

May Christmas
and 1986
bring you joyful hours,
pleasant memories,
thoughts of friends
and much happiness.

Noel

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

Next Deadline
Dec. 31
for
Jan. 8
Edition

Dec. 11, 1985



Silent Night

*Silent Night! holy night!
All is calm, all is bright;
Round yon Virgin Mother and
Child,
Holy Infant so tender and mild:
Sleep in heavenly peace,
Sleep in heavenly peace.*

*Silent night! holy night!
Darkness flies, all is light;
Shepherds hear the angels sing:
Alleluia! hail the King!
Christ the Saviour is born,
Christ the Saviour is born.*

*Silent night! holy night!
Guiding Star, lend thy light!
See the Eastern Wise Men bring
Gifts and homage to our king!
Christ the Saviour is born.
Christ the Saviour is born.*

*Silent night! holy night!
Wondrous Star, lend thy light!
With the angels let us sing,
Alleluia to our King!
Christ the Saviour is born.
Christ the Saviour is born.*

Il est né, le divin enfant

*Il est né, le divin Enfant, Jou-ex
haut bois, ré-son-nez mu-settes! Il
est né, le divin Enfant, Chan-tons
tous son a-vè-ne-ment! De-puis
plus de qua-tre mille ans, Nous le
pro-met-taient les pro-phè-tes, De-
puis plus de quatre mille ans,
Nous at-ten-dions cet heu-reux
temps.*

*Ah! qu'il est beau, qu'il est
charmant,
Ah' que ses grâces sont parfaites!
Ah! qu'il est beau, qu'il est
charmant,
Qu'il est doux, ce divin Enfant!*

*Refrain
Ô Jesum Ô Roi tout puissant,
Si petit Enfant que vous êtes,
Ô Jesus, Ô Roi tout puissant,
Regnez sur nous entièrement.*



Christmas Program — Programme de Noel

Our Lady of the Airways Chapel (North)		St. George's Chapel (South)
24 December 1985	— Christmas Eve — Veille de Noel — Family Mass 1900 hrs Midnight Mass 2400 hrs	24 Décembre 1985 Messe Familiale Messe de Minuit
25 December 1985	— Christmas Day — Jour de Noel — Mass 1115 hrs	25 décembre 1985 No Mass
28 December 1985	— Saturday — Samedi — Messe Française 1700 hrs Mass 1900 hrs	28 décembre 1985 No mass
29 December 1985	— Sunday — Dimanche — Mass, 1115 hrs	28 décembre 1985 Mass, 1000 hrs
31 December 1985	— New Year's Eve — Veille du Jour de l'An — Bilingual Mass 1800 hrs	31 décembre 1985 No Mass
1 January 1986	— New Year's Day — Jour de l'An — Mass, 1115 hrs	1 janvier 1986 Mass, 1000 hrs

PENITENTIAL CELEBRATION — CELEBRATION PENITENTIELLE
There will be a penitential celebration held at St. George's Chapel (South) on Tuesday, 17 December 1985 at 1930 hours and also at Our Lady of the Airways Chapel (North) on Wednesday, 18 December 1985 at 1930 hours.

Il y aura une célébration pénitentielle à la chapelle St-George (côté sud) mardi le 17 décembre 1985 à 1930 heures et ainsi qu'à la chapelle Notre-Dame des Voies Aériennes (côté nord) mercredi le 18 décembre 1985 à 1930 heures.

Christmas Services — Protestant Chapels

The Chapel of the Good Shepherd (N) corner of Whytewold and Silver:
15 Dec 1100 Christmas Pageant
22 Dec 1100 Christmas Sunday Service
24 Dec 1930 Carol Service Family
24 Dec 2300 Holy Communion (A.C.C.)

The Chapel of St. Andrew (S) corner of Kenaston and Grant:
15 Dec 1030 Christmas Pageant
22 Dec 1030 Christmas Sunday
24 Dec 1930 Family Carol Service
24 Dec 2300 Holy Communion (A.C.C.)



May you have
The Spirit of Christmas which is
Peace
The Gladness of Christmas which is
Hope
The Heart of Christmas which is
Love

What's going on here!



Hey kids!

Want a direct pipeline to Santa? Call Brian Garagan at 949-6280. He's Canada Post's Community Relations Officer for the Mid-West Division in Winnipeg.

He's also a former Canadian Forces captain and editor of Voxair.

Garagan says that in the event that his telephone line is tied up, you still have time to send your letter to Santa. The address is Santa Claus, North Pole, Canada, HOH OHO.

Garagan guarantees you'll get a reply. He suggests that you include your name, correct return address and postal code. Go for it!

Calling all boys soldiers!

The year 1987 will mark the 35th anniversary of the post-war Canadian Army Soldier-Apprentice Plan. A reunion will take place at the CF School of Communications and Electronics in the summer of 1987.

To ensure maximum participation in the event, organizers want to establish an up-to-date mailing list to keep people informed. The contact is MWO T.R. Murphy, CFSCE, B Squadron, CFB Kingston, Kingston, Ont., K7K 5L0.

Come on down!

The CFB Winnipeg Goldeyes Scuba Club is rejoicing at the prospect of having water in the Westwin pool.

Classes already are running at Lipsett Hall, but will shift back to Westwin shortly.

If you wish to attend SCUBA classes, and already swim well, you still may sign up. Regular memberships are being accepted now.

Call Capt. Donald C. McLeod - 895-5082.

There will be an open-house at the Westwin Pool, Tuesday, Dec. 17, 8-10 p.m. Bring your swimming togs and join in, tour their facilities, check out the equipment and enjoy the hospitality.

433 ETAC history book is now available. For more information contact the squadron orderly room at (AUTOVON) 621-9478.

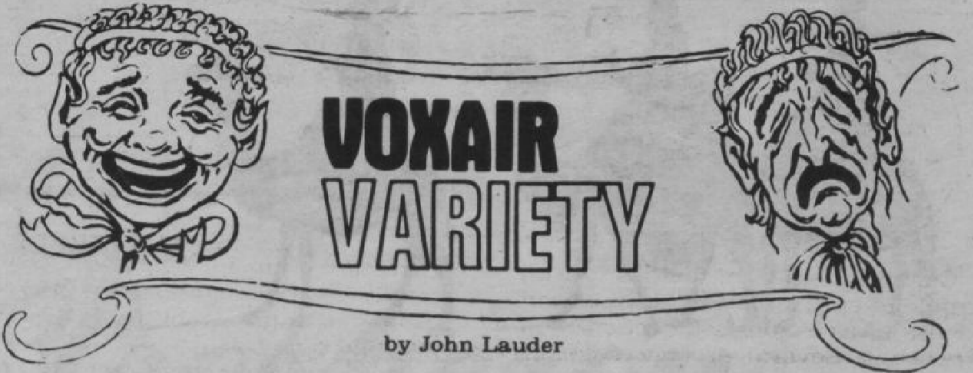
Le livre historique du 433 est maintenant disponible. Pour de plus amples renseignements contactez la salle des rapports de l'escadron au numéro (AUTOVON) 621-9478.

**Lost/Found Property
Objets Perdus/Trouvés**

**Military Police File Number
Numero de Dossier -
Police Militaire**

One blue three piece suit, two long sleeve shirts and four ties, all in a torn green suit bag	126/85
One pair grey-rimmed spec- tacles	127/85
Left CCM men's skate	129/85
Camera case, Pentax	130/85
14" Firestone tire	131/85
One silver casio wrist watch Serial 525369, three towels, one man's bathing suit, one white T-Shirt, 1 plaid scarf, 1 sweater, three jackets (from JR Club)	133/85
1 green field message pad cover	135/85
Green U.S. duffle bag con- taining three sleeping bags, one pillow, with case	139/85

Call Base Security - 895-5565.



by John Lauder

Several kinds of love have been displayed on local stages in recent days, with the range from true to unrequited to bigamous to incestuous. In the Manitoba Theatre Centre main stage play, we have the true with the unrequited in the opera Lucia di Lammermoor, while the last two less socially-acceptable types are seen in the play "Fool for Love," now running at the Warehouse theatre. The thing the three shows have in common, other than love, is fine acting, sets and entertaining, if at times unbelievable, scripts.

* * *

"The Real Thing," by British playwright Tom Stoppard - who was born in Czechoslovakia but has worked in Britain most of his life - tells us of love the second time around. I saw the play in London some years ago when it opened there, and found the MTC production to be just as good. Full of witty dialogue, it explores modern marriage and our perceptions of love in today's world.

R.H. Thompson, who plays the lead, was here as a juvenile performer some years ago in several plays, but he has learned a lot about acting in his years away, and is near perfect in the hero role of playwright. Kate Trotter, who has the part of the playwright's mistress and later his wife, is also very good. Director Guy Sprung shows that Canadians can succeed with British material, and set and costume designer, Allan Stichbury, has provided excellent modern sets on the revolving stage, which turns to music genetic to the action.

The show runs until December 14th, and if you do not have time to catch it here, you could still see it in Toronto (should you be in Transport Grp) because it moves to the Royal Alexandra Theatre there on December 30th. Prices will be a bit higher, no doubt.

* * *

The opera Lucia di Lammermoor deals with family feuds among the Scottish aristocracy, back a few centuries when they had such a thing. Lots of doom and gloom. Based on the Sir Walter Scott novel "The Bride of Lammermoor," the lovers from opposite sides of rival families naturally fall for each other, are separated and betrayed, so that the girl goes mad before she dies, and her lover must commit suicide to be with her. The leading imported singers were first rate, and the local chorus held its own, a good cry and much entertainment.

* * *

Fool for Love, by current American playwright Sam Shepard (he wrote the screenplays for such movies as The Right Stuff), features one character, the Old Man, who may or may not be real. He was a romantic youth, thus married two different girls at the same time, and the products of these two unions, one male and one female, fall in love. This leads to an irregular union, which blows hot and cold over some 20 years. Again, very fine acting and direction save the day, as director Linda Moore, with cast Cheryl Wagner, Tom McBeath, Frank Turner and Frank Adamson, give us a lively comedy drama, with a bit of mystery thrown in. Go see it, but leave the kids at home.

* * *

Tonight, December 11, the Winnipeg Symphony Orchestra will present the Canadian premiere of "Memorial Candles," a symphony memorializing the Holocaust. Written by American Benjamin Lees to commemorate the 40th anniversary of the end of the Holocaust, and dedicated to the victims of this horror, the work was first performed by the Dallas Symphony. Included on the program will be a composition, "From the Diary of Anne Frank," based on the book of the same name.

