



DONATES \$4,000. PLUS — On behalf of the Junior Ranks Mess (North), a cheque in excess of \$4,000. is presented to Muscular Dystrophy district manager Lorraine Newell by the Base Commander, Col. S.E. McGowan. Left is MCpl Charlie Dorais, Vice-PMC, and right is the Mess Manager, MCpl Jim McNabb. Funds were raised through the Labor Day Telethon held in aid of muscular dystrophy. In appreciation, Ms. Newell presented a plaque to the mess, recognizing the hard work and continuous efforts to raise donations for the worthy cause.

From the Base Commander's desk

Westwin Curling Club will rise from the ashes

As you are no doubt aware, an important CFB Winnipeg recreational facility was damaged by fire last August, with the result that we have had to seriously curtail our curling activities this season. It has now come to my attention that some people, obviously non-curlers, are saying that the Westwin Curling Rink is not to be rebuilt. Let me take this opportunity to set the record straight.

I recognize the important part that curling plays in our winter recreational activities at CFB Winnipeg and am of the firm opinion that we need to provide facilities for our military curlers and their dependants. To that end, shortly after the fire, I gave direction to Senior Base Staff and the curling club executive to explore all available options to obtain funding in order to commence a rebuilding program that would allow us to have the rink in operation by the start of the 1986/87 curling season.

The options are still being explored and we hope to be able to go forward to Air Command Headquarters with a request, for their support to NDHQ, for funding by early next spring. I am optimistic that we will be able to convince higher headquarters of our need for two rinks at CFB Winnipeg, and that we will be able to borrow sufficient non-public funds to allow us to at least replace what we lost.

I know the issue of viability of the Westwin Curling Club is of interest to a considerable number of you, so I will keep you advised of our progress towards rebuilding as events unfold.

Col. S.E. McGowan
Base Commander

La partie n'est pas encore perdue!

Comme vous le savez sans doute, une importante installation récréative de la BFC Winnipeg a été endommagée par le feu en août der-

nier, ce qui nous a obligé à réduire considérablement nos activités de curling cette année. Je me suis aperçu que certaines personnes, qui ne sont évidemment pas des adeptes du curling, sont d'avis qu'il ne faut pas reconstruire le club de curling de Westwin. Permettez-moi de profiter de cette occasion pour mettre les choses au clair.

Je suis conscient de la part importante que le curling occupe dans les loisirs d'hiver de la BFC Winnipeg et je suis fermement convaincu que nous devons fournir des installations aux militaires et aux personnes à leur charge qui s'adonnent à ce sport. C'est pourquoi, peu après l'incendie, j'ai donné l'ordre au personnel supérieur de la base et au comité exécutif du club de curling d'étudier toutes les façons possibles d'obtenir des fonds afin d'entreprendre un programme de reconstruction qui nous permettrait d'utiliser les installations dès le début de la saison de curling 1986-1987. Les différentes options sont toujours à l'étude, et nous espérons être en mesure de présenter une demande au quartier général du Commandement aérien d'ici le début du printemps prochain afin d'obtenir des fonds du QGDN. J'ai bon espoir que nous parviendrons à convaincre les autorités supérieures que nous avons besoin de deux pistes à la BFC Winnipeg et que nous pourrions emprunter les fonds non publics nécessaires pour nous permettre du moins de remplacer ce que nous avons perdu.

Comme la viabilité du club de curling de Westwin est un sujet qui intéresse beaucoup d'entre vous, je vous tiendrai au courant de la situation.

Le colonel S.E. McGowan
Commandant de la base



Whew!

Safe driving pays off for 25

Drivers on base get surprise on-the-spot safe driving award

Many thanks are due to the following for their support in this year's Safe Driving Week campaign. Baldwinson Agencies contribution of 25 silver dollars, Mr. Paul Quinn, manager of the Canex Service Station, for a free lube, filter and oil change, and Manitoba Motor League for a one year's free membership in the league.

These agencies have supported this worthwhile campaign for several years, and their contributions are greatly appreciated. In order to recognize safe, defensive drivers, CFB Winnipeg Base Transportation Safety Section has, by on-scene observations, selected motorists who demonstrated safe-driving techniques and habits.

