFB Winnipeg. If you are going to drink, be safe; take a cab.

Be careful, out there!

Only 3,718½ days until Christmas (or there abouts)! Don't blow it all on steaks and beer, etc., in July. Thimk, dummy. There's a reckoning! You heard it first in Voxair.

Good Shepherd ladies report successful year

by President Pearl Kingyens

Ladies of the Guild of the Chapel of the Good Shepherd (P) recently brought to a close another year of successful endeavours and shared fellowship.

Activities during the year included two craft sales at the Grant Park Mall in November, 84, and March, 85; assisting at the Base Red Cross Blood Donor Clinics held in August and January; visiting patients on Ward Three South at the Deer Lodge Centre once a month to entertain with songs and distributing treats at Easter and Christmas; and participating in the World Day of Prayer service at St. Bedes Mount Royal Christian Centre in March.

Members served coffee after Sunday morning services, provided flowers for the chapel for special occasions and decorated the chapel at Thanksgiving and Christmas.

The ladies continued assisting in the operation of the Westwin Thrift Shop but, unfortunately, because of the lack of community support to this project and the difficulty in maintaining a roster of workers, the Thrift Shop now has been closed. All remaining items at the Thrift Shop have been packed and sent to various missions and needy organizations.

Fellowship was enjoyed at Wednesday morning coffee workshops, while making items for the craft sales and shared with the ladies of the CWL of My Lady of the Airways Chapel (RC) at the Guilds annual auction sale in April, and in December at a most enjoyable Christmas potluck supper.

The three major money-making projects, the two craft sales and the renting of Santa suits at Christmas were again most successful, enabling the Guild to continue financial support to a foster child in Brazil through the Christian Childrens Fund and to Vellore/Ludhiana — two Christian Hospital Training Centres in India, and to the Canadian Bible Society.

Donations also were made to several local charities and organizations, including the Sunshine Fund, Cancer Society and the Manitoba Heart Foundation.

Bringing the year to a close, the ladies enjoyed dinner at Phillipes restaurant, with coffee and dessert following at the home of Barb Thexton, where goodbyes were said to Angie Forbes, Edna Fowke, Jean McArter, Barb Thexton and Rose Overbye. Thanks go to these ladies and all members for their dedication and support during the year.

Meetings will resume again in September when a warm welcome will be extended to any new member who would like to share in the work, fun and fellowship of the Guild. Call 837-7385.

You're out of your gourd if you pass up this one!

CANADIAN FORCES
TATTOO
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Our navy's 75th birthday, August 9-11 at the Winnipeg Arena. A cast of more than 600! You and the kids will see an eye-opener you'll long remember.

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Ten points in your job campaign

1. Make it known that you are available. Tell your friends and seek the advice of knowledgeable civilians.

2. Join clubs, become known, get to know people who do the hiring.

3. Register with Employment and Immigration Canada. Remember, however, only 20% of employment opportunities are listed with the Canada Employment Centre.

4. Search the newspapers for attractive job advertisements. Look at both the career pages and the want-ad section. If you find a tempting position offered by one university, for example, consider that other universities (although not advertised) might have the same position available.

5. Do not neglect job opportunities advertised in specialist publications such as trade journals and in-house publications of professionsal organizations or groups.

6. Remember appropriate, reputable management consultant firms. These firms keep an employment bank of prospective applicants.

7. Professional organizations also have knowledge of employment opportunities and act as a clearing house for their members, so these contacts must not be neglected in your campaign.

8. The Public Service Commission of the federal government and the various provincial governments operate employment banks in which applications are kept current on file for a reasonable length of time.

9. Be creative in your job campaign. Use the broadcast letter approach by sending unsolicited letters, which replace the resume, to firms in which you are interested or to public institutions such as universities or hospitals. Interviews can result from this approach.

10. Finally, do not neglect knocking on doors and actually talking to people. Follow up every lead and always strive for a personal interview at the decision-making level.

C'MON, I'M RUNNING OUT OF QUARTERS! — Canadian Forces Chief of the Defence Staff, General G.C.E. Theriault, isn't amused by the way this "slot" machine is swallowing his hard-earned gilt. Someone gave him his money back when they explained that it really was a ribbon-cutting ceremony just outside Ottawa. It took place at a computer devices company to officially introduce the first production model of something called the "120 Standard Shipboard Display" for Canada's maritime forces (that used to be called the navy). Thirteen of these gadgets will be installed in each City class patrol ship, "performing all display functions on the ships." the original caption tried to explain that these "gismos" also will be used "on specific Maritime Forces (read navy) programs such as the AN/SOS sonar, the Canadian Electronic Warfare system, the Canadian Towed Array Sonar System and the Infra-Red Search and Target Designation System." You got all that? If so, explain it to this ancient editor and he'll buy you a double. Now, let's go get that caption writer!

PARTICIPaction

By Russ Kisby

Body Fat

You're in Rome, a gentleman pinches your bottom.

You say: *"What do you think you're doing?"*

He replies: *"Body-fat research."*

Don't believe him. But believe this: in the United States, a national youth fitness study pinched the skin of 8,800 youths to measure the thickness of each fold.

The findings: American kids today are fatter than those in previous similar studies.

These figures (fat pun. Sorry.) augur ill. Because it is not how much you weigh that should concern the health-conscious, but rather, what percentage of what you weigh is fat.

(Don't confuse Fat the Nutrient with the fat in your body).

Fat the Nutrient comes in many foods, has the highest concentration of calories per gram, and when you have eaten too much of it over time, many scientists believe you lay yourself open to heart disease and certain cancers.

Now, when you consume too much Fat the Nutrient, your body stores it as body fat. But remember, the body stores any excess calories you consume as body fat whether you get them from Fat the Nutrient or carrots!

Still, we suggest you cut down on Fat the Nutrient in order to decrease the amount of body fat you warehouse around your tummy and thighs.

Current evidence suggests that one tablespoon of polyunsaturated fat per day will meet your needs. Most of us down eight times that amount — because Fat the Nutrient gives food its flavour!

How much of you should be body fat?

PARTICIPaction takes the view that for men, a body fat percentage between 12% and 19% and for women, 20% to 25%, will be consistent with good health.

Determining your percentage can be tricky and may best be left to a qualified fitness tester who really knows his callipers.

However, try the following four tests. If all your answers are "right", you're probably in the healthy body fat range.

1. The Pot Belly Test For Men. Subtract your waist measurement from your chest measurement. I hope your answer is at least +5"!
2. The Jiggle Test. Jump naked in front of a mirror. If your waist doesn't stop when you do, uh-oh!
3. The Magic 36 Test. Subtract your waist measurement from your height. You pass if the difference is 36" or more.
4. The Pinch Test. Popularized in a Kellogg's TV commercial, this test asks you to pinch an area next to your belly button with your thumb and forefinger vertical. Also pinch what's left under your tricep when you extend your arm. More than an inch in either test suggests high body fat.