On the weekend, the 13th and 14th, the Symphony will offer Viktoria Mullova, violinist, and will also play the Beethoven Symphony No. 5 in C-Minor. Then on the Sunday, the 15th, a Concert for Kids will offer Christmas music such as Nutcracker, the Toy Symphony and the Rimsky-Korsakov Christmas Eve Suite. Finally, on the 20th and 21st, Santa himself will be the guest for a sing-along of Christmas songs and music.

From the 26th to the 31st, the Royal Winnipeg Ballet takes over, and will offer once again the ever popular "Nutcracker" to the Tchaikovsky music and the more modern choreography of John Neumeier. There are matinees on the 26th, 28th, 29th and 31st, so this is one you can take the kids to - and should.

Another big Christmas show is the "Prairie Boy's Winter," staged by Prairie Theatre Exchange at the Gas Station Theatre from the 21st to the 31st, all afternoon shows at 1:30 and/or 3:30 p.m. This was a big hit last year, and is well worth the \$4.50 admission. More information from 284-2757.



Following the
Canadian Forces

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Scan Corner

How to avoid being hired

Certain negative factors of an employment interview have been identified as leading to rejection of an applicant. Several are listed below and if you wish to stay unemployed, use them. If you want to earn a job, overcome them.

- poor personal appearance;
- over-gearing, over-aggressive, conceited, superiority complex, 'know-it-all';
- lack of planning for career — no purpose or goals;
- lack of interest and enthusiasm — passive, indifferent;
- lack of confidence and poise, nervousness, ill at ease;
- overemphasis on money — interested only in best dollar offer;
- unwilling to start at the bottom —

- expects too much too soon;
- make excuses, evasiveness, hedges on unfavourable factors in record;
- lack of courtesy and tact, ill-mannered;
- condemnation of past employers;
- failed to look interviewer in the eye;
- merely shopping around or wants job only for short time;
- little sense of humour;
- no interest in company or industry, or never heard of company;
- narrow interests and no interest in community activities;
- inability to take criticism;
- late to interview without good reason; and
- asks no questions about the job.

Computer column for everyone

It's here — and it's new

We at MIS (Management Information Systems) in Air Command have decided that it's time that we got out from behind our computers and put our two BITs worth into the Voxair.

Because we are the section devoted to developing computer applications for Air Command bases and stations, we feel that it's our responsibility to pass on some of the information we have acquired to keep the people abreast of what's happening in the computer world.

On behalf of LCol Mike Culley and the rest of the staff, we'd just like to say that we're glad to have you aboard and hope that you'll stay with us.

We intend to have some general stories about military computers as they develop, as well as some BITs and BYTEs for the nuts and some

basics in BASIC for the beginners so that you won't look like an orange when it comes time to buy an APPLE.

One BIT of good gen for those of you with IBM PC's, is that if you haven't done so already you might want to pick up the November issue of PC World because it contains two free disks. It's a demo of their newest spreadsheet and word processor which seems to be quite impressive. If nothing else, you get two free disks.

For you beginners, don't RUN away. If you're feeling intimidated by the flood of computers into your world, you're not alone. The computer is truly a dumb machine, it's only its amazing speed that makes it so powerful.

See you next time we LOGON here in the Computer Column.

Watch for it!

Smith: "The Chinese make it an invariable rule to settle all their debts on New Year's Day."

Jones: "So I understand, but, then, the Chinese don't have a Christmas the week before."



Christmas Party

Base Theatre

Saturday 14 Dec. — 1100 hrs.

FREE POP

FREE CHIPS

1100 - 1130 — Movie — Mickey's Christmas Carol

1130 - 1200 — Magic Show

1200 — Santa arrives

Christmas stockings for kids up to and including 10 years old

Please bring one canned food item for Christmas Cheer Board



MAUREEN GETS A REAL CHRISTMAS STORY — Winnipeg Sun columnist Maureen Scurfield and Major Brian D. MacGregor, CO of Winnipeg's Canadian Forces Recruit In Centre in downtown Winnipeg, chat it up at DND OI Winnipeg's annual news media Christmas party. She reported in the Sun that she "heard a heart-warming story." The story: "Down at the recruiting office in the Post Office building, a young fellow came in with his wife and kids. Things were really tough; he didn't have a high school standing and no job for quite a while. In fact, the kids were hungry. Staffers got the kids a bite to eat while the recruiting officers gave dad the entrance test. Everybody in the office was praying he'd pass, and when he did, a big cheer went up." (Photo by Cpl. Bill Murphy, DND OI)

HELP CANADIANS BREATHE EASY.

Support Christmas Seals

Give to your Lung Association

The ARGUS Hobby Shop

(across from Birchwood Inn)



Now Available

1:48 C-130 E/H Hercules Season's Greetings

TUES., WED., THURS. 10-6 P.M.:

FRI. 10-9P.M.: SAT. 10-5:30 P.M.

2519 PORTAGE AVE. 837-7677



Christmas Concert & Carolling

Air Command Band

in conjunction with the North and South Sites Community Councils

Sunday

Dec. 15-7:30 p.m.

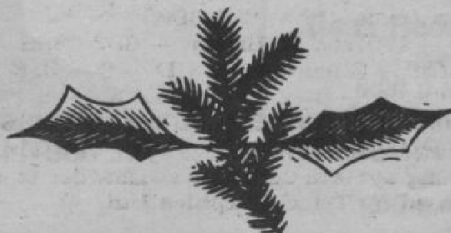
Bldg. 21 CFB Winnipeg

The evening will feature a variety of music, selected traditional lessons, carol singing and a solo by Miss Yvette Shaw. Coffee and donuts will be provided by the Community Councils during intermission. As well, a raffle will be held for Christmas turkeys and hams. Tickets are 25¢ each or five for \$1.00.

There is no admission fee, but a silver collection will be taken during the evening — all proceeds going to the Winnipeg Christmas Cheer Board.

This promises to be a tremendous opportunity to enjoy the talents of the Air Command Band and get into the Christmas spirit.

Everyone is welcome — See you there.



Commanders' extend Christmas wishes

As 1985 draws to a close and the festive season is upon us, it is with great pleasure that I send season's greetings to all members of Air Command.

It has been another busy year for everyone and we can take pride in the fact that our many commitments both at home and abroad have been met with distinction. Some of you have made special efforts and sacrifices during the year and I commend you for this. I also compliment every military and civilian member of Air Command who has done his or her job well and, as a team, has made our respective communities and the world a better place in which to live.

There can be no greater feeling of satisfaction at this special time of year than to know that you have done your part to bring peace on earth and goodwill towards men. This you have done through service to your country, participation in peacekeeping operations, support to community projects, contributions to charitable organizations, and many other ways where your generosity to those less fortunate has been evident.

My wish is that each of you will experience a holiday full of joy and good fellowship. I invite you to face the challenges of the New Year with renewed vigour and confidence.

To all men and women of Air Command, my wife and family join with me in expressing to you and yours our hope that you will have a joyous Christmas and healthy and happy New Year.

Lieutenant-General D.M. McNaughton
Commander
Air Command

Message de Noel du commandant

Avec la venue de la fin de l'année 1985 et l'arrivée du temps des Fêtes, c'est avec grand plaisir que j'envoie mes souhaits de la saison à tous les membres du Commandement aérien.

Pour nous tous, l'année a encore une fois été très occupée et nous pouvons être fier d'avoir pu rencontrer nos nombreuses responsabilités avec distinction autant au pays qu'à l'étranger. Pour cela, certains d'entre-vous ont dû faire des efforts et des sacrifices spéciaux, et je vous en remercie.

Je félicite aussi chaque membre du Commandement aérien, militaire ou civil, qui a bien accompli sa tâche particulière et, qu'en tant que membre de l'équipe, a amélioré la qualité de vie dans sa communauté et par extension, dans le monde.

Il n'y a pas de plus grande satisfaction à ce temps de l'année que de réaliser qu'on a fait sa part pour maintenir la paix dans le monde et la bonne volonté envers les hommes. Ceci vous l'avez accompli en servant votre pays, en participant aux opérations de maintien de la paix, en supportant les projets communautaires, en contribuant aux organisations de charité, et par plusieurs autres moyens où votre générosité envers les moins fortunés a été en évidence.

Mon vœux est que chacun d'entre-nous puisse vivre un congé des fêtes plein de joie et d'amitié. Je vous invite à envisager les défis de l'année qui commence avec une confiance et vigueur renouvelée.

Mon épouse et ma famille se joignent à moi pour exprimer à tous les membres du Commandement aérien, hommes et femmes, nos meilleurs vœux pour un Joyeux Noël et une Bonne et saine Année.

As 1985 draws to a close and the New Year approaches, it is appropriate that we reflect on the events and accomplishments of the past year and be thankful for the generous life which we are privileged to enjoy.

Also, it is a time to give thanks to those who have contributed to the enrichment of our lives and to extend a helping hand to those who are not as fortunate.

The festive season is a very special time for family and friends and it is my sincere hope that all of you have the opportunity to be together with those who are close to you.

14 Training Group has enjoyed a particularly good year in 1985 with added training responsibilities and progress in all phases of our operation. I would like to thank all of our staff for the strong contribution they have made to our Group.

To all personnel of 14 Training Group and their families, I extend my best wishes for a Merry Christmas and a safe and happy New Year.
Brigadier-General L.C. Price,
Commander 14 Training Group

Message de Noel 1985
Du Commandant du 14^e Groupe
de l'Instruction

We have completed another busy year at CFB Winnipeg — busy but successful. A lot of effort has been put forth by many people, particularly during the activities leading up to and including Air Force Day 1985 and the recent Operational Evaluation.

Well done to all for the team work and the professional successes of the past year.

Now that Christmas is approaching, I hope all of you are able to relax a little and enjoy your families. Merry Christmas.

Message de Noel du commandant de la base

Colonel S.E. McGowan
Commander
CFB Winnipeg

Alors que l'année 1985 s'achève et que le Nouvel An approche, il est approprié de réfléchir aux événements et aux choses accomplies de l'année écoulée, d'être reconnaissant pour la vie généreuse dont nous avons le privilège de bénéficier.

C'est aussi un temps propice pour remercier ceux qui par leur contribution, ont enrichi nos vies et c'est aussi le temps de prêter une main forte aux autres qui sont moins fortunés.

La saison des fêtes constitue un temps spécial, consacré à la famille et aux amis. Que vous ayez tous l'occasion d'être parmi ceux qui vous sont chers, voilà mon espoir le plus sincère.

Le 14^e Group d'Instruction a bénéficié d'une année particulièrement fructueuse en 1985: nous avons reçu des responsabilités accrues vis-à-vis l'entraînement et progressé dans toutes les phases de notre opération. J'aimerais remercier tout notre personnel pour la contribution énergique qu'il apportée.

A tout le personnel du 14^e Group d'Instruction et leur famille, je souhaite un très Joyeux Noël ainsi qu'une Bonne et Heureuse Année.