Points were awarded over a predetermined distance for the following: safety devices fastened, speed limits observed, signalling, executing turns and lane changes properly, obeying traffic laws and demonstrating courtesy and general defensive driving habits.

Twenty-five motorists received a silver dollar for their safe driving practice throughout the week. They were: G.W. Souva, R.L. Solomon, W.M. Murphy, S. Bertrand, Kowal,

T. Reashore, R. Woodward, J.N. Caron, B. Dunn, M.R. Reid, R.A. Ryan, D. Bergman, B. Griffin, R. Spencer, D. Ferron, E. Samulaitis, N.G. Bryant, J.H. Ploquin, J. Weatherby, L.J. Martin, G.W. Joss, D. Spellman, J. Wilson, R. Kelly, and O. Neilson.

Dec. 9 two names from the above were drawn by the Base Transportation Officer, Maj D.J. Crichton. Winner of a free membership to the Manitoba Motor League was E. Samulaitis, and the winner of the free oil, lube and filter was G.W. Joss.

The co-operation and gifts donated by these agencies were greatly appreciated. Their contributions and interest in safe driving helped support this Base in recognizing motorists who practise courtesy and safety while operating a motor vehicle.

The theme for Safe Driving Week was "Young Canadians Are Responsible Drivers — Help Us Prove it." Let's make it a goal to prove we are all responsible drivers, young or otherwise. Defensive driving is "driving to prevent accidents in spite of incorrect actions of others and adverse conditions." Make this one of your New Year's resolutions.

Congratulations to all the winners and thanks to all concerned.



What's going on here!

Editorial

Is it worth the chance?

Think about it!



Long jail terms. High fines. Loss of your driver's license. No ifs, ands or buts.

From now on, that's what faces any jerk who drinks and drives. Think about it. It not only could ruin any short-range plans you have, it could ruin your life and those close to you.

That's now the law across this land. It's called C-19, and the police are enforcing it to the hilt.

If you managed to sneak one too many of the cups that cheer — and kill — over the recent holiday season, and got away with it, wait!

Wait, because you can't beat the law of averages. Sooner or later, some night, somewhere, when you're in the protective cocoon of your car, believing your gliding in a pitch-black, grease-lined tube that's safe from the outside world, it'll happen.

Men in blue will appear from somewhere. They'll be there with testing apparatus because your driving was not as smooth or safe as you thought it was.

Or they'll be there with ambulances and medical staff to scrape whatever's left of you, your victims and pieces of steel, plastic, glass and rubber off the road with spoons and shovels.

Listen up. The nonsense is over!

Minimum Penalties

- Impaired driving causing death — up to 14 years in prison and up to a 10-year prohibition from driving.
- Criminal negligence causing bodily harm — up to 10 years in prison and up to a 10-year prohibition from driving.
- Manslaughter and criminal negligence causing death — up to life in prison and up to a lifetime prohibition from driving.

Maximum Penalties

- Impaired driving causing bodily harm — up to 10 years in prison and up to a 10-year prohibition from driving.
- Impaired driving causing death — up to 14 years in prison and up to a 10-year prohibition from driving.
- Criminal negligence causing bodily harm — up to 10 years in prison and up to a 10-year prohibition from driving.
- Manslaughter and criminal negligence causing death — up to life in prison and up to a lifetime prohibition from driving.

Attention! Base Photo Club Members

Members are hereby informed that the first meeting of the new year will take place Monday, Jan. 13 at 1915 hrs in B-21.

Topics will include a discussion on this year's agenda. Note that a color processing and developing clinic will start in January.

New members are welcome.