Oh, and if you're in Rome, eat the pasta. That's carbohydrate. You'll burn it right off running away from (or after!) the pinchers!

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

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Sergeants bow out after 90 years of music

Machovec

Aasland

Miller

WINNIPEG — Three sergeants in the Air Command Band are shedding their uniforms and, temporarily, putting aside their musical instruments after a total of 90 years service.

They are Sgt. Bruce (Bud) Miller, with 33 years service; Sgt. Bjarne N. Aasland, 31 years, and Sgt. Jim Machovec, 26 years.

Sgt. Miller enlisted in 1952 and trained as an instrument technician. While in Winnipeg he played trumpet in the station band and got in contact with the Tactical Air Command Band from Edmonton. Subsequently, he remustered to the music trade and joined the TAC Band in 1957.

A native of Kamloops, B.C., he is married to the former Gaye Vance of Winnipeg. They have four children. Plans at the moment are to go to a good fishing and golfing spot for a few months, and then make up his mind later.

St. Ozzie Aasland, a native of Castlegar, B.C., joined the RCAF in 1952 as an airframe technician. He's one of the few remaining who worked on the Lancaster bomber at 407 Squadron in Comox, B.C.

He had a stint in civilian life from 1955-57, and on re-enlistment went to Namao, Alta., with the Central Experimental and Proving Establishment. He remustered to the music trade in 1959 as a pianist and accordianist, doubling on clarinet and saxophone.

He's married to the former Elaine McHardy of Winnipeg and they plan to stay in the Westwood area.

Word has it that Sgt. "Ozzie" is well known in these parts as an entertainer and likely will be seen at various lounges in Winnipeg as he pursues the music business.

Sgt. Machovec started off in military music circles in 1959. A native of Czechoslovakia, he is married to the former Elsie Moravec of Swan River, Man. They have two children, Karen and Rodney.

Jim's plans are to stay in Winnipeg and take up the musical instrument-repair business. But, he has plans to move back to B.C., where his real passion is to grow grapes and cherries.

Jim has served with the Tactical Air Command Band, Edmonton; Training Command Band, Edmonton and Winnipeg; and the Air Command Band in Winnipeg.

Before enlisting, he served in the King's Own Calgary Regiment (Reserve) and the RCAF (Reserve) Band, also in Calgary.

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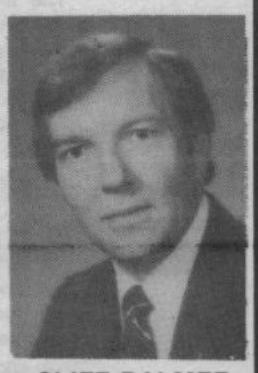
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"Burma Star" squadrons set Edmonton bash July 19-21

During the Second World War, 435 and 436 Transport Squadrons were formed to provide air transport support to the 14th Army in Burma. The world renown of service members is still remembered and the modern day Squadrons perpetuate the traditions of service established by those who flew the "hump" in Burma.

Every year, to commemorate the formation of the squadrons and the Burma airlift, past and present members of both squadrons reunite from around the world. This year being no exception, 435 (Transport) Squadron has the honour of hosting the 1985 Western Reunion during the weekend of 17th to 21st July, 1985.

All past and present members of 435 and 436 Transport Squadrons are cordially invited to attend this reunion, which will commemorate the 41st anniversary of the Squadrons' formation.

A full agenda of activities is planned for the weekend, which will take place at the Edmonton Holiday Inn and CFB Edmonton. Friday, July 19th is set aside for official registration, followed by a meet-and-greet evening. In attendance as well Friday evening will be CC130 crews from the New Zealand and the Royal Australian Air Force, here for exercise **Bullseye.** Friday night will be an ideal opportunity to renew old friendships and start new ones.

Saturday morning will begin with the 435 and 436 Burma Star Squadrons Association business meeting. The Burma Star Association is an international organization of present and past members dedicated to fostering the fellowship established during the war and also to maintain a relationship with post-war members of both squadrons.

For those interested, a bus tour of Edmonton and a shopping trip to the famous West Edmonton Mall is planned.

A fun-filled afternoon is planned at CFB Edmonton to participate in the 435 (T) Squadron Family Day. Lunch will be provided to all participants, and squadron tours, films and briefings are organized. Static aircraft will be on display representing the transition from the squadron's formative years to the present day. A C-47 Dakota, similar to that flown in WW II, will be open for inspection as well as the newest addition to the fleet of CC130 aircraft, the Herc 84.

Cocktails and a dinner dance back at the Holiday Inn will complete this action-packed day. Guest speaker for the evening will be Thomas M. Watt, Director of the Aviation Branch for Alberta. Mr. Watt is a former prisoner of war who participated in the Great Escape during WW II.

The final day of the Reunion will be a farewell brunch, providing an opportunity to bid farewell to new and old friends.

Dress for the Reunion will be up to you. Because the Reunion occurs in the middle of Klondike Days, Klondike attire is suggested, but dress for the Saturday dinner dance will be business suits.

As of June 8, 1985, more than 150 people have registered out of an anticipated 300. Cost for the weekend is $90.00 per couple or $50.00 per person and includes all meals and activities. If you wish to book a room in the Holiday Inn for the weekend, call them toll free (24 hrs) 1-800-465-4329. A special Burma Star Reunion rate of $47.00 per night has been negotiated.

Base works some magic for aviation museum

By the Editor

WINNIPEG — In some parts of the world, voodoo means witchcraft and spooky rituals in dark jungle haunts.

It's something else to the Winnipeg-based Western Canada Aviation. Its latest piece of magic materialized here July 5 in the form of a CF-101 Voodoo supersonic, all-weather fighter interceptor.

It's one of more than 60 which prowled Canadian skies over the last 20 years in defence of strategic bomber attack.

The donor is CFB Winnipeg, one of Air Command's training bases, commanded by Colonel S. E. McGowan. The aircraft carries the lynx insignia of its former owner, 416 All-Weather Fighter Squadron, based at CFB Chatham, N.B.

Roles of the Voodoos and several other aircraft are being taken over by the CF-18 Hornet. It will perform in the interceptor role with NORAD and in the interceptor and air support role with NATO in Europe.

The Voodoo's new owner, the WCAM, is an institution that has performed some magic of its own in the 10 years of its existence, in becoming one of the largest and most complete of its kind in the country.

The Winnipeg-based Museum will have to wait awhile, however, before it can add the Voodoo's successor, the CF-18 Hornet, to its collection. Air Command officials say it will be flying well into the 21st century.