Le Brigadier-General L.C. Price,
Le Commandant Quartier general
du 14^e Group d'Instruction

Nous terminons une autre année affairée à la BFC Winnipeg — affairée mais couronnée de succès. Plusieurs personnes ont contribué de leurs efforts, surtout lors des activités menant à et y compris la Journée des Forces aériennes 1985 ainsi que lors de l'Évaluation opérationnelle.

Bravo à tous pour le travail d'équipe et pour les succès professionnels rencontrés au cours de cette dernière année.

Maintenant que Noël approche, j'espère que vous pourrez tous en profiter pour vous détendre un peu et jouir de vos familles. Joyeux Noël.

Sometimes it just makes sense to get a loan.

You may be considering a loan for any number of reasons: a major purchase, home renovations, or a special trip. You may want funds to finance an investment. Or you may need operating money until funds come your way.

When it comes to personal loans, Astra Savings offers attractive advantages.

We offer **competitive rates** using **simple interest**. Simple interest means you pay interest only on the outstanding balance of your loan and as you pay off your loan, you pay less interest.

You can also pay back your Astra Savings loan as quickly as you like — **without penalty**.

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Whatever your reasons for considering a personal loan, consider Astra Savings. You'll find it makes good sense.

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1080 Wall St.
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3143 Portage Ave.
Ph. 885-5518

Kenaston Village
1855 Grant Ave.
Ph. 452-8900



Have a safe and merry Christmas

The cheerful lights of Christmas bring a special warmth to the holiday season.

But, the lights, light strings, and the Christmas tree pose a fire risk if not handled with care.

Every Christmas tragedy strikes. The use of worn or defective electrical equipment, or in some cases, sheer carelessness, causes needless fires and deaths.

CSA tests Christmas tree light strings and other electrically-lit decorations for safety against fire and electrical shock.

Some of the tests for indoor light strings include aging, strain relief, temperature and flame tests. In addition, outdoor light strings

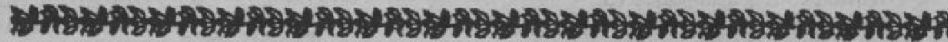
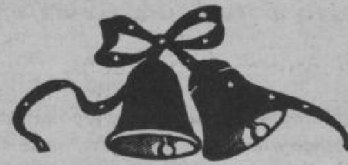
are subjected to rain and salt immersion tests.

When purchasing Christmas tree light strings and other electrical decorations, look for the CSA mark.

At Christmas time, people often fail to use electrical products safely.

Put fire safety precautions at the top of your Christmas list.

Have a safe and happy Christmas.



Safety is the best gift of all



Happy Holidays

If you are using a natural tree it is wise to take certain precautions.

Use a fresh green tree if possible, not one that has dried out through weeks of storage.

Stand the tree in a tub or bucket and keep the tree trunk immersed in water to prevent the tree from drying out.

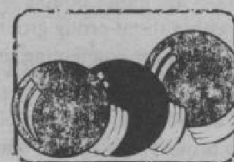
Check the water level every day and add more as required.

Don't put a tree near a fireplace.

Don't leave the Christmas tree lights on if there is no one in the room.

instructions that come with the floodlight before you install it.

Check voltage when buying replacement bulbs



When choosing lights for indoor displays be sure to use indoor lights.

When a bulb in a Christmas tree light string, or electrically-lit decoration, burns out, replace the bulb as soon as possible. If you don't, the other bulbs may burn at a higher than normal temperature.

Make certain you choose a replacement bulb with the correct wattage and/or voltage. The light string package contains a marking to tell consumers which bulbs to use.

Effective January 1, 1986, a new amendment to the standard will make it mandatory for manufacturers to attach caution labels to all midget base Christmas tree light strings and units. The label will tell the consumer what voltage to look for when purchasing replacement bulbs. The label will read, in part, "CAUTION: AVOID OVERHEATING. REPLACE BURNT OUT LAMPS PROMPTLY."

Look for the label before you look for a replacement bulb!

Before using any Christmas tree lights or electric decorations, check all wiring, sockets and plugs for fraying, cracks or loose connections.

If at all in doubt, replace the old sets.

Look for the CSA mark on reflectors

Many people do not realize that the reflector which fits around the bulb also requires CSA certification. The reflector is often sold with the Christmas light string.

To make sure you use the right size reflector, examine the reflector or the package it comes in. One or the other must indicate the size of the bulb the reflector can be used with.

To guard against a shock hazard, do not let the metal of the reflector contact the screw shell of either the lamp or the socket. Check to make sure the reflectors have insulation, consisting of either plastic or another non-metallic material, placed between the lamp and the metal part of the reflector.

Unplug light string before replacing bulbs

Before you replace a Christmas tree bulb, make sure to unplug the light string.

Then, even if you inadvertently stick a finger in the socket, there is no danger of shock.

Check water level every day



Don't use electric lights on metallic trees

Never use electric light strings on metallic trees.

A current leak from faulty lights or wiring could result in an electrical shock for anyone coming into contact with the metal branches.

Instead, shine a spot or flood light for a colorful effect.

Floodlights create special effects

Spot or floodlight bulbs can be used to achieve special effects and contrasts in color both inside and outside your home.

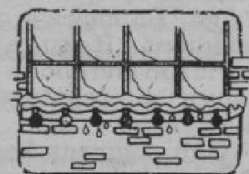
Floodlights are manufactured for indoor and outdoor use. To be safe, make sure you purchase the right type of floodlight. Never use floodlights manufactured for indoor use outside.

As a safety precaution, read the operating

Inspect wiring carefully before use



Outdoor lights add a festive touch



Notice

When submitting material to Voxair:

- Please
- type copy, double spaced
 - include name and phone number

When submitting photos:

- Please
- if possible, provide black and white photos (color polaroids may be acceptable, depending on quality)
 - on a separate sheet of paper, describe the action depicted in the photo, identify people, left to right, with first name, middle initial and surname. Attach photo caption to the bottom of the photo, using transparent tape.



HOURS
Base Recreational Library
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 6:00 p.m. to 9:00 p.m.
 Wed afternoons
 1:00 p.m. to 4:00 p.m.
 Sat afternoons
 1:00 p.m. to 4:00 p.m.

If you are fortunate enough to have trees on your property, particularly spruce, balsam or pine, outdoor lights will add greatly to the Christmas atmosphere. Be sure to use outdoor light strings because they are specially designed for outdoor use.

Store evergreens outside before use



Evergreen trees, whether you buy spruce, pine or balsam, should be stored outdoors, preferably under shade, until time to be used.

If the tree must be stored indoors before use, recut the trunk and place the freshly cut end in water.

When the time comes to put the Christmas tree up, cut the trunk diagonally again and stand the tree in water for the duration of its use.



Fuses provide fire protection

If a fuse blows, it means your electrical system has been overloaded, or that an electrical fault has occurred.

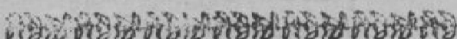
When a fuse blows because of an overload, unplug the appliances on the overloaded circuit and turn the main switch on the panelboard to the off position.

Make sure your hands are dry and that you are standing on a dry surface.

If you are using a plug fuse, screw it in as tightly as possible. Fuses not tightened properly can cause a bad connection, resulting in a heat build-up.

Over a period of time, plug fuses may become loose. It is a good practice to check them every six months to make sure they are tight enough.

Never overfuse. If, for example, you replace a 15 amp fuse with a 30 amp fuse, the 30 amp fuse can allow the wiring to overheat.



If you have an appliance with a polarized plug (one blade wider than the other), make sure the extension cord is also polarized.

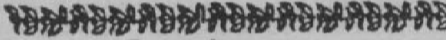
If the extension cord is not polarized, the slots will be too small to accept the wider blade.



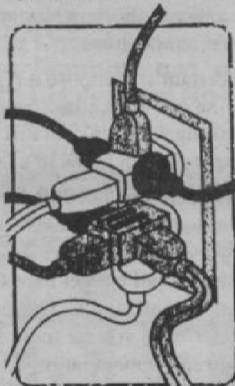
Power tools for the home workshop are a favorite gift for the handyman at Christmas. Electric tools are either double insulated or provided with a three-prong grounding type attachment plug for connecting to the power supply.

Never break the ground pin off the plug. It is there to protect you against shock.

In older homes where grounded circuits are not available, double insulated tools can be used.



Do not overload circuits



Many gifts today, ranging from appliances to toys, use electric power.

Look for the CSA certification mark and read all operating instructions carefully before using any electrically-operated item.

Make sure the house is adequately wired to accept the item without the use of a lot of extension cords and 'octopus' outlets.

If you need to use an extension cord, make sure it is the proper size.

To determine the correct size, check the nameplate of the electrical product for the ampere rating. Make sure the rating on the product is not higher than the extension cord rating, which is given on a small label wrapped around the cord. If the product ampere rating is too high, the cord will be overloaded.

Don't use electric toys outside

Remember that electric toys such as trains, race car sets, stoves, etc., are not intended to be used outside the home where they might come in contact with wet or damp grass, or accidentally be left out in the rain or snow.



Never leave children unattended



Christmas is a special time for children. Make sure your children's Christmas is not spoiled by an accident that could have been prevented. Never leave small children alone with a Christmas tree.



A 'gift tree' is a great way to hone your wrapping skills and create a lovely festive table centre-piece.

DECORATIVE GIFT TREE

All you need is a styrofoam cone (available from your local craft store), scrap wrapping paper, ribbon, scissors, tape, straight pins, glue and small boxes.

First wrap the small boxes to make miniature gifts. Then cut a square piece of wrapping paper, slightly longer and wider in diameter than your styrofoam cone. Wrap the paper around the cone, tape or glue in place and trim the excess.

Pin your miniatures onto the tree hiding the pins beneath the bows. Secure with a dab of glue on each pin head. Continue adding packages until the tree is completely covered.

Whether you choose to make the tree yourself, or involve the entire family, you will have fun creating a decoration that reflects your festive flair.

Use some savvy in holiday gift wrapping

It's Christmas Eve. The stores are closed. You're finally getting around to gift-wrapping and there's no tape. The tissue paper you thought was in the closet isn't. And the bows you saved from last year don't match the paper.

Sound familiar?

"I've heard many stories of woe over the years and I think the common thread is a lack of organization," says Mary Yeigh, Hallmark's gift wrapping consultant. "If you're prepared, wrapping is fun and allows you to express your thoughtfulness and creativity."

Mrs. Yeigh suggests keeping the 'tools of the trade' in a special box or wicker basket for easy retrieval. Make sure you have a good pair of scissors and stock enough tape, name tags, seals, straight pins, glue, tissue paper, ribbon, bows and wrapping paper.