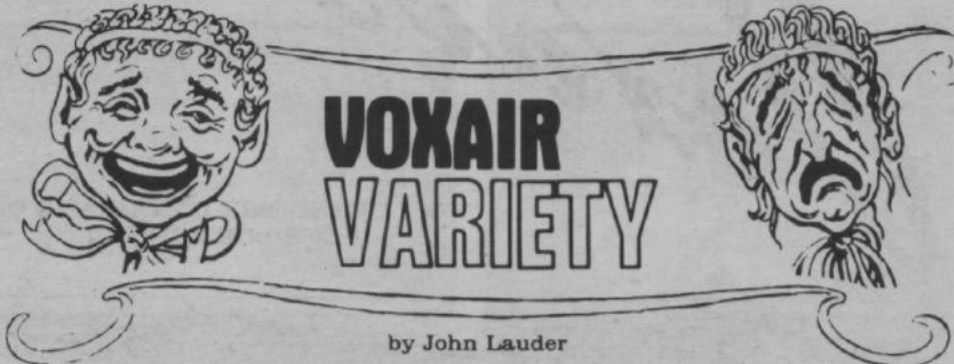
HOURS Base Recreational Library

Tues Wed Thurs
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.



EDITOR

Yes! I like to get letters. Keep 'em short. Carry on!



by John Lauder

Last fall, a news release from the Royal Winnipeg Ballet stated that "Nutcracker is a biennial treat for Winnipeg audiences," but they really should make it an annual event, because it is well worth seeing at least once a year.

This year I took along my 10-year-old granddaughter as a guest critic and she backed my opinion that it was a fine show. During that same Christmas week she had seen on TV the ice skating version and also a cartoon version, but did agree that nothing could beat live dancers.

With lavish sets and costumes, Tchaikovsky's wonderful music, and the best of the Ballet's stars, the show is unbeatable. Current stars Evelyn Hart, Barry Watt, Svea Eklof, and long time star (and Principal of the RWB School) David Moroni, danced with skill and style, and enjoyed themselves almost as much as did the audience.

The RW currently is trying to raise money to stage a full-length version of Swan Lake next year. Cost is estimated at \$225,000 for this one show. While the Company is not in the red, and enjoys several corporate supporters, I was not totally dedicated to putting out more money. But after seeing "Nutcracker" I think maybe those of us with the cash should donate.

* * *

On January 2nd, too late for this Voxair deadline, the Manitoba Theatre Centre premiered the play *Tsymbaly* by Ted Galay. It is billed as a warm, moving comedy filled with the color, vitality and music of the (Manitoban) Ukrainian people. Several actors and singers who originated in this province are home to take part in the play.

Author Ted Galay is another for which this is a homecoming. He originated in Beausejour, but went on to a Ph.D. in mathematics at UBC, Education at U of M, and teaching positions at Brandon College and Vancouver Community College. The play parallels his life, in that the hero rises from a farm to university and love of a non-Ukrainian girl and then to separation from his roots.

The play runs until January 25th and should serve as a heartwarmer for the chilly month we are now experiencing.

* * *

While MTC offers a premiere, the Children's Theatre Company are presenting a real old-timer at the Gas Station Theatre on the 11th and 12th. This is Agatha Christie's "The Mousetrap," which has run so long in London that no one can remember whether it is in its 27th or 28th year. Later in the month, on the 19th, the U of Manitoba Concert Band will give a 3.00 p.m. concert at the Gas Station.

* * *

Upcoming performances at the Centennial Concert Hall are varied, with just about every night assigned to some show. The Winnipeg Symphony Orchestra has a lion's share of the events, starting with a Masterworks concert on the 10th and 11th, which features guest artist Rennie Begehr on the viola. The Winnipeg Youth Orchestra then offers an afternoon of music on Sunday the 12th at 3.00 p.m. The program will include music by Berlioz, Weinzwieg, Sibelius and Rimsky-Korsakov, plus a concerto of four violins, played by four members of the youth orchestra.

On the 14th the Explorers Club will present Dr. Theodore J. Walker with "A Tame and Wild Alaska" — at 5.45 and 8.30 p.m. The next night at 8.00 p.m. the group Kick Axe will give a concert with guest group White Wolf. On the 17th the Symphony is back, guest Tsuyoshi Tsutsumi on cello; and on the 18th and 19th with a pops concert. This time it is guest Vincent Ellin on bassoon, and the music all the way from Dvorak and Shostakovich to South Pacific and ET. On the 21st the Famous People Players, that talented group of handicapped people, will offer three shows, at 1.00, 5.30 and 8.30 p.m. Prior to that, on the 20th, the film "Rome," with Clay Francisco, will be shown in the World Adventure Tours series — shows at 2.00, 5.45 and 8.15 p.m.