Once world's fastest

Its latest acquisition to its collection of more than 50 aircraft, the Voodoo, held the early 1960s transcontinental speed record of three hours, five minutes, and the world's speed record of 1,207 m.p.h. (1,942 k/h).

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Armed Forces Day – 1985

Leaders salute men and women in DND-CF

Following are Armed Forces Day messages, in english and french, from the Governor-General of Canada, the Prime Minister of Canada, the Minister of National Defence, the Chief of the Defence Staff, the Canadian Council of Churches Committee on Chaplain Service in the Forces and the Military Vicar to the Canadian Forces.

Governor General of Canada:

As Commander-in-Chief of the Canadian Armed Forces, I am pleased to express my gratitude to all members of the forces and to congratulate them on their work in protecting our sovereignty and world stability.

Canadians can rejoice in living in a country where peace and security reign. They owe this in large part to these women and men, whose work is crucial to the defence of our borders and to our internal security.

We should also remember that the duties of the forces extend outsside our country to the international scene, where members are called on to play a role in peacekeeping and monitoring the observance of treaties. The Canadian Forces not only provide a physical presence in strategic locations, but they also exert their influence through Canada's moral weight in organizations that defend and maintain the conditions essential to establishing peaceful relations and protecting fundamental freedoms.

Therefore, it is with pride that on this National Armed Forces Day 1985, I salute our forces and assure them of my appreciation and the appreciation of all their fellow Canadians.

Signed by Her Excellency, The Right Honourable Jeanne Sauve, Governor General of Canada.

En ma qualite de commandant en Chef des Forces Armees Canadiennes, il m'est agreable d'exprimer a tous les membres des forces mes sentiments de gratitude et de les feliciter du travail qu'ils accomplissent pour la sauvegarde de notre souverainete et la stabilite du monde.

Les Canadiens peuvent se rejouir de vivre dans un pays ou regnent le calme et la securite. Ils le doivent en grande partie aux femmes et aux hommes qui font carriere dans un secteur d'activite dont dependent l'integrite du territoire et la protection interieure. Il importe de souligner que le travail des forces s'exerce aussi a l'exterieur et que celles-ci sont appelees a jouer un role sur la scene internationale en assurant l'application des traites et la surveillance de la paix. En plus d'une presence physique dans les lieux strategiques, nos forces manifestent leur influence grade au poids moral du Canada au sein des organismes qui veillent a la defense et au maintien des conditions necessaires a l'instauration d'un climat pacifique et a la defense de libertes fondamentales.

Est donc avec fierte, qu'en cette journee nationale 1985, je les salue et les assure de ma gratitude et de celle de tous leurs compatriotes.

Signe par son Excellence le tres Honorable Jeanne Sauve, Gouverneur General du Canada.

Prime Minister of Canada:

It gives me great pleasure on the occasion of National Armed Forces Day to honour men and women responsible for the protection of our country. The discipline and high level of training that characterize the members of the armed forces make it possible for Canadians to live and flourish in complete security.

On this, the 40th Anniversary of the end of the Second World War, National Armed Forces Day takes on a particular meaning — it encourages us to reflect upon the important role played by our forces abroad. Canada can be proud to have helped restore peace in Europe and proud that the presence of our forces in several countries today gives promise of continued stability.

On behalf of the government and people of Canada, I extend to you my esteem and my gratitude.

Signed by The Right Honourable Brian Mulroney, Prime Minister of Canada.

Il me fait grand plaisir, en cette journee Nationale des Forces Armees, de souligner le travail de ces hommes et de ches femmes sur qui repose la protection de notre pays. Grace a la haute formation et a la discipline qui caracterisent les membres des forces armees, les canadiens peuvent vivre et s'epanouir en toute securite.

En cette annee qui marque le quarantieme anniversaire de la fin de la deuxieme guerre mondiale. La journee nationale des forces armees 1985 prend un sens particulier: elle nous invite a reflechir a l'importance du role de nos troupes a l'etranger. En effet, le Canada peut etre fier d'avoir contribue a ramener la paix en Europe et, de nos jours, que la presence de nos troupes dans divers pays represente un gage continu de stabilite.

Au nom du gouvernement et du peuple Canadiens, je desire vous exprimer ma fierte et ma reconnaissance.

Signe par le tres Honorable Brian Mulroney, Premier Ministre du Canada.

Minister of National Defence:

It is most fitting that this, my first message to all the regular and reserve members of the Canadian Armed Forces, should take place on National Armed Forces Day.

Since my appointment as Minister of National Defence, I have been very impressed by your individual and collective commitment to Canada and your dedication to world stability and security.

To carry out our many and varied tasks and to meet Canadas obligations, you must be provided with the equipment that your mission requires, we have made solid progress in the recent past, and we shall continue in these endeavours.

For many, Armed Forces Day has become a focal point for reflection on the value and importance of defence. For others, it is a special time in which to remember our long and distinguished defence traditions.

For all of us, it is a day to be aware of our high responsibility for the protection and security of our country as we strive for excellence in all that we do in our service to the nation. I thank you all today for your contributions.

Signed by the Honourable Erik Nielsen, Minister of National Defence.

Il est tout a fait approprie que mon Premier message a l'intention des membres de la force reguliere et de la reserve coincide avec la Journee Nationale des Forces Armees.

Depuis ma nomination a titre de Ministre de la Defense, j'ai ete tres impressionne par votre devouement, tant individuel que collectif, envers le Canada et par votre contribution a la stabilite et a la securite internationales.

Afin de mener a bien nos taches a la fois nombreuses et variees et de respecter les engagements du Canada, nous devons disposer de l'equipment que requiert notre mission. Nous avons realise de progres substantiels depuis quelque temps, et nous comptons poursuivre nos efforts dans ce domaine.

Pour plusieurs, le jour des Forces Armees se veut le point de depart d'autres, il s'agit d'une journee toute speciale ou l'on se rememore nos belles et longues traditions militaires.

Mais pour la plupart d'entre nous, ce jour est l'occasion d'une prise de conscience de notre tres grande responsabilite afin d'assurer la protection et la securite de notre pays alors que nous visions sand relache l'excellence dans toutes nos demarches au service de la nation.

Je profite donc de cette journee pour vous remercier tous de votre precieuse contribution.

Signe par l'Honorable Erik Nielsen, Ministre de la Defense Nationale.

Chief of the Defence Staff

The past year has been one of considerable activity and achievement for the Canadian Forces, both regular and reserves. At every location where I have been able to meet with our members, I have been impressed with the competence and the dedication of so many of our personnel.