Now that you're all set, tune in to some Christmas carols, pour yourself a glass of egg nog and follow Mrs. Yeigh's terrific tips, which she has developed during more than 15 years of professional wrapping service.

"Your Christmas gift-wrapping project will be a creative success if you use your imagination. Your reward will be the cries of delight on Christmas morning," explains Mrs. Yeigh.

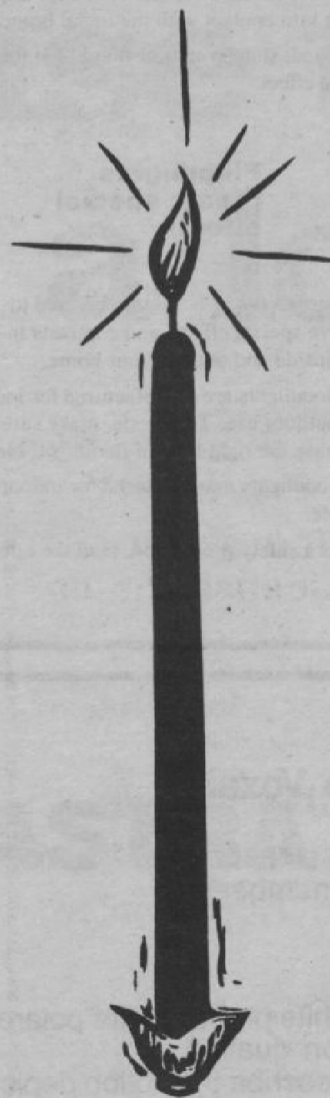
Husband to friend: "If women ever take to cigars as they have to cigarettes, men can get even at Christmas."

1. If you've ever tried to wrap bicycle or umbrella, you know how difficult it is to conceal its identity. Solution: A treasure hunt! Place clues inside wrapped boxes scattered about the house to lead the recipient to the surprise.
1. Wrapping a tube of tennis balls or a jar of preserves becomes easier to tackle if you use colorfully decorated gift bags or festive cylindrical containers.
1. A sprig of evergreen, bow or ornament adds a touch of creativity. And ornaments such as Hallmark's 'baby's first' become cherished keepsakes for years to come.
1. Try mixing traditional gift-wrapping with less conventional methods as do the Japanese. Use fabric wrappings (just as you would traditional gift wrap) combined with Christmas bows and ribbons decorated with leaves and fresh flowers.
1. For the person who has everything, create a cornucopia of Christmas cheer. Place an assortment of small wrapped gifts and specialty foods in a tissue-lined basket and decorate with ribbons and bows.

Taxpayer to neighbor: "I'm 70 years old and I finally believe in Santa Claus!"

Neighbor: "Howzat?"

Taxpayer (miscalculating the refund owed to him by Revenue Canada): "I claimed \$60.00, and they sent back a cheque for \$90.00."



A Joyous and festive season

BUT



Cool it behind the wheel!

Osair
Editor and Staff



3 RCR (busily) marches on with picked agenda

As the cold and snow sets into the Winnipeg area, the 3rd Battalion, The Royal Canadian Regiment, continues to march on towards the New Year with a full agenda of activities.

The past six weeks in 3RCR have been occupied by the now successful completion of TQ4 courses. Although spiced with a variety of interesting incidents, all courses definitely enhanced soldiers' ability to "close with and destroy the enemy." Of special note were the top candidates of each course.

Congratulations to Pte Dan Leger-Driver Wheel, Pte Carl Smolenaars-Mortar, Pte Robert Howie-Basic Communicator, Pte Paul St Denis-Machine Gun, Pte Roger McIntyre-Armoured Defence, Pte Richard Franklin-Assault Pioneer, Pte Mark Vanveen-recce Patrolman, Pte Gerald Gaudet and Pte Richard Spragg who topped the AVGP (Armored Vehicle General Purpose) courses in Winnipeg and Calgary, respectively, and finally, Pte McGill of 1PPCLI, who topped the Driver Track course and represented the fine performance of all out-of-unit personnel from 1PPCLI and HQ & Signal Squadron in Calgary.

Santa's elves inspection

As we move closer to the festive season, 3RCR is busily preparing for an upcoming rendezvous with Santa's team of OEI (Operational Equipment Inspection) elves in early December. The absence of "key" players of the Battalion, off on a two-week Cyprus recce, has not lessened continued preliminary work for our UN tour of duty, commencing in March, 1986, or any other training. Juggled between the latter, our con-

centration on maintenance and battle fitness, a week-long Section Battle Drill Exercise, rounded out the month of November.

The Section Battle Drill Exercise began with three days of dry training within the confines of Kapyong Barracks to rekindle the old fighting skills that may have cooled since RV 85. It culminated in an overnight competition at St. Charles Range and comprised inspections, a 15 km march, a section live-fire session and a defensive routine. The entire exercise was made that much harder due to the -30°C temperatures for the week. It was a definite learning experience for all, especially the new soldiers who got their first real taste of winter warfare.

Because it is almost Christmas, and the year 1985 is drawing to a close, a major item on everyone's mind (besides trying to get into Santa's good book) is the social calendar. The Cyprus recce has not deterred the kicking off of Company Christmas Parties or the preparation of a few festivities that will take place upon their return.

The traditional Christmas Get-Together by the officers and senior NCOs this year will include a "friendly" hockey game followed by the senior NCOs "At Home" to the Officers. This will be surrounded by a Regimental Christmas Dinner, Regimental Birthday Mess Dinners and numerous platoon parties.

As we prepare for Christmas leave, the officers, senior NCOs and men of the 3rd Battalion, The Royal Canadian Regiment, would like to take this opportunity to wish a safe and happy holiday to all. Merry Christmas. PRO PATRIA.

Ever thought about going to university or completing the academic program you began prior to enlisting?

Would you like to study full time without the pressure of having to continue your regular job during the day, squeezing your studies into every spare moment?

Do you have initiative and an interest in developing your leadership skills to become an officer?

Then perhaps the University Training Plan for Men and Women is the answer you've been looking for.

Designed for those who meet Basic University Entrance requirements or those who have already completed some university credit courses, enrollment can be from two to four years, depending on the academic program selected. Fields of study include engineering, science and arts, with classes normally taking place at RMC in Kingston, RRCM in Victoria and CMR in St-Jean. Opportunities also exist at a number of civilian universities, but on a very limited scale.

Upon graduation, the applicant will serve as an officer in one of a wide variety of classifications. This year's openings include

ARTY (22)	MARE (44)	ATC (63)	PSSEL (72)
INF (23)	MILE (45)	AWC (64)	SEC (81)
ABRE (41)	PE&R (53)	PADM (68)	INT (82)
CELE (42)	MAO (56)	LOG (69)	SW (58)
LEME (43)	NUR (57)	MARS (71)	

Women are eligible for all classifications listed except ARTY, INF, MARE and MARS.

At present, 193 candidates are enrolled across Canada. Since the plan's inception, qualified applicants accepted for the program have had one of the highest success rates of all subsidized academic opportunities leading to a commission.

For more details, contact your local BPSO. Applications for the 86/87 Academic Year must reach NDHQ by 12 Jan 86. Additional information can be obtained by contacting the UTPM Squadron Commander at the following locations:

RMC, Kingston — 613-545-7233
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 CMR, St-Jean — 514-346-2131 - Local 3680



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Christmas with Aloette

By JANE LAWRENCE

As we all know, Christmas is only a short time away. Do you find yourself in a bind this year wondering what to purchase for that special someone? Or maybe you're like most other people, trying to stretch your dollars almost beyond reach.

Not to worry! I can help solve your gift-giving and quite possibly help you take care of financial worries with an exciting full or part time career. If you enjoy meeting new people and only have a willingness to learn the art of great skin care and the most modern techniques in cosmetics, Aloette is for you.

By booking an Aloette show with me, you can solve all your Christmas gift worries and also be on the way to making a new independent financial start for yourself and family.

What have you got to lose? Absolutely nothing. You can only gain with Aloette Cosmetics. For instance take a look at the super Hostess Benefits and Consultant Opportunities listed below.

Beauty Consultant Opportunities

Aloette is a company of women, by women and all for the beauty of women. Aloette enables you develop your potential and earning power in a rewarding part-time or full-time career.

If you want financial success and all the benefits of being an independent businesswoman, then now is the time to become an Aloette Beauty Consultant. Backed up by complete and continual training from beauty experts, you will use your knowledge of Aloette products, beauty techniques and fashion trends to every woman's best advantage.

This is a rare opportunity, one that can lay the foundation for a future you had only dreamed possible. Aloette is an exceptional company. We are young and expanding internationally at a tremendous rate. Our reputation is excellent, our products superlative.

Hostess Benefits

Introduce your friends to the wonderful world of skin care using the "beauty secret of the ages", Aloe Vera gel. Each guest will learn the latest make-up techniques and will enjoy a private consultation with colours selected especially for her!

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 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**

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Legion tulip planting ends big sales campaign



LEGION SELLS SIX-MILLION TULIP BULBS — The Royal Canadian Legion's 60th Anniversary activities included a massive campaign to sell six-million tulip bulbs in communities coast-to-coast, and they reached their goal. At a ceremonial tulip-planting at Ottawa's National War Memorial are, left to right, Netherlands' ambassador to Canada, Jan Breman; Jean Piggot, chairman of National Capital Commission; Hon. George Hees, Minister of Veteran Affairs; and Legion Dominion president, Steve Dunsdon.

OTTAWA — At a symbolic tulip planting ceremony held here at the National War Memorial, Netherlands Ambassador Jan Breman, the Honourable George Hees, Minister of Veteran Affairs and Jean Piggot, Chairman of the National Capital Commission planted tulip bulbs to commemorate the Royal Canadian Legion's Diamond Jubilee.

The planting of the blood-red Darwin hybrid from Holland marks the conclusion of an unprecedented nationwide campaign of six-million tulip bulb sales undertaken by more than 30,000 volunteers drawn from the Legion's 1,752 branches.

"The ceremony recognizes the contribution of the Legion's more than 600,000 members after 60 years of service to the veteran and the community," said Legion Dominion President Steve Dunsdon. "Of course, our

strong ties with the Netherlands during the Second World War is an important part of this occasion."

The Royal Canadian Legion embarked on the special Dutch tulip sales campaign to help publicize the Legion's Diamond Jubilee year, which started in May, 1985, and continues until June, 1986. "The six-million tulips planted this fall will beautify communities coast-to-coast and will be a fitting tribute to the efforts of Legionnaires across the nation," Dunsdon added.

The Legion was established in 1926 to help veterans re-adjust to peacetime civilian life and to assist their dependents. Since those early days, the organization has embraced a wide range of service programs and contributes approximately \$30 million annually in community support.