Following the Canadian Forces

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Taux d'abonnement sont: 10.00\$ pour un an et 25.00\$ pour trois ans.



3 RCR Cyprus-bound



Oh boy! Six months in the Mediterranean, but I'm (sniff) sure going to miss these Winnipeg BDF (barely dodging frostbite) exercises.

RCAF Association

No. 500 Wing Bulletin

All future meetings and entertainment will be held in the Warrant Officers and Senior NCOs Mess upper lounge, unless you are informed otherwise.

It is important to attend meetings, because it is not always possible to mail last-minute changes that are announced at meetings. We will do our best, but would appreciate your help.

Some dates to remember

- 11 Feb: General Meeting; watch for "Hearts and Flowers."
- 11 Mar: General Meeting; last chance to get tickets for the Candlelight Dinner and Dance.
- 29 Mar: Tentative date for Candlelight Dinner and Dance in mess. Reserve your dates now for Wing activities.

Transportation

For a variety of reasons over the years we have had members not renew their memberships. If transportation is one reason, let's make sure that we do not arrive at a meeting alone when a good buddy would appreciate a lift. Let the executive know if anyone requires a lift.

BCATP

Remember what that stands for? A short 46 years ago we became part of it (British Commonwealth Air Training Plan). At least, let's keep "RCAF" alive. Support your Executive and help increase membership. Remember, bring in 10 new members and get next year's subscription free!

1986 Annual Convention

Inasmuch as No. 500 Wing was not represented at the 1985 Convention,

perhaps we should start to make plans now for the next one in Newfoundland. How about making up a party and attend in force? Anyone interested in lobbying for a convention in Winnipeg in the near future? As with Participation, if the Wing is to survive, we must get active now!



Sgt. Shatterproof sez: "Get your 'ASTRA' in gear and let's get going!"

No. 502 Wing, Brandon

An invitation has been extended to Brandon colleagues to attend any of our meetings when in the Winnipeg area. We also are making arrangements to get together socially with them in the near future, either here or in Brandon. Comments will be appreciated from any members to help set up the visit.

Come on out and renew acquaintances. Start the year off right!

General Safety

Some questions about work injuries

By L.S. BURNS
Base General Safety Officer

For many, many moons your Base General Safety Officer (BGSO) has been wrestling with safety programs, accident reports, training courses, statistics and — let's stop right there at statistics.

Numbers are used by everyone to measure how well, or unwell, we are doing. It may be numbers of dollars, people, hours or, in the case of safety, numbers of injuries and numbers of lost work days.

For the most part, the safety world is alive and well; safety programs and systems are in place, accident investigation, reporting and follow-up corrective actions get done, safety committees meet and solve problems, safety training happens and the resulting statistics that measure our accident rates and, therefore, our good or bad safety performance, are, generally, reasonable and understandable. — **Except!**

There has always been an imbalance in our safety statistics, not only at CFB Winnipeg but right across the CF, and frankly it has me baffled. Here's the pitch! Roughly a third of the personnel in DND and at CFB Winnipeg are civilian. The degree of hazard involved in their work functions (CE tradés, cooks, cleaners, drivers, storeskeepers, etc.) is about the same as for military personnel (aircraft techs, vehicle techs, other shop tradés, drivers, etc.).

Yet, the rate of civilian injuries at work is about **five times greater** than for military personnel and the rate of work days lost due to injury at work is **40-50 times greater** for civilian personnel than for military! In spite of the steadily increased efforts by both military and civilian persons, put into safety programs and systems over the past five years, the figures just mentioned have not changed much. They go up and down each year, but there is no noticeable long-term downward trend.

The Question is — Why?

In search of an answer, I conducted a review of all last year's civilian accident reports and came up with the following array of facts:

- a. Total number of civilian injuries — 90
- b. Number which were disabling (time lost from work) — 66
- c. Number of disabling injuries in part caused by factors beyond control of injured worker — 22
- d. Number of disabling injuries caused only in inattention on the part of the injured worker — 44
- e. Total number of civilian work days lost — 1,325
- f. Number of work days lost due to "inattention" factors (at d. above) — 1166.