We serve in challenging times when important progress can now be seen in the renewal of our capabilities and in our training to meet the exigencies of modernization and new tasks. The difficult international security situation which persists leaves no doubt as to the necessity for the democracies to be prepared to defend their values and way of life. We are fortunate in this respect that we enjoy wide support and confidence on the part of our civilian compatriots who must bear the considerable financial burden of sustaining modern military forces. This holds special responsibilities for us, in the armed forces, mindful as we must be both of our duty to our country and our responsibility for a significant public trust.

The privilege of serving Canada warrants nothing less than our full enthusiasm and commitment, a rededication to which is particularly appropriate during a 75th Anniversary year of our naval service.

To all our members I convey my best wishes on Armed Forces Day and I extend a special welcome to all of our fellow citizens who visit our units and establishments on this occasion.

Signed by General Gerard C.E. Theriault, Chief of the Defence Staff.

Cette derniere annee a ete marquee par une intense activite et de nombreuses realisations au sein des Forces Canadiennes, tant la reserve que la force reguliere. Partout ou j'ai eu l'occasion de rencontrer nos miliaires, leur competence et leur devouement m'ont vivement impressionne.

Nous traversons une peroide exaltante ou les defis ne manquent pas et ou nos capacites et nos methodes d'entrainement connaissent d'importants changements afin que nous puissions satisfaire aux exigences reliees a la modernisation du materiel et aux nouvelles taches qui nous sont confiees. Sur la scene internationale, une securite precaire oblige les democraties a se montrer pretes a defendre les valeurs et le mode de vie qu'elles garantissent. A cet egard, nous avons le bonheur de beneficier du vaste appui et de la confiance de nos compatriotes qui assumer les couts enormes qu occasionne le maintien de forces miliaires modernes. Il en decoule pour nous des forces armees des responsabilites toutes speciales et l'obligation d'accorder une attention particuliere autant a l'accomplissement de notre devoir qu au maintien de la confiance que le public nous porte.

Le previlege de servir le Canada exige notre enthousiasme et notre engagement entiers — qu'il convient particulierement de renouveler en cette annee marquant le 75e anniversaire de notre service naval. En cette journee des forces armees, permettez-moi de vous adresser mes meilleurs voeux et d'inviter a cette occasion tous nos concitoyens a visiter nos unites et nos etablissements.

Signe par le General Gerard C.E. Theriault, Chef de l'etat-major de la Defense.

Chairman of the Canadian Council of Churches Committee on Chaplain Service in the Forces:

Armed Forces Day is again at hand. This day provides an opportunity for you to gain first hand information about the Canadian Forces by visiting a nearby Canadian Forces Base. You will have opportunity to see displays and observe demonstrations of pieces of equipment. The day is held to help the public gain a better understanding of what the forces do and why they must train as they do.

As you visit a base, or failing this, take for reflection, we hope that you will come to understand that the vital component of the forces is personnel. There are more than 80,000 men and women serving our country in this way.

The Chaplaincy Branch is a part of these numbers of people, but they are in the forces primarily because of these many people. The Military Chaplain serves to minister to the spiritual needs of the men and women of the forces and their dependents. These Chaplains provide the resources for counselling and advice, for worship and study together with other Christians a Christian community is formed to offer friendship and nurture.

We invite you to visit the Chapels and meet the Chaplains. Find out more about the support given through their Christian Ministry. Pray for our men and women who serve our country, and their dependents. Pray for our Chaplains as they minister within the Canadian Forces.

The Reverend Leon C. Gilbertson, Chairman of the Canadian Council of Churches Committee on Chaplain Service in the Forces.

Encore une fois, la Journee Nationale des Forces Armees approche a grands pas. Cette journee vous offre la chance d'acquerir des renseignements de premiere main sur les Forces Canadiennes, en visitant une Base des Forces Canadiennes pres de chez vous. Vous aurez la chance de ovir des expositions et d'assister a des demonstrations des equipements. Cette journee a pour but d'aider le public a mieux comprendre ce que font les forces et pourquoi elles doivent s'entrainer comme elles le font.

Quand vous visiterez une base, ou sinon, quand vous songerez aux forces, nous esperons que vous comprendrez que l'element essentiel des forces est son personnel. Plus de 80 000 hommes et femmes servent notre pays ainsi. Le service d'aumonerie est de ce nombre, mais il fait partie des forces surtout en raison de ces personnes si nombreuses. L'aumonier militaire voit aux besoins spirituels des hommes et des femmes des forces ainsi que de ceux de leur famille. Ces aumoniers offrent les ressources pour obtenir des conseils et des services de counselling, pour le culte et pour l'etude. En collaboration avec d'autres Chretiens, une communaute Chretienne est mise sur pied pour offrir amitie et nourriture spirituelle.

Nous vous invitons a vous rendre a la Chapelle et a rencontrer l'appui offert par l'entremise de leur ministere Chretien. Priez pour nos hommes et

Cont. on page 9

Con't from page 8

More Armed Forces Day messages

nos femmes qui servent notre pays et aussi.

Pour leur famille. Priez pour nos aumoniers dans l'accomplissement de leur ministere au sein des Forces Canadiennes.

Le Reverend Leon C. Gilbertson, President du comite de conseil Canadien des eglises pour le service d'aumoniers (Protestant) des Forces Canadiennes.

Military Vicar to the Canadian Forces:

In these days, when peace among the nations is more than ever before a challenge for individuals as well as governments, it is very fitting that we recognize the contribution of the Armed Forces to our society. I am honoured to be associated with all of you dedicated men and women as a spiritual leader.

I invite you, on this day, to be proud of what you are and what you do. Your fellow citizens can always count on you in times of crisis. Furthermore, the world itself recognizes you as professional peace-keepers. To these tasks, you have repeatedly brought the highest degree of loyalty, dedication and sacrifice.

May I also remind you that peace is a gift of God and, unless God is part of the peace-seeking process, real peace will not be achieved. That is why I pray that God will bless you and your families with his presence and richly reward your dedication to your fellow-men.

The Most Reverend Francis J. Spence, Military Vicar to the Canadian Forces.

En ces temps ou la paix dans le monde devient de plus en plus un defi a relever tant pour les individus que pour les gouvernements, il me semble tres a propos de souligner la contribution des Forces Armees a notre societe. En tant que guide spirituel, je suis tres heureux d'etre associe a chacun d'entre vous.

Je vous invite en ce jour a etre fiers de ce que vous etes et ce que vous accomplissez. Vos concitoyens peuvent toujours compter sur vous dans les moments de crise. De plus, de par le monde, vous etes reconnus comme des gardiens de la paix. De ces taches, vous vous etes toujours acquittes avec le plus haut degre de loyaute, devouement et sacrifice.

Puis-je egalement vous rappeler que la paix est un don de dieu et, qu a moins qu il ne soit present dans votre demarche, cette paix veritable ne sera pas realisee. C'est pourquoi je prie le seigneur qu'il vous inonde, vous et vos familles, de sa presence et qu'il vous benisse pour votre devouement a notre pays.