Wife (to neighbor): "My husband thinks the world of the gift I gave him. It was a box of cigars and, although he's very fond of smoking, he hasn't touched them yet ☆"

Christmas: A widely observed occasion on which neither the past or the future is as much interest as the present.



PROMOTED — Corporal Steve Campbell, a Communications-RADAR systems technician, takes time out from adjusting a weather RADAR transceiver with his new stripes presented earlier by Lt. A.G. Kirsopp, avionics services officer in Base Air Maintenance. (Base Photo Section)

Husband (looking over bills): "Christmas comes, but once a year is enough!"



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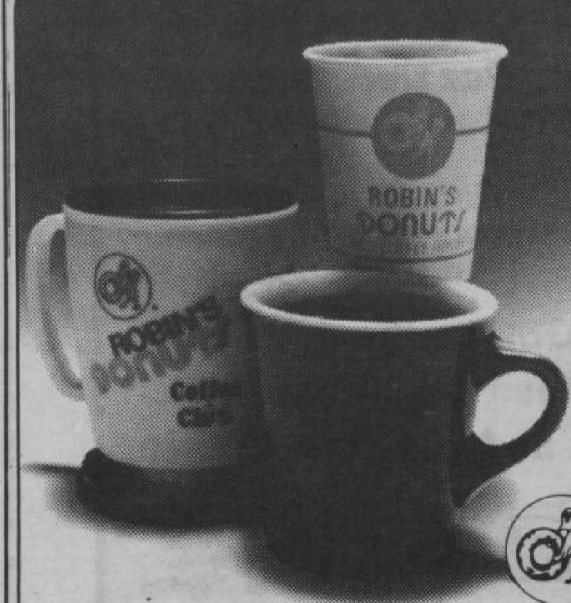


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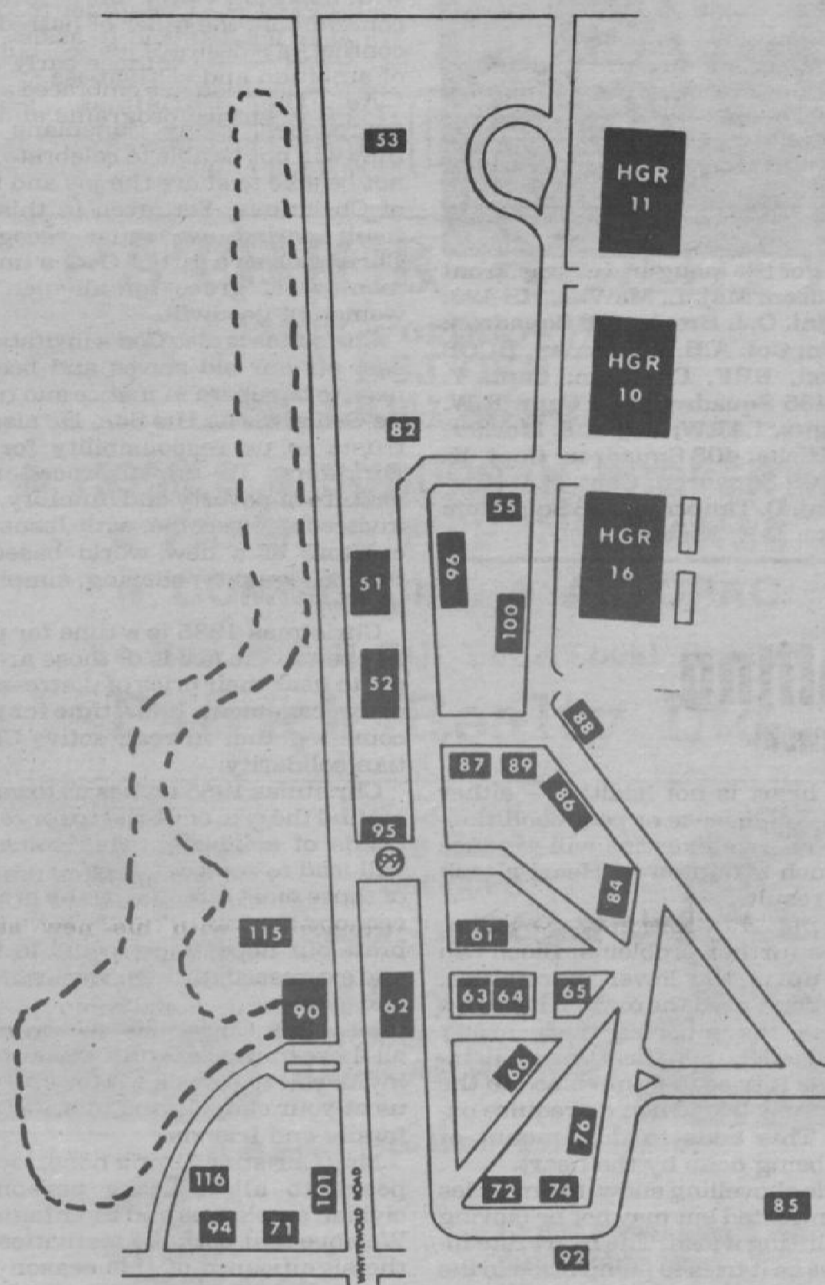
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CFB Winnipeg X-Country Ski Trail

□ Sask Gate



Interested in X-country skiing instruction?

In the past decade, winter has taken on an entirely new meaning for thousands of Canadians. No longer is winter a season to be passively endured, but one to be actively celebrated.

Canadians have discovered the joys of winter outdoor sport and recreation, and especially those of cross country skiing. And no wonder! Cross country skiing is both an excellent physical conditioner and a matchless opportunity to get away from it all, to rediscover the beauty of nature in winter.

It's inexpensive. Cross country skiing boasts of low cost, both for initial equipment outlay and for day-to-day access to trails and other facilities.

It's tranquil individual freedom or pleasant group activity. Cross country skiing is equally enjoyable alone, with family, or with friends. And there's no waiting, no lining up.

It's an activity for all ages and levels of skills. The basics of cross country skiing quickly can be mastered by kids and seniors alike. It also offers, for the serious athlete, all the rigours of an Olympic sport. Cross country skiers, no matter what their ambition, can look forward to a lifetime of participation.

If a group or section is interested in attending a waxing clinic or basic instruction on X Country skiing, contact Sgt Christensen at local 6184.

Winnipeg will get new air control centre console

Spectrum Manufacturing Co. Ltd. of Winnipeg, has been awarded a \$135,000 federal government contract, it was announced today by George Minaker, M.P. for Winnipeg St. James, on behalf of the Minister of Supply and Services, Honorable Stewart McInnes.

Spectrum is to supply an air control

centre console for use in the air control tower at the Winnipeg International Airport. The contract was awarded on behalf of Transport Canada.

"Approximately 22 jobs will be maintained over the six-month period of this contract," Mr. Minaker said.

Canadian content is 100 per cent of the contract value.

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Air Command inaugurates Flying Supervisors' Course



WINNIPEG — A new, two-day course, to augment current training for flight safety officers and air squadron commanders, was inaugurated at CFB Winnipeg this fall under Air Command HQ sponsorship.

It is designed to expose the maximum number of personnel occupying flying supervisory positions to the significance of flight safety and flying supervision within the air community, as well as ensure consistent flight safety awareness throughout the Canadian Forces.

Air Command HQ personnel will brief course members on topics such as leadership philosophy, financial management, maintenance policies, medical factors and accident prevention.

The course, scheduled for six times a year, will be attended by personnel in the major-captain ranks.

LGen. Donald M. McNaughton, Commander of Air Command, welcomed members of the inaugural course earlier this fall.

FLYING SUPERVISORS COURSE — Members of the inaugural course, front row, left to right, are Maj. G. Fryer, 408 Squadron; Maj. L. McWha, HS 423; Maj. J.N.M. Pommerleau, BRF, Bagotville; Maj. O.J. Brook, 436 Squadron; Maj. M.D. Pollard, AETE; LGen. McNaughton; Col. A.B.H. Bosman, DCOS Ops, Air Command HQ; Capt. J.L. Cauchon, BRF, Chatham; Capt. Y. Lemasson, 3 CFFTS; Maj. D.P. Reddekoop, 435 Squadron; and Capt. R.W. Gotfried, 429 Squadron. Back row: Maj. T. Angus, 1 ARW; Maj. R.S. Mosher; MPEU; Maj. R. Anscorb, VP 415; Maj. T.J. Hicks, 408 Squadron; Capt. K. Pfander, 426 Squadron; Maj. D. Harrison, 408 Squadron; Capt. B.J. Kimberley, MR 880; Maj. F.M. Thorne, 2 CFFTS; Maj. D. Timperon, 426 Squadron; and Maj. J. Westrop, CFS. (Base Photo by Pte. D.E. Nichols)

Community health

Snow shovelling

By Capt. A.F. Plotrowski

Armchair athletes beware of an unwelcome winter sport — snow shovelling. Shovelling snow can be dangerous. That's not just an excuse to avoid the unpleasant task: snow shovelling is extremely strenuous, putting people with heart disease at risk.

Activities such as shovelling emphasize the use of the arm muscles which tend to be less efficient than leg exercises. When the arms perform a given task they require more oxygen and burn more calories than a task of the same work load done by the legs. This means the heart has to work harder during an arm exercise.

If the heart is not healthy — either because of disease or poor conditioning — an arm exercise will produce too much strain on it. Heart attack could result.

The upright position of shovelling creates further problems. Blood can build up in the lower extremities, which don't need the oxygen it carries because the muscles there aren't being used, but the heart rate will increase as it tries to pump blood to the upper muscles, which do require oxygen. This adds to the amount of work being done by the heart.

While shovelling snow, the muscles are contracted but may not be moving while lifting a load. The heart rate increases as it tries to pump blood to the tensed-up muscles. Unfortunately, the blood flow is restricted when it reaches the arms because of the contracted muscles, but the heart keeps trying to pump blood through.

The cold weather adds another danger to snow shovelling. Cold air can be dangerous to heart patients and all outdoor activity in winter should be done with caution. Wearing a cold-weather mask or scarf over the mouth and nose can help. Dress warmly but don't overdress; you'll warm up as you work. Don't overheat your body, which in turn places a strain in your heart.

People with hypertension, heart problems, out-of-shape bodies and/or cardiovascular systems, or over 40, should be careful when shovelling snow. Pace yourself. Ease into the task gradually and do some warm-up exercises inside first. Sudden exertion can place severe strain on the heart.

Shovel small, light amounts of snow and take rest periods. Avoid drinks with caffeine or alcohol, and don't smoke before and after shovelling. Smoking, hazardous at any time, can produce an increased heart rate while decreasing the blood's ability to carry oxygen to the working muscles.