In other words, 67 per cent of all the disabling injuries were caused exclusively by inattention on the part of the injured worker, and those cases accounted for 88 per cent of all the work days lost due to work injury. The average number of days lost per "inattention-type" accident was 26.5 days, almost four times the average for accidents where some other cause-factor was involved.

There are two fundamental aspects to occupational safety; the first, "make the workplace safe," and the second, "work safely." The statistics I have mentioned strongly indicate that these two factors are not getting equal attention with respect to our civilian personnel. Efforts to make the workplace safe are fairly successful, but efforts to ensure that personnel work safely are quite unsuccessful. As a result, the hard work that many people throughout the entire Base put into building good safety programs is discredited by injury rates that just won't go down and stay down!

There it is in a nutshell.

I am at a loss to explain this continuing imbalance of disabling injuries between our military and civilian personnel, to understand why one group works safely and the other doesn't. Perhaps you, the reader, have some thoughts or opinions on the matter that you could pass on to me, **Larry Burns**, Base General Safety Officer, 895-5529.

If you agree, your opinions will be printed in Voxair for the benefit of all.

Thanks to you
it works...
FOR ALL OF US



United Way



BIRTHS

BORN — Jaret John Bauereiss to parents Ernie and Judy Bauereiss, at Winnipeg's Grace Hospital, January 1, 1986, at 6.23 a.m., eight pounds, 12 ounces, 55 cm. long, Grandparents are the Rev. Hugh and Mrs. Rosalie Bill. Mrs. Bill recently retired as CFB Winnipeg Base Foods secretary.

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Base Commander's General Safety Award

Base Food Services Sub-Section

"For Best Performance in Reduction of Accidents," the Base Food Services Sub-Section is the winner of the Base Commander's General Safety Award for the second quarter of the 1985-86 fiscal year.

During the period, Base Foods reduced its three-year average accident rate by 72 per cent. This is a remarkable achievement in a work environment involving sharp knives, machines, hot ovens, steamers and slippery floors.

Photos depict some of the typical work activities performed by military and civilian personnel in the Junior Ranks Kitchen.



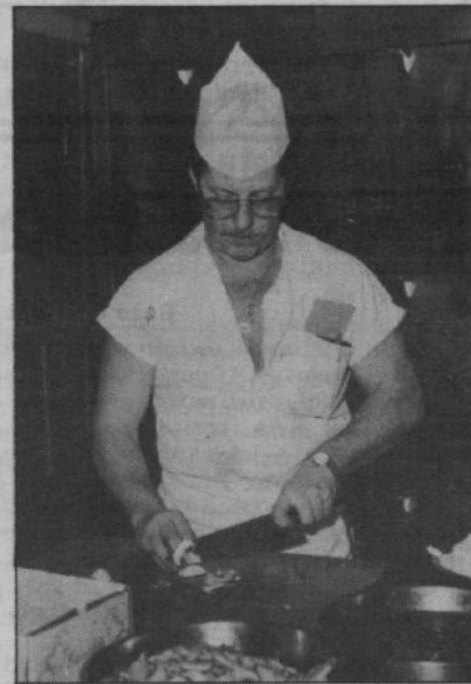
Sgt. Garry Fox accepts the Base Safety Award on behalf of Base Food Services from Col. S.E. McGowan, the Base Commander.



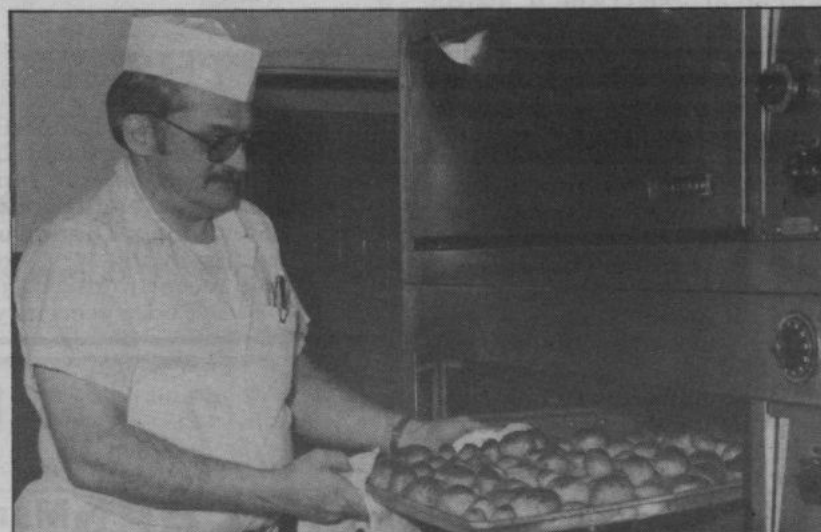
Glenda Renton prepares onions for an evening meal.