Le Reverendissime Francis J. Spence, Vicaire Miliaire Catholique.

Some news that's fit to print

So you've heard it all before, eh?

Know all about bpm and kcal. Can define ergometrics and talk about yoga, standing on your head?

Not so fast, friend. Take a look at the following facts about physical activity and fitness:

— In an average lifetime, a pair of feet will walk approximately 125,000 kilometres — the equivalent of three times around the world.

– At rest, the heart (which is the size of your fist, pumps around four to five litres of blood-per-minute. But, during vigorous physical activity, it may pump as much as 20 to 30 litres of blood-per-minute. At that rate, it would **fill a bathtub every two minutes.**

— Racing over a short distance (100 metres), a horse will beat a human every time. But not over a long distance! Because the human body is better equipped for endurance activities, if a horse challenged a distance runner to a marathon race (42 kilometres), the horse would come in a poor second.

— For a person who weighs 70 kilograms to run one kilometre, it takes approximately 800 strides. Considering that one's weight is lifted with each step, over a one-kilometre distance, the person will have lifted 56,000 kilograms or more than the weight of a bus full of people.

— According to the Canada Fitness Survey, there are 6,456,000 joggers in Canada. If, on average, each jogger ran no more than two kilometres-per-week, in one year the total distance covered would be 671,424,000 kilometres — more than four times the distance to the sun.

— If we eat 100 calories more than we need each day, we would gain 10 pounds by the end of a year. This could be prevented simply by a daily brisk one-mile walk with the dog.

— There is no evidence that massage machines and vibrator belts, machines that do the work for you, have any effect on weight reduction or improving fitness. Their effect is largely psychological.

— In most cases, wearing heavy or rubberized sweatsuits to increase sweating while jogging or exercising would not be of any benefit, and might, in fact, be harmful. A rubberized suit prevents heat loss by evaporation, and the body compensates by sending blood to the body surface as a cooling process. This takes blood away from the major muscles that need it more, thereby causing the heart to pump faster and work harder than necessary. Since sweat in itself is not an indication of training effect or weight loss, it is unnecessary to attempt to produce it artificially.

— Certain Canadians are more active than others: the active Canadian is more likely to be young, with a higher income, in a professional or managerial job, and residing in the West. The active Canadian is equally likely to be male or female, married or single (what else?)

— The reason most Canadians give for being active is to gain a sense of physical and mental well-being.

— Within a few minutes of smoking two cigarettes, breathing resistance increases to two or three times the normal value. Two cigarettes just before muscular work may raise the heart rate to a level 10 to 20 beats above the normal.

— Canadian students feel that academic success is more important than athletic success, in contrast to their American peers.

— It is a popular misconception that fat people eat more than thin people. A Nutrition Canada survey which found that one-half of adult Canadians are overweight, also showed that those who are fat eat the same number of calories-per-day as those of normal weight. The variable factor, then, must be physical activity. Those who are fat just don't burn those calories with activity.

— One expert has determined that 100 years ago, at least 50 per cent of the population got enough exercise during their work-day to stay in shape. Today that is true for less than two percent.

— People who exercise regularly tend to be 20-30 percent less heavy than people who are inactive.

So there!

Splashing away — swim lake Winnipeg

Record of Progress

Registered — 51

Lengths completed — 26,510

Miles completed — 410

Leaders as of 27 June 85

	Name	Lengths	Miles
(1)	Fisher	4884	69.8
(2)	Graham	3002	42.8
(3)	Canty #I	1957	28
(4)	Houdayer	1644	23.5
(5)	MacCaul	1620	23
(6)	Mill	1430	20.4
(7)	Henery	1160	16.6
(8)	Sanderson	1144	16.4
(9)	Carnahan	1132	16.2
(10)	Baumert	1040	14.8

Swimming at a pool popular with all ages

Canadians of all ages enjoy swimming, and their love of water is reflected by the number of people who swim at a pool during the summertime.

According to the 1981 Canada Fitness Survey, more than 7.5 million Canadians swim at a pool, placing it a very close second to bicycling as the nation's favorite summer activity. In fact, nearly 380,000 swimmers, five per cent of the total, consider it a year-round activity, taking part for nine or more months of the year.

It appears that women may be more aware of the benefits of swimming, as it is those age 50 and over who are the most regular summertime pool-goers, percentage-wise. Nearly 120,000 of 501,000 women in that age group swim regularly, some 24 per cent.

Swimming also enjoys a consistent percentage of occasional participation with all ages over 10. Over 1.8 million Canadians swim occasionally, making it an appealing summer activity for a great number of people.

The Canada Fitness Survey was conducted between February and July, 1981, and involved questioning some 22,000 Canadians, 10 years of age and over, as well as fitness-testing over 16,000 individuals from 7 to 69 years of age.

Reprinted from The Royal Life Saving Society Canada, National Lifeliner. Submitted by MCPL Woodward, Aquatic Supervisor.

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Bameo Banter

The beginning of May saw the second half of WINOX completed when Winnipeg BAMEO visited 442 Sqn. in Comox. The week-end was to include fun in the sun with golf, fishing and other recreation taking our minds off the dreary Manitoba climate.

Alas, the golf tournament, kicked off by the Comox BComd, was held on a terribly cold and windy day with rain a continual threat. Indeed, most Winnerpeggers wanted to return to the balmy weather back home. Notwithstanding great hardship, we perservered and found some way to keep warm. Right, Lt. Fisher?

The day was ended with the predetermined winners of Comox collecting their trophies, and a terrific steak B.B.Q. Additional entertainment included half of BAMEO clinging to Capt. Plikett, as all were heaved into the clubhouse pond.

Day two brought somewhat warmer weather, but not up to what was anticipated. 442 Sqn. hosted us on the Straight's of Georgia about Texada Island. Almost everyone, pro's and amateurs alike, returned with a salmon for the B.B.Q. Other's could be found walking the sights of Victoria, Nanaimo and Courteney, or scuba diving north at Cambell River. How big was the octopus?

Sunday saw our intrepid travellers twiddling thumbs as the ride home was re-directed to chase an erroneous Emergency Locator Transmitter. They did make it that afternoon, and I would like to thank 429 Sqn. and CFANS for their support, without whom this enjoyable yearly exchange would not be possible.

* * * * *

June 1 saw a few sore feet around the hangar. Why? Because the day before saw BAMEO log 228 miles on the flight ramp, track and pool for participation day. The event was said to have been the military ramp's biggest FOD walk ever!