If no one else will shovel the walk for you, or you actually enjoy it, remember to consider the stress your heart is under. Don't treat shovelling as a race, because your heart will race — and perhaps you'll lose entirely. (This article is a courtesy of the Manitoba Medical Association)

Christmas Wish

From your R.C. chaplains

We would like Christmas to be for all a day which marks the beginning of a new year of joy and hope. We choose these two virtues because of the pervading mood of the world and our own country. Humanity is riddled with opposing views: one of love and communion, the other of hatred and conflict; of a desire of justice, but also of ambition and selfishness.

As the Christmas season approaches, many Canadians fear they will not be able to celebrate, will not be able to share the joy and hope of Christmas. Yet, even in this difficult period, we must recognize Christmas as a gift of God, a unique moment of grace for all men and women of goodwill.

Christmas is also God's invitation to cast off our old selves and become new, to be reborn in justice and truth. As God gives us His Son, He also entrusts to us responsibility for the Kingdom. In an unprecedented gesture of poverty and humility, God invites us to become, with Jesus, the creators of a new world based on justice, equality, sharing, simplicity and love.

Christmas 1985 is a time for us to be open to the needs of those around us, to hear their cries of distress and discouragement. It is a time for us to come together in real, active Christian solidarity.

Christmas 1985 invites us to gather around the crib of Christ to forge new bonds of solidarity. This solidarity will lead to positive steps in support of those most affected by the present economic crisis. Together we celebrate our hope, hope rooted in faith and expressed through works of love and justice.

May this Christmas season mean all these things for you and yours. We invite you to come and worship with us at your chapels and to bring your family and friends.

May Christmas bring hope, joy and peace to all military personnel, civilian employees and their families. We hope that both the festivities and the significance of this season may have special meaning for all of you.

Your Chaplains (RC)

Father Gaston Gagnon,

Father Lindo Molon.

Voeux des Aumoniers Catholiques

Nous voudrions que Noël soit pour tous les militaires, les employés civils, ainsi que les membres de leur famille un jour qui s'ouvre sur une année de joie et d'espérance.

Nous avons choisi ces deux vertus en raison du climat qui prévaut actuellement dans notre pays et dans le monde. L'humanité est traversée par des courants opposés: l'un d'amour et de communion, l'autre de haine et de conflits; l'un de désir de justice, l'autre d'ambition et de dégoût. Les chrétiens ne peuvent demeurer indifférents à ce qui se passe dans le monde. Il leur appartient, entre autres choses, d'y apporter la joie et l'espérance fondée sur la venue de Jésus au milieu de nous. Mais il ne faut pas oublier qu'il n'y a de joie et d'espérance authentiquement chrétiennes sans la remise audacieuse de notre vie entre les mains de Dieu.

Puisse cette période des Fêtes vous combler de joies ainsi que tous les membres de vos familles. Nous vous invitons à venir célébrer Noël avec nous à chapelles. Que Noël et la Nouvelle Année soit pour l'Eglise de la Base de Winnipeg, et grâce à vous tous, l'occasion d'un recommencement dans la joie et l'espérance.

Vos Aumoniers Catholiques
Abbé Gaston Gagnon,
Père Lindo Molon.

BUCKLE UP!
Seat belts save lives.

Aerospace Warfare Squadron news

SANC 8502 has issued a final communique to all of us. It has been reported that all energies were, in the last few weeks, being directed at producing the perfect individual presentation (which they did). Capt. Dave Francis has been working around the clock sustaining himself with nature's perfect food (chips). Believe it or not, Mr. Sock lost his voice while mastering his individual presentation.

Listen guys, who said it was easy! The final course dinner was held at a local establishment and several members were awarded "lifetime bans." A touching moment occurred when Capt. Gary Hoff was presented a cake, accompanied by the singing of "Happy Birthday, Dear Hairface." There wasn't a dry eye in the crowd.

All members of the course would like to thank all of CFB Winnipeg for their support. As they said it themselves: "We forgive you for the night in the hangar and the awful weather."

Standby! We have just learned that Capt Bob Edwards was disappointed to learn that he has to stay in Winnipeg while everyone else is off to a warmer climate. Sorry Bob! Somebody has to do it! As a souvenir, SANC 8502 donated its famous and renowned fun-metre that is located in the SANC classroom. By the way, it is lock-wired in the Red Zone. We will not forget SANC 8502.

Meanwhile in room 209B, the ASC course is getting ready for yet another visit. It seems the last one was not punishment enough and the guys are gearing up for Ottawa, Montreal and Toronto. As they keep saying, life is rough on ASC. The now infamous line book is filling up at a steady-state — i.e. the rate of change is constant — with the wives and guest lecturers contributing whenever they can. While on the topic of guest lecturers, it seems that they all have something in common: They LOVE the Army. If you do not believe it, ask the resident artillery officer about all the favourable comments he has received. Poor Chris!

The second AWS staff luncheon was held in the Sgt's and WO's Mess on 29 Nov 85. As usual, it was an overwhelming success. On the same note, the ASC course members, well as many staff members, participated in the Lord Gort Feast at the Viscount Gort Motor Hotel on 30 Nov 85. It was a great evening for everyone who attended. Right, Ian?

On a more serious note, our beloved British Exchange Officer (yes, you are right, it is Ian), has finally mastered the basic rudiments of downhill skiing. Believe it or not, he is currently practicing in his backyard...

As you can see, the AWS Squadron is alive and avidly looking forward to the Christmas Holidays.



Chilliwack brings Gen. Woods to his knees



INDUCTED AS ASSOCIATE CD2 — Air Command Headquarters' Chief of Staff, Support, Brig.-Gen. John E. Woods, CD1, is inducted into the CFB Chilliwack CD2 Association by acting director of ceremonial, MWO Frank Weir, MMM, CD2. The association recognized BGen Woods for his support during his two years as Chilliwack's base commander. (Photo by a fuzzy-eyed photographer)

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BGen John E. Woods, CD1, COS Support, Aircom HQ, has been invested as an associate member of the world-famous CFB Chilliwack CD2 Association by the acting Director of Ceremonial, MWO Frank Weir, MMM, CD2.

The Association recognized BGen. Woods for his support during his two years as base commander at CFB Chilliwack. During this period, he was a guest at several CD2 luncheons and his conduct, while under strict observation, was acceptable, notwithstanding he was only a CD1.

The CFB Chilliwack CD2 Association was founded by Master Captain Norm Caulfield, CD2 (Ret'd.) and regular membership is open to Regular Force members serving at CFB Chilliwack. At present, there are 12 regular members, nine retired members and several associate members. Each member's CO receives a letter (on official CD2 letterhead) outlining the privileges granted by the Association.

In BGen. Woods' case, the letter was sent to LGen. McNaughton, Commander, Air Command. In addition, each new member is toasted at a luncheon with Geritol (terrible stuff)

and presented with an engraved cane (obtained at great expense) in a formal ceremony. Following investitures, each new member is required by law to purchase a round at the bar for senior members. Most senior members are given appointments such as Director of Ceremonial, Director of Supply, etc., however, BGen Woods is considered too junior a member to be given any responsibility other than promoting the Association within Air Command.

The Association has a secret constitution (so secret it is not even written down), it holds secret meetings (any two members), and seniority in receipt of the 2nd clasp to the CD, not rank, determines where one is shown on the distribution list.

This fun loving association salutes those who have given at least 32 years to the Canadian Forces. Anyone wishing more information with a view to perhaps starting a similar organization should contact either the Officer Commanding, Master Captain Russ Eveleigh, MMM, CD2, BPAdmO, or the Director of Administration, MWO Frank Weir, MMM, CD2, MWO IC MP, at CFB Chilliwack.

Mother: "Who ever taught you to use that dreadful word?"

Tommy: "Santa Claus, Mamma."

Mother: "Santa Claus?"

Tommy: "Yes, Mamma, when he fell over a chair in my bedroom on Christmas Eve."

Wife (sobbing): "I tried my best; I bought the very best Christmas cigars I could find."

Husband: Looking at the cigars again in amazement.

Wife: "The clerk asked me what kind I wanted, and I told him you were a middle-aged man who always dressed in black."

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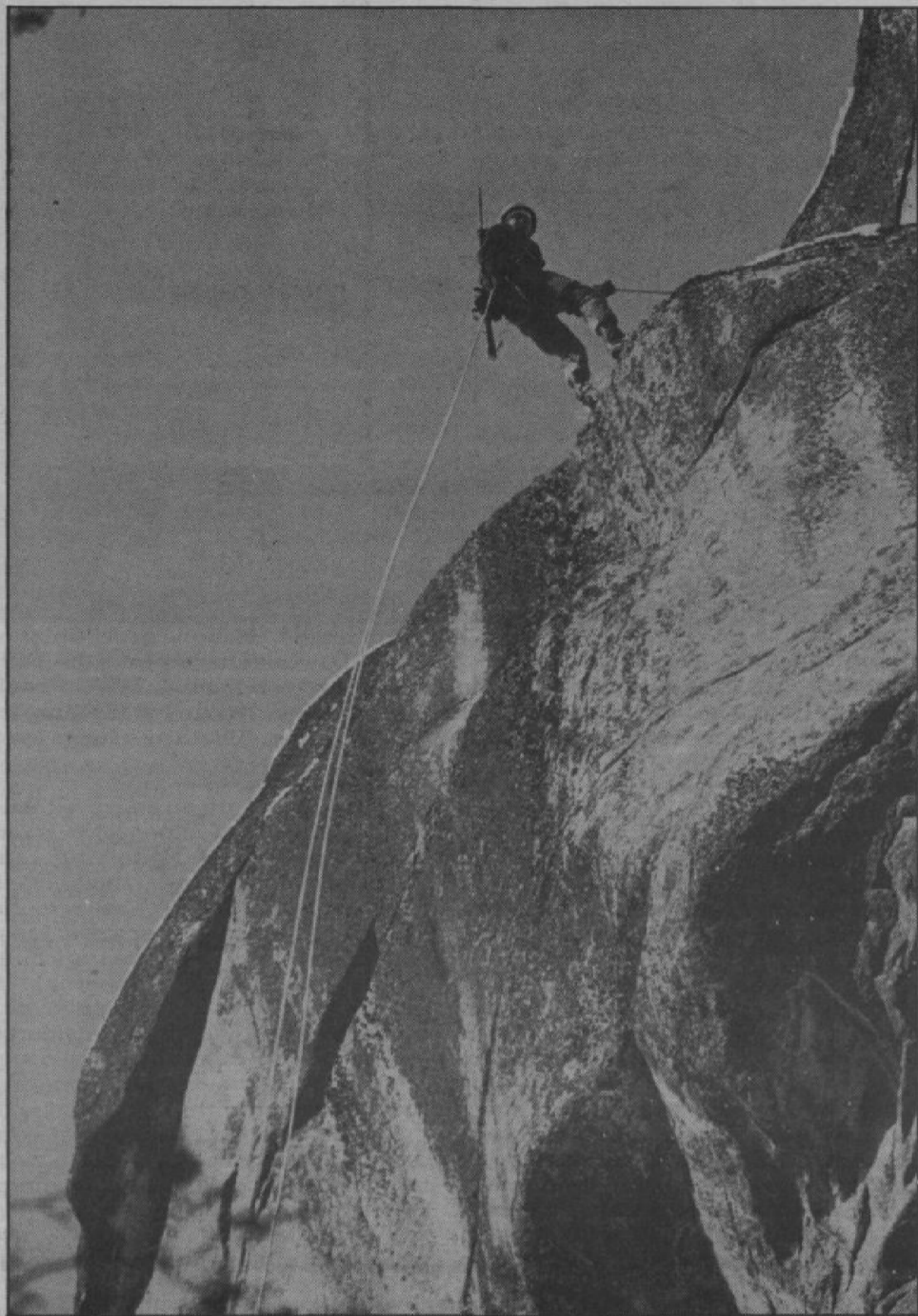
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3 RCR attacks rugged Minaki terrain



A 3 RCR reconnaissance patrolman begins a descent at Minaki.