Naval Tata stirs soup in a steam kettle.



Gerald McDonald slices mushrooms.



MCpl. Rick Ottewell removes roast potatoes from an oven.

Alcohol Abuse

Help is at hand

How many of you know someone that is misusing alcohol? How many people do you know where alcohol is causing financial, legal or marital problems? What have you done about it?

The truth is that everyone knows someone who is drinking excessively. When alcohol is causing problems in a person's life it shows in the workplace. How, you may ask? His attitude towards his work, his fellow workers, subordinates and/or superiors, may have changed. The person's dress may have changed — for the better or for the worse. He may seem preoccupied and not able to concentrate on the task he is doing or his overall work performance has deteriorated.

These clues indicate that something is going on. However, these factors alone do not mean that alcohol is the cause. To determine if alcohol

is a problem there will be other clues in addition to those mentioned already. For example, are the person's lunch hours getting longer? Is the member going to the Mess and having a liquid lunch? How many and how often? Is the person going on sick parade more often — usually on Monday mornings? Does the person disappear every so often? Does the person have mood changes after a lunch at the Mess or a bar, or after a short disappearance?

Most people know when a friend is experiencing difficulties in his life. What can you do? You can suggest to a friend that they contact a professional, i.e. — Padre, Social Worker, MO, Phase three Coordinator, Base Alcoholism Counsellor, etc., and if you are their supervisor you can set up an appointment for the member with one of these professionals and order them to attend.

By ignoring the problem you are killing with kindness. Get involved. Help is available — alcoholism is treatable.

Capt D.A. Cooper
Director
Alcohol Rehabilitation Clinic (Prairie)
895-5595

A salute to national non-smoking month

By CAPT. K.M. MARTINSEN

For the month of January, the Base Hospital is launching a base-wide campaign for non-smoking. The Butt-Out Program will include displays at the messes; and 22 January 1986 is designed "Weedless Wednesday."

What's all the commotion you ask? Well, non-smokers are beginning to assert their rights to a smoke-free environment, and more smokers are realizing the hazards of smoking and are trying to cut down or quit in order to minimize the effects of their smoking.

Perhaps, however, you aren't aware of all the hazards of smoking. If that's your case, then let's talk frankly.

In recent years, the tobacco companies have run up against more and more opposition due to the results of intensive research on smoking — cigarettes, cigars and pipe smoking. The public is becoming more aware that smoking is not as glamorous as once thought, but do we all really know what all the hazards or harm smoking contains?

For people who smoke, they have a nine-times greater chance of dying of heart disease, an eight-times greater chance of dying of lung cancer, and a five-times greater chance of dying of emphysema than people who don't smoke.

Studies also show that there is a direct relation between cigarette smoking and facial wrinkling. Because skin tissue are robbed of nourishing oxygen, they age faster.

The many harmful compound in smoke can also alter the way drugs work in the body. For some people, higher doses may be needed to obtain desired effects; for others these harmful elements may make treating various conditions more difficult.

A smoker should not be lulled into a false sense of security by smoking low tar-low nicotine cigarettes, either. What usually happens is that their smoking behaviour is modified. He or she may smoke more cigarettes, inhale more deeply, smoke closer to the butt, or hold the smoke longer in his or her lungs.