* * * * *

The first week of June we hosted the fearless Winnipeg Crash and Salvage Team who ventured into their most daring exercise yet. The team trained at Molson Lake, one hour north of Lake Winnipeg. The journey took 12 hours by highway (if you could call it that) and a further 45 minutes by boat. The hearty bunch experienced all weather conditions, snow, sun and drenching rain. The skills taught included airlifting, surface evacuation, defuelling of aircraft and helicopter pad construction.

All learned a great deal of not only surviving in the bush, but how to make oneself very comfortable. The splendid food supplied by BFoods was frequently supplemented with fresh pickerel and pike from later day endeavours. The prize catch of the week was W.O. McNaughton's 12 lb. pike. Cpl. Hansch won considerable praise, however, with his nine lb. lake trout.

The team hopes to launch a future exercise into remote N.W. Ontario, with particular emphasis on slinging supplies by helicopter. A last word of well-deserved praise belongs to the aircrew of 402 Sqn. Without their great support and patience, half of the C&S Team probably would still be sitting in the rain at Norway House.

* * * * *

Finally, farewell to all those who are departing BAMEO this summer, and welcome to all those who have recently arrived. While Noah surely would have built another ark last June, July should prove to be more of the typically beautiful prairie summer.

Did you know that:

Yak milk still is pink — and getting pinker?

YPRES, Belgium — Soldiers of the formerly Winnipeg-based 2 PPCLI parade through Menin Gate in Ypres, Belgium on their way to city hall to exercise their right to the freedom of the city granted to them in 1964. The gate bears the names of more than 54,000 soldiers who died in Europe during the First World War and who have no known graves. 2 PPCLI, now based at CFB Baden-Soellingen, returned to Ypres on 8 May, to commemorate the Battle of Frezenburg, which took place 70 years ago. During the battle, the Patricia's lost a total of 10 officers and 382 other ranks. It was the worst day of action the regiment has ever experienced. The cost was great but the Patricia's were successful. They had held their position when almost all others had given way. Ypres was saved and the reputation of the regiment was made. (Canadian Forces Photo by Master Corporal Margaret Reid)

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Baby basinette - exc. cond. - $75.00; dark pine coffee table - $75.00; King-size velvet dark maroon bedspread with matching drapes - $75.00; Swing-O-Matic (child's swing) - $15.00; 20-lb. propane tank - $8.00; Lloyd's AM/FM, 8-track stereo recorder with turntable - $100.00; Man-s 26-inch 5-speed bike - $50.00; Asst. house plants - asst'd prices. All of the above items are open to best offer. Contact: Mrs. Bonneville - 888-1347.

10 x 12' gold shag rug and underlay $75.00; galvanized metal rooftop carrier including adjustable roof rack $25.00.

Eight-piece maple dining room set, $1,000; Kenmore heavy-duty, 5-cycle, portable dish washer, $400. OBO; Sony stereo system, $100; RCA 26" color console TV, $375. OBO; Five-speed, 20" bike, $75; Motocross bike, $90; 10-speed bike, $95. OBO; weights, $75; Admiral 30", four-burner stove, easy-clean oven, $475. OBO; Kenmore automatic dishwasher and dryer, $150. each. Last three items available mid-July. Call 889-9898 after 5 p.m. weekdays, any time on weekends.

Roth trombone, ideal for students entering school band program, $125. Call 837-7726.

Baby basinette - exc. cond. - $75.00; dark pine coffee table - $75.00; King-size velvet dark maroon bedspread with matching drapes - $75.00; Swing-O-Matic (child's swing) - $15.00; 20-lb. propane tank - $8.00; Lloyd's AM/FM, 8-track stereo recorder with turntable - $100.00; man's 26-inch 5-speed bike - $50.00; Asst. house plants - asst'd prices. All of the above items are open to best offer. Contact: Mrs. Bonneville - 888-1347.

21-cu. ft. freezer, good condition - $150.00 OBO. Contact Mr. Gregoire - 889-1337.

1 - PL-5 Pioneer Direct Drive Turntable. Like new condition still in original packing box. $200.00 OBO. 1 Pr. solid pine night tables. Like new condition, suitable to use as end tables. $250.00 for the pair. Contact: M/Cpl Forrest at: 885-2265 after 5:00 p.m. or loc 5387 8:00 - 4:00 p.m.

Eight-person tent, with built on screened dining area. Used one week last year. Paid $300., asking $200. Call Nancy at 837-3705.

Hide-a-bed, used one year, $150; two end tables and one coffee table, $40; green shag rug, 12' x 9', $30; two Bass-48-car speakers, $30. Call 832-2321.

One PL-5 Pioneer direct-drive turntable, like new, still in original packing box, $200. A pair of solid pine night stands, like new, suitable for use as end tables, $250. Call 885-2265 after 5 p.m., or 895-5387.

Metal shed, with wooden floor, 8' x 8', $150. Call 489-4897 after 5 p.m., or view at 187 Ubique Cres.

One 6,000 BTU air conditioner, $200; Carpet, 12' x 16', with underlay, beige, $200; Two bedroom carpets, approx. 11' x 12', brown and rose, $100. each. Call Ron at 895-6151.

Bontampi electric organ, in excellent condition. Just right for a beginner, $175; Bolex 450 Super 8-mm camera, with carrying case and accessories, $50; Bolex Super 8-mm projector, with sound, $50; Electrolux spot light, for use with movie camera, $10; Hanging, circular birdcage, 18" high, $15; Child's metal play table with two chairs, $10; Wooden coffee table, 56" long, missing smoked glass top, $10; Air Canada wire dog cage, medium size, $20; Radio Shack 16K color computer, with cassette, thermal printer, accessories, two joy sticks and four games, package deal, $350; Boy's bike with 16" mag wheels, $40. Call Glen or Lynn at 888-0496 after 5 p.m.

WHEELS

1974 4 dr. Ply. Valiant, auto trans, rado, radial tires, new brake job, very good mech condition, high mileage, rusty. Available 24 June. Make an offer. Work: 895-5741, Home: 889-0950.

1980 Phoenix, two-door, automatic transmission, power steering, power brakes, four cylinder, AM/FM cassette, 72,000 miles, excellent condition, good mileage, $3200. Call 899-8501.

1980, Z-28 Camaro, 350, four-barrel, automatic, 45,000 miles, FM/FM radio, cassette. Asking $7,000.00. Ph. 837-7898.

1977 Buick Regal, two-door, V-8, air conditioned, all options, low low mileage, excellent condition, asking $3300. Call 889-0200.

Mask for Honda Civic, 1984-85, hatchback or sedan, $60.00. Call 889-6399.

1977 Monte Carlo, 350 V-8, PS/PB, AM/FM cassette stereo, new, all-season radials, newly painted, $2800. OBO. Call 837-4238, or Local 6216.

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Reliable babysitter wanted, South side PMQs. References preferred; afternoons and evenings. Call 489-4688.