Recece Platoon has just completed its second Recece Patrolman Course for this training year. The eight-week course included five weeks of intense fieldwork involving cross-country navigation, watermanship, bushcraft and a high standard of physical and mental endurance with long, sleepless patrol exercises.

Photographs show part of a typical training day during the final two-week patrol exercise in Minaki, Ontario. Candidates are seen rappelling down a cliff enroute to their objective. This cliff is typical of the rugged terrain found in the Minaki area; however, the terrain is only one of the many hardships that a recece patrolman must face.

Rope-bridging in white-outs

At this time of year, the weather is a formidable foe. A prime example of

this occurred during the blizzard on 19 November, 1985. While most service personnel at CFB Winnipeg were debating whether or not to brave the elements just to get to work, the Recece Patrolman's Course was rope-bridging and successfully patrolling in near white-out conditions. This is just one instance of the many challenges students overcame during the course.

Students of the Recece Patrolman Course can be proud of the fact that they now rank amongst the highest calibre of soldier. They are all extremely confident and deadly accurate with map and compass, as well as having braved the harshest weather this year and crossed some of the roughest terrain in the area in the completion of their mission.

PRO PATRIA



Members of 3 RCR N Company inflate air mattresses during a section training competition.

Rotten weather

Phone fan-out system will tell you to report for work or stay put

Military and civilian personnel of CFB Winnipeg have been issued instructions on procedures in the event rip-'snorting', snarling blizzards clog "Winterpeg" and environs. The instructions are:

Whenever overnight snowfall or drifting blocks roads or parking lots on Base, prior to 0500L, Base Operations will initiate a telephone fan-out to all units using the words "Snow Alert".

Personnel living within safe walking distance of their place of duty (e.g. MQs) are to leave cars at home and report for duty at the normal time. Other personnel who normally must drive to work should take either public transportation or drive to work to report at 1100L.

This procedure is designed to allow snow removal crews some time to clear roads and parking lots.

In the event that bad weather conditions continue and snow removal crews are unable to clear sufficient roads and parking lots, at some time prior to 1000L, Base Ops will initiate a warning via the telephone fan-out to units stating that "Snow Alert Continues." At this point, Unit COs may exercise discretion on which personnel are to remain home or report for duty.

During the duty day, should weather conditions deteriorate to the extent that roads might be blocked or driving conditions become very hazardous, Base Ops will initiate a telephone fan-out to all COs using the words "Weather Alert." This would normally alert COs to release person-

nel who live beyond the Perimeter Highways. COs may release other personnel as conditions warrant.

Both "Snow Alert" and "Weather Alert" will be terminated by Base Ops as conditions improve and will not extend beyond the calendar day in which it is called.

The words "Stand Down" shall not be used with reference to either of these alert conditions. This expression has connotations beyond the scope of this order and is to be avoided by all personnel.

MARCHE A SUIVRE EN CAS D'AVIS DE MAUVAIS TEMPS.

Le présent ordre s'applique à tous les membres du personnel militaire et civil.

Lorsqu'il y a d'importantes chutes de neige ou de la poudrière pendant la nuit et qu'on ne peut emprunter les routes et les parcs de stationnement de la base le lendemain, la section des opérations de la base doit transmettre le message "Snow Alert" (avis de neige) avant 5h à toutes les unités par l'entremise du réseau téléphonique d'alerte.

Les membres du personnel qui habitent près de leur lieu de travail (par exemple: dans un LF) et qui peuvent s'y rendre à pied sans danger doivent laisser leur voiture à la maison et se présenter au travail à l'heure habituelle. Les employés qui doivent normalement se rendre au travail en voiture peuvent prendre l'autobus ou leur voiture et faire en sorte qu'ils arriveront avant 11h.

Ces mesures ont pour but de permettre aux équipes de déneige-

ment d'ouvrir les routes et les parcs de stationnement.

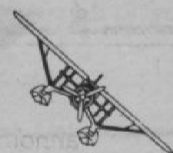
Si le mauvais temps persiste et les équipes de déneigement ne parviennent pas à déblayer suffisamment de routes et de parcs de stationnement avant 10h, la section des opérations de la base doit transmettre le message "Snow Alert Continues" (avis de neige toujours en vigueur) aux unités par l'entremise du réseau téléphonique d'alerte. C'est à ce moment que les commandants d'unité peuvent décider qui peut rester chez soi et qui doit se présenter au travail.

Si, pendant la journée de travail, le temps se gâte au point de rendre les routes impraticables ou la conduite très dangereuse, la section des opérations de la base doit transmettre le message "Weather Alert" (avis météorologique) à tous les commandants par l'entremise du réseau téléphonique d'alerte. Les commandants doivent alors renvoyer chez eux les employés qui habitent au delà du boulevard périphérique. Ils peuvent également décider d'en renvoyer d'autres, selon le cas.

La section des opérations de la base doit annuler les messages "Snow Alert" et "Weather Alert" à mesure que les conditions atmosphériques s'améliorent. La durée maximale de ces messages se limite au jour civil où ils sont transmis.

Tous les membres du personnel doivent éviter d'associer l'expression "Stand Down" (qui signifie quitter le travail de bonne heure) à l'un ou l'autre de ces avis, car elle comporte des connotations qui n'ont rien à voir avec le présent ordre.

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Count yourself in

The Christmas census

Bethlehem is famous as the birthplace of Jesus Christ. According to the Christmas story, Joseph and Mary had made a lengthy trip by donkey to this little town, which was made all the more difficult because Mary was expecting a child. Once they arrived in Bethlehem, there were no rooms available in any of the inns, so Jesus was born in a manger.

Canadians may not know why Bethlehem was so crowded during that first Christmas. The reason is simple; it was because of a census!

The word "census," which is commonly known to most people as a count of the population of a country, is derived from the Latin "censere," to assess. In earliest times, the main purpose for taking a census was to aid tax collection. But, ancient governments also found a census of population a convenient way of finding young men to serve in the army, and of identifying other men available for forced labour.

The first recorded census was conducted in Babylonia in 3800 B.C., 5,785 years ago, but the most famous census — that "Christmas Census" — was undertaken when "a decree went forth from Caesar Augustus that a census of the whole world should be taken."

At that time, the male head of the family had to return to his hometown to be counted in the census, so Joseph and Mary travelled to "the town of David which is called Bethlehem — because he was of the house and family of David..."

Canada soon will begin the process of counting its citizens. The next Canadian Census of Population and a Census of Agriculture will be conducted on June 3, 1986. It will be similar to the "Christmas Census," only that it will be an official enumeration, for it will collect much more information about Canadians.

It will be different, in that the information provided by individuals on 1986 Census forms is strictly confidential. Unlike early censuses, it will never be used for taxation or military purposes.

The 1986 census will ask Canadians to answer questions about such things as their age, sex and ethnic group. But interest in the results of the census is no longer restricted to the government. Questions are "finalized" only after prior consultation with a variety of social, ethnic, economic and government organizations across the country. The information provided by Canadians on June 3 will provide a yardstick of the economic and sociological well-being of the population, and will help these organizations, in short- and long-term planning and policy formulation.

But, perhaps the most practical difference between the "Christmas Census" and the 1986 census is that Canadians no longer have to travel to their hometowns to be counted. For most Canadians, census forms are delivered to their doors.



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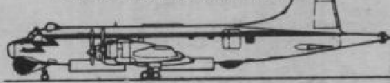
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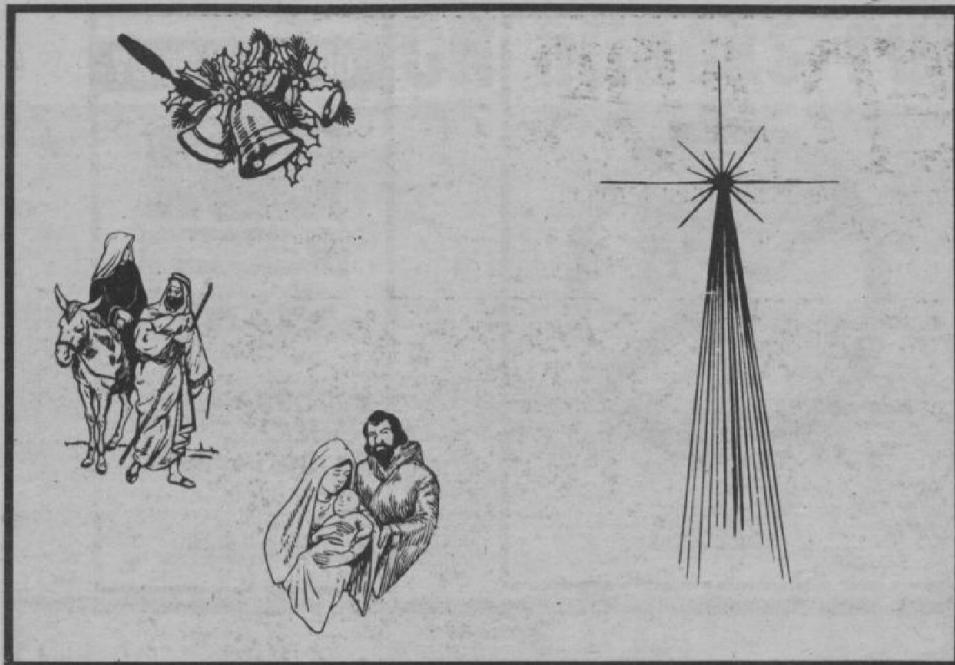
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FOR LONG AND MERITORIOUS SERVICE — Air Command HQ Chief Warrant Officer Lawrence Frank Bonin is decorated with the Order of Military Merit, grade of member, by Chancellor of the Order and commander-in-chief of the Canadian Armed Forces, Right Honorable Jeanne Sauve at Government House in Ottawa. Fifty-four members of the Regular and Reserve components were appointed to the Order in 1984. Presentation ceremonies took place earlier this year. CWO Bonin, an avionics supervisor, is from Gibsons, B.C. His parents, Mr. and Mrs. F.W. Bonin, live in Robert's Creek, B.C. The award recognizes long and meritorious service. (Canadian Forces Photo)

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UNLESS



you are lucky!
Think about it!



AND A MERRY CHRISTMAS, TOO! — Sergeant L.A. (Larry) Smith right, "lucks in" with Santa Claus. The chief clerk in Air Command Headquarters' Operations Division gets his sergeant's stripes pinned up by Colonel A.B.H. Bosman, Deputy Chief of Staff, Operations. (Base Photo Section)



Protestant Chapels

The Chapel of The Good Shepherd (North):
— Holy Communion 0900 Sundays
— Church School 1000 Sundays
— Divine Worship 1100 Sundays
— Bible Studies 1030 Fridays

The Chapel of Saint Andrew (South):
— Divine Worship 1030 Sundays
— Bible Studies 1930 Wednesdays

Marriages — 30 Days notice required, 90 days appreciated

Baptisms, Marriage Enrichment, Sunday School, Young Peoples, Couples Club — contact a chaplain for information.

Chaplains: Padre G.E. Tonks BChap (P) 895-5417
Padre E. Wiley Chap P (South) 895-6022
Padre J. Jolliffe Chap P (North) 895-5075

DEC. Program

Even: Mon. thru Sat. 20:00 hrs.
Sat. Matinee 14:00 hrs.
Sun. Evening 20:00 hrs.

Cinema Theatre

CANADIAN FORCES BASE

Telephone 888-6290

WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Dec 1 CANDIDIA	Dec 2 YEAR OF THE DRAGON	Dec 3 NO SHOW	Dec 4 NO SHOW	Dec 5 GREMLINS	Dec 6 BLACK CAULDRON	Dec 7 JAGGED EDGE	Dec 7 JAGGED EDGE
Dec 8 JAGGED EDGE	Dec 9 SILVER BULLET	Dec 10 NO SHOW	Dec 11 NO SHOW	Dec 12 BIG ADVENTURE	Dec 13 NO SHOW	Dec 14 NO SHOW	Dec 14 GOVERNOR GOVERNOR
Dec 15 SILVER BULLET	Dec 16 EUROPEAN VACATION	Dec 17 NO SHOW	Dec 18 NO SHOW	Dec 19 CREATOR	Dec 20 Walt Disney's Pinocchio	Dec 21 NO SHOW	Dec 21 NO SHOW
Dec 22 CLOSED FOR THE HOLIDAYS	Dec 23 CLOSED FOR THE HOLIDAYS	Dec 24 Best Wishes FOR A VERY Merry Christmas	Dec 25 NO SHOW	Dec 26 NO SHOW	Dec 27 NO SHOW	Dec 28 NO SHOW	Dec 28 NO SHOW
Dec 29 ET	Dec 30 CLOSED FOR THE HOLIDAYS	Dec 31 HAPPY NEW YEAR	Jan 1 HAPPY NEW YEAR	Jan 2 AGNES OF GOD	Jan 3 MARRIAGE	Jan 4 THAT WAS THEN THIS IS NOW	Jan 5 THAT WAS THEN THIS IS NOW

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

R. C. Chapels

NORTH SOUTH

TELEPHONE: 895-5076 895-6181

MASSES
MESSES
Sat: 1700 hrs (Eng.) Sun: 1000 hrs
Sam: 1900 hrs (Fr.)
Sun: 1115 hrs

MARRIAGE
MARIAGE
Please give the Chaplain a six month notice.
Parlez à l'aumônier au moins six mois à l'avance.

BAPTISM
BAPTISME
Baptism Preparation Meeting is mandatory.
Please make an appointment at 895-5087.
Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.

SUNDAY SCHOOL
Every Sunday at Air Every Sunday at the
Nav. Schools from 0900-0930-1030 hrs. 1000 hrs.

CHAPLAINS: Father Gaston Gagnon, BChap (RC) - 895-5272 - Home 888-8904

Father Lindo Molon - 895-6023

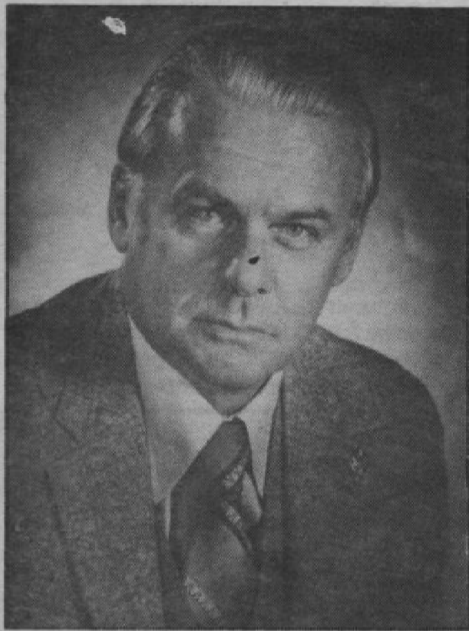
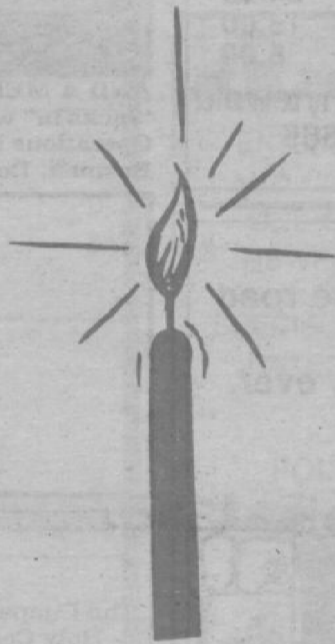
SECRETARY (NORTH SIDE): Francine 895-5085

SECRETARY (SOUTH SIDE): Denise - 895-6024

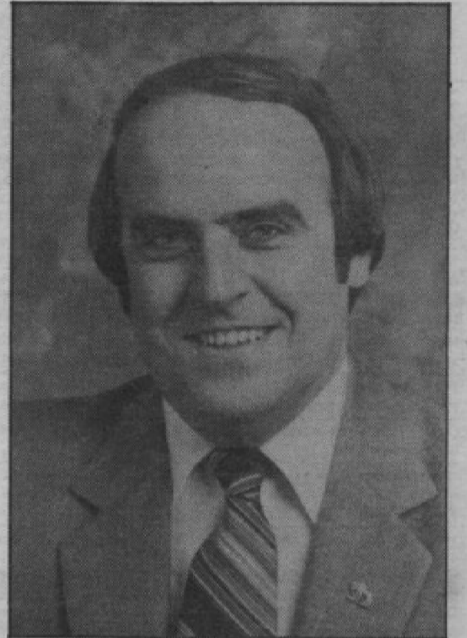
Merry Christmas Happy & Prosperous New Year



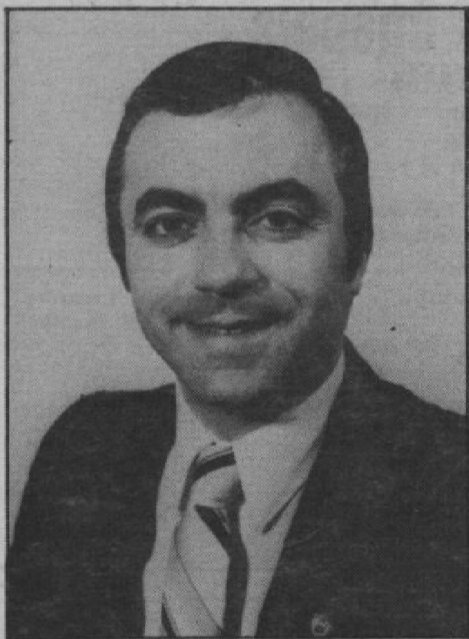
from your
elected representatives



Dan McKenzie, M.P.
Winnipeg — Assiniboine



George Minaker, M.P.
Winnipeg — St. James



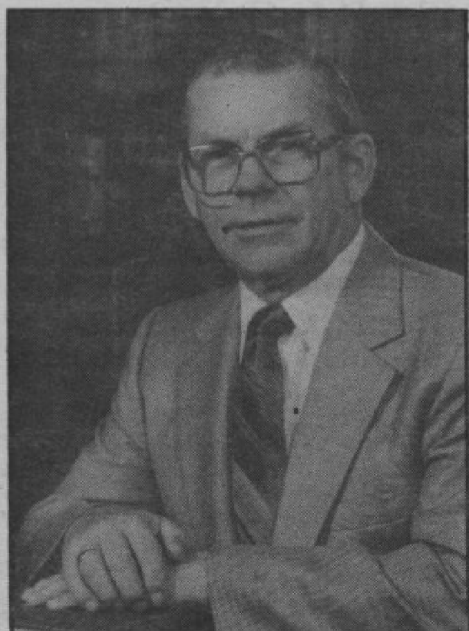
Jae Eadie
Councillor — Deer Lodge Ward



Eric Stafanson
Councillor — St. Charles Ward



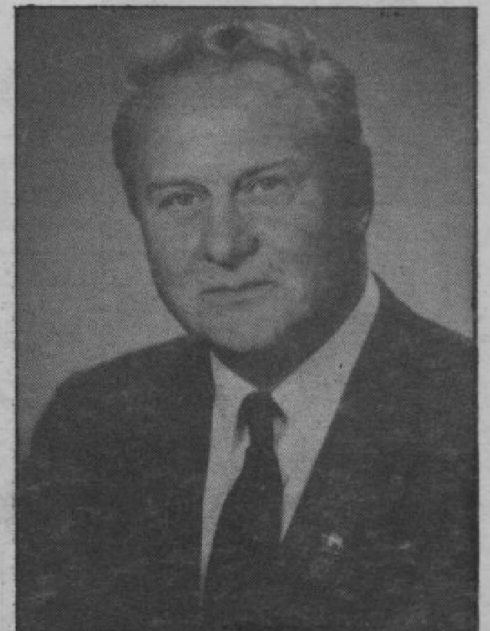
Jim Ernst
Councillor — Grant's Mill Ward



Ric Nordman
MLA — Assiniboia



Gerrie Hammond
MLA — Kirkfield Park



J. Frank Johnston
MLA — Sturgeon Creek