WANTED — Babysitter, north site, between 7 a.m. and 3:30 p.m., five days a week. Call 832-4879 after 4 p.m.

Babysitter required, beginning August in north site PMQs. Two children, 3-1/2 years and six months. Call MCpl Stelwagen at Local 5408 or 832-5393.

NURSERY SCHOOL
St. James-Assiniboia French Immersion Nursery School now accepting registrations for the fall term for 3-4 year olds, three mornings or more often a week. Call Dianne at 837-3041 or Lorraine at 837-7924.

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Executive home for rent in Ottawa, 2200 square ft; four-BR; main-floor family room and laundry. Luxury features include air conditioning, heat pump, cedar deck, delux appliances, neutral decor. Convent Glen North on express buss route. Priced far below market at $860. Contact Mrs. C. Brenner, Toronto, (416) 638-3551, evenings. Available 3 July 85.

For Rent — Crestview area; three-BR bungalow, large kitchen with fridge and stove (self-cleaning), finishd rec room, plus extra BR, fenced yard, quiet area. Contact Apex Realty (Bev Grant) at 943-2451.

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Final Arrangements

by Major G. E. Tonks Base Chaplain(P)

Editors note: Some readers may consider the following matter indelicate. They also should consider that the advice is offered with the best interests of themselves and their families in mind.

It is a fact of life that in the flesh we do not live forever. Unfortunately, it is also a fact of life that none of us really want to die; life usually is too good, and for many what lies beyond is often full of uncertainty.

Death is not a nice or comfortable subject, nor is it a respector of persons. When it occurs, suddenly or unexpectedly, many decisions have to be made by those who are left behind, at a time when the sense of loss or grief is very high, making it more difficult to face the reality of bereavement.

You and I can make our final departure much easier on those we love by taking a few moments and jotting down a few points, or our wishes, that will help our families in those few difficult days immediately after the final transfer.

To talk of death with those who would be affected as to our wishes is not always possible for many reasons. To leave an envelope with instructions at a known location may help solve a number of problems.

While in the service, most of us have wills, but these do not usually include place of burial, whether or not we wish to be cremated, and, if the latter, how the ashes are to be disposed.

The following points are designed to answer the questions that arise and come from various articles and almost 20 years of experience in dealing with death and bereavement. These are the practical things that we all can do.

Ease grief and expense

In the envelope, or discussed with the N.O.K., will be the following:

1. Location of will and a copy.
2. List of benefits and where documents are located; S.D.B., S.I.S.I.P., insurance policies, etc. (Make sure that these have the correct beneficiary; that is exactly who you wish to receive the funds. Keep them current, it is your responsibility if you remarry, or if the original beneficiary is deceased, change beneficiary.)
3. List property deeds — where located and in what names, if in joint tenure.
4. Father and mother's names and birth places (for obituary).
5. What you want done with your remains. Where buried — plot number if you own burial plot. If you don't own a plot, where one should be purchased. If cremated — how are the ashes to be disposed.
6. Service papers — release papers and service record, and whether you have continued in any specific plan, and if so who should be notified.
7. Social insurance number.
8. Executor of will or lawyer's name and address.
9. Funeral home — location, address and phone number, if you have a preference.
10. Bank accounts and numbers.
11. Safety deposit box number and where key located.
12. List of major items, as automobile, boats, trailer, etc.
13. List of clubs, lodges or social organizations and positions held.
14. Stocks and bonds — where portfolio located and broker's name and number.
15. Saving bonds — where located.
16. Whether or not (if retired or serving) there is a legal agreement for a pre-arranged and paid funeral.
17. Church denomination or chapel where services should be held. Funeral or memorial.
18. Special requests — music or scripture to be used at the service.
19. If a private service (non-military), names of possible pallbearers.
20. Type of casket (if non-military, for retired members).
21. Finally, and most important, charities, if any, that you would like donations made to in your memory.

Just a word about the last. I have finally figured out why you can't take it with you. It is because they separate you from it at death. A recent visit to a funeral home indicated no less than 19 organizations and charities soliciting funds through brochures. Some, regretedly in my opinion, were not in good taste. It is your wishes that should be complied with, if possible, so include the last item.

The costs associated with burial and funeral services have, like everything else, escaladed in the last few years. The funeral directors, like us, are faced with increasing overheads, property costs, taxes, increased costs for equipment, vehicles, etc. Some but not necessarily all of these are paid by the crown if we die while on duty (in uniform). Consult CFAOs and advise those who would be making the funeral arrangements, if you do not wish them to spend money from their own pockets or your estate on your funeral. Flowers and certain caskets and vaults are not benefits for example.

Cremation least costly

Consider cremation in spite of bad jokes, this service does offer certain advantages, not the least of these is cost. If remains are cremated before embalming and without the price of a casket, the costs of this service is minimal. It has the added advantage of not requiring a burial plot, as in most areas it is legal to scatter ashes. Burial plots can of course be utilized for the ashes or your funeral director can arrange for the ashes to be placed in an urn. In these cases, memorial services are held usually without the remains present.

On retirement from the Forces, funeral benefits normally cease. If you are on pension and do not wish your estate or relatives to be burdened by expense, it is important for them to know in advance if cremation is desired or just what limits you may wish to be imposed.

Our actions should reflect reality and practicality. After a person is gone, it is too late to show them how much we loved or appreciated them. This must be done while we and they are alive. The gold inlay casket is no more comfortable for the deceased than a hardwood or cloth casket. What is important is that dignity is not offended. Funeral directors and clergy are both professional and will insure that dignity is maintained.

Some years ago before my father died, my brother, the undertaker, came home talking about the latest in high-price caskets guaranteed for 100 years, at of course, considerably more expense than wood or cloth-covered ones. Dad's comment was to the effect that it really didn't make sense to guarantee it for life. Again, before he died, when considering the purchase of burial plots, one was suggested some distance from town. His reply "I don't know if I would like that, too far from town," and laughed. Then, again, Dad was always very practical. When he died, it was easier for us, knowing his wishes about these and other matters.

Talk to your Pay Office for further information on benefits.

DISPOSITIONS FINALES

C'est une des réalités de la vie que la chair ne vit pas éternellement. Malheureusement, c'est aussi une réalité de la vie qu'aucun d'entre nous ne désire mourir, que la vie est normalement trop bonne, et, que pour plusieurs, ce que l'après-vie réserve est trop rempli d'incertitudes.

La mort ne respecte personne: c'est une sujet qui n'est ni beau ni confortable. Lorsqu'elle se produit soudainement, plusieurs décisions doivent être prises par ceux qui restent, à un moment où la sensation de perte ou de peine est très grande, et rendant le deuil plus difficile à accepter.

Vous et moi pouvons assurer que nos bien-aimés pourront plus facilement endurer notre départ final; nous n'avons qu'à prendre quelques instants et faire des notes ou faire connaître nos désirs- ce qui aidera nos familles dans ces jours difficiles faisant immédiatement suite à notre départ de ce bas-monde.

Parler de mort, de décès, avec ceux qui seront concernés n'est pas toujours facile pour maintes raisons. Laisser une enveloppe à un endroit connu aiderait à résoudre plusieurs problèmes.

Dans le service, la plupart d'entre nous avons des testaments; mais dans ces testaments ne sont pas inclus des détails tels: lieu d'enterrement, si nous désirons être incinéré ou non, et, si oui, comment disposer des cendres.

Les points suivants ont été préparés pour répondre aux questions soulevées, ont été tirés d'articles divers et résultent de quelques 20 années d'expérience traitant de décès et de deuil. Les suivantes se trouveront dans l'enveloppe ou seront discutées avec le plus proche parent:

1. Endroit où se trouve le testament et une copie.
2. Liste des indemnités (bénéfices) et où les documents se trouvent: BSM, P.A.S.A.S., polices d'assurance, etc. . . (Assurez-vous que ces polices nomment le bénéficiaire actuel, c.a.d. la personne que vous désirez voir bénéficier de ces fonds. Gardez-les à date: c'est votre responsabilité. Si vous vous remariez, ou si le bénéficiaire original est décédé, changez de bénéficiaire.)
3. Faites une liste de vos actes hypothécaires- où ils se trouvent, à quel nom, s'il y a jointe propriété.
4. Le nom de vos parents et leur lieu de naissance (pour la nécrologie).
5. Comment vous désirez qu'on dispose de votre dépouille mortelle. Où vous voulez être enterré, le numéro de votre lopin (parcelle) de cimetière si vous en possédez un.
6. Documents relatifs au service- documents de libération, dossier de service, si vous vous êtes réengagé sous un plan particulier, et, si oui, qui devrait en être avisé.
7. Numéro d'assurance sociale.
8. Exécuteur testamentaire ou nom et adresse de votre avocat.
9. Salon funéraire- lieu, adresse, numéro de téléphone si avez une préférence.
10. Numéros de comptes de banque.
11. Numéro de votre case sécuritaire bancaire et où s'en trouve la clé.
12. Liste d'articles majeurs tels automobile, bateau, caravane de camping, etc. . .
13. Liste de clubs, de sociétés, ou d'organisations sociales et positions (postes) détenues.
14. Obligations et valeurs immobilières et mobilières- où se trouve votre portefeuille et le nom et le numéro de téléphone de votre courtier.
15. Obligations d'épargne- où elles se trouvent.
16. S'il y a ou non (si retraité ou toujours enrôlé) une entente légale quant à une funéraille préarrangée et pré-payée.
17. Dénomination religieuse de l'église ou de la chapelle où les funérailles devraient avoir lieu. Funérailles ou messe.
18. Demandes spéciales- musique ou lectures désirées aux funérailles.
19. Si funéraille privée, (non-militaire), nom de porteurs possibles.
20. Genre de cercueil (si non-militaire, pour membres retraités).
21. Finalement, et non de la moindre importance, charités-s'il y en a - à qui vous aimeriez qu'on offre un don à votre nom.

Juste un mot en ce qui concerne le dernier article. J'ai finalement découvert pourquoi on ne peut pas l'amener avec soi: c'est parce qu'on vous en sépare au décès. Une récente visite à un salon funéraire révéla pas moins de 19 charités et organisations qui sollicitaient des fonds par l'entremise de brochures. Malheureusement, à mon avis, il y en avait qui étaient de mauvais goût. On devrait se conformer à vos désirs, si possible; donc, incluez le dernier article.

Comme toute autre chose, le coût des funérailles a escaladé dans les dernières années. Comme nous les directeurs funéraires font face à une augmentation de frais généraux, coût de propriété, taxes, prix de l'équipement, des véhicules, etc. . . Quelques-uns de ces frais-mais pas nécessairement tous- sont défrayés par la couronne si nous décédons alors que de service (en uniforme). Consultez les OAFC et avisez ceux qui devront s'occuper de vos funérailles si vous ne voulez pas qu'ils déboursent de leur poche ou se servent de votre succession pour payer vos funérailles. Cependant, les fleurs et certains cercueils ne sont pas de droit dans le service.

En dépit des mauvaises farces faites à cet effet, considérez l'incinération, car ce service offre certains avantages. Un des plus grands avantages en est le coût. Si la dépouille mortelle est incinérée avant d'être embaumée et, sans le coût d'un cercueil, le coût de ce service est minime. En plus, il a l'avantage de ne pas nécessiter un lopin de cimetière, car dans la plupart des endroits, c'est légal d'éparpiller les cendres; bien entendu, un lopin de cimetière peut servir à recevoir les cendres ou, encore, votre directeur funéraire peut s'occuper de faire placer les cendres dans une colombine (lieu spécial pour les cendres). Dans ce cas, la messe se dit sans la présence de la dépouille mortelle.

Lorsque vous prenez votre retraite des Forces, normalement vos indemnités funéraires cessent. Si vous vivez de votre pension et vous ne voulez pas que votre famille ou votre succession supportent le fardeau financier de vos funérailles, il importe qu'elle sache à l'avance si vous désirez être incinéré et quelles sont les limites que vous désirez y apporter.

Nos actions devraient reflécter un caractère pratique aisi que la réalité. Lorsqu'une personne est décédée, il est trop tard pour lui montrer combien elle était aimée et apréciée. On doit montrer notre amour alors que tous les individus concernés sont encore vivants. Le cercueil incrusté d'or n'est pas plus confortable pour la dépouille mortelle que celui de bois dur ou de tissu. Ce qui importe est que la dignité soit respectée. Les directeurs funéraires et le clergé sont des professionels et assureront que la dignité soit respectée.

Il y a quelques années, avant le décès de mon père, mon frère, l'entrepreneur des pompes funèbres, arriva à la maison nous parlant du cercueil dernier-cri, garanti pour 100 ans; il va sans dire qu'il coûtait sensiblement plus que ceux de bois ou de tissu. Mon père fit un commentaire à l'effet que, vraiment, c'était insensé de garantir un cercueil à vie. Une autre fois, avant son décès, alors qu'il considérait l achat d'un lopin de cimetière, quelqu'un lui en suggéra un à quelque distance de la ville. Il répondit: "Je ne sais pas si j'aimerais ça-c'est trop loin de la ville"- et il se mit à rire. Il faut comprendre que mon père était très pratique. Lorsqu'il décéda, ce fut plus facile pour nous, connaissant sa volonté (ses désirs) dans ces deux cas, entre autres.

Parlez au bureau de la solde pour plus de renseignements au sujet des indemnités.