Unfortunately, however a smoker's smoke does not just affect him or her either. It also affects all the people around them. Two-thirds of the smoke from a burning cigarette goes into the atmosphere. This is referred to as side-stream smoke. The smoke a smoker inhales is called the mainstream smoke. It is the side-

stream smoke that is the most dangerous to the non-smoker, because it contains much higher concentrations of the noxious elements of tar, nicotine, benzpyrene (a cancer causing agent), carbon monoxide, ammonia, and cadmium.

Tars can damage lung tissue and form sticky masses within the lungs, which in turn can cause emphysema or cancer.

Nicotine cuts down the flow of blood and oxygen through the body by constricting the blood vessels, making the heart pump harder.

Carbon monoxide is dangerous because the red blood cells which normally carry oxygen in the blood prefer to carry carbon monoxide if present. This leaves the body starved for oxygen and causes an increase in blood pressure and heart beat. An added problem is that carbon monoxide will stay in the blood stream for hours, up to six, after the person is out of the smoke environment or has stopped smoking.

Cadmium is another compound that causes damage to lung tissues and is also a cause for emphysema and chronic bronchitis.

The last hazard that I'm going to discuss relates to second-hand smoke. I've mentioned that this type of smoke, also called sidestream, contains more harmful elements than that inhaled by the smoker. Probably, when you think of other non-smokers, you think of those people with whom you work or see socially. However, your family, specifically your children, are to be included in this group. Have you really thought of what you could be doing to their lungs? In the case of asthmatic children, your smoke could actually trigger an attack! Also, research has proven that respiratory illnesses, eg., bronchitis, colds with coughs, happen twice as often to children whose parents smoke at home, as to those whose parents don't.

I hope this brief look at the non-glamorous side of smoking has started you thinking about quitting. To borrow the slogan from the Canadian Lung Association — "It's a matter of life and breath."

Any questions you have concerning the information in this article, or requests for more information, may be directed to Capt. K. Martinsen or Capt. A. Piotrowski at the Base Hospital, local 5780.

Le tabagisme menace votre sante

par CAPT. A.F. PIOTROWSKI

Au debut on fume pour faire comme les autres; ensuite ça devient une habitude, par la suite ça devient un besoin. On fume pour différentes raisons. Certains fumeurs ont plaisir à fumer, certains trouvent dans le tabac un stimulant, d'autres un calmant. Peu n'importent les raisons, fumer c'est dangeureux pour votre santé.

Quand le fumeur aspire la fumée, le corps absorbe 90 pour cent de la nicotine. La nicaotine affecte le coeur, les vaisseaux sanguins, les voies digestives, les reins et le systeme nerveux. Le tabac contient également des traces de goudrons et autres substances pouvant être provocatrices de cancer. Finalement la fumée du tabac contient des petites quantités d'oxyde de carbone et d'arsenic.

Les méfaits du tabac sont essoufflement à l'effort, contre performances sportives, toux matinale, accélération du coeur, troubles cardiaques, accidents cérébraux et troubles de la mémoire, de la vue ou de l'ouïe. Les accidents d'autos et les accidents au travail sont plus fréquent chez les

fumeurs. Le cancer du poumon atient les fumeurs de cigarettes beaucoup plus souvent que les non-fumeurs. Une cigarette augmente votre rythme cardiaque et votre tension artérielle.

Les femmes enceintes qui fument, tendent à donner naissance à de plus petits bébés. Les taux de fausses couches et de naissances prématurées sont plus élevés chez les fumeuses. La pillule anticonceptionnelle présentent un danger sérieux pour celles qui fument. Elles sont sujettes à des crises cardiaques, à de la haute pression et des accidents cérébraux.

Pour arrêter de fumer, ça prend de la volonté. Pensez à l'argent \$\$\$\$\$ que vous sauveriez. Pensez à votre santé, à votre famille. Maintenant moins d'un tier des Canadiens fument. Faites donc partie de la majorité.

Des kiosques eront installer dans tous les Mess le 22 janvier 86 sur l'heure du midi. Ceci est pour souligner la campagne [VIVRE SANS FUMER] Tout le personnel de la base sont inviter.

FGH tankers help Xmas bells ring

The Fort Garry Horse, a Canadian Forces Reserve unit based at McGregor Armoury, helped the Winnipeg Christmas Cheer Board distribute food hampers in all parts of the city this year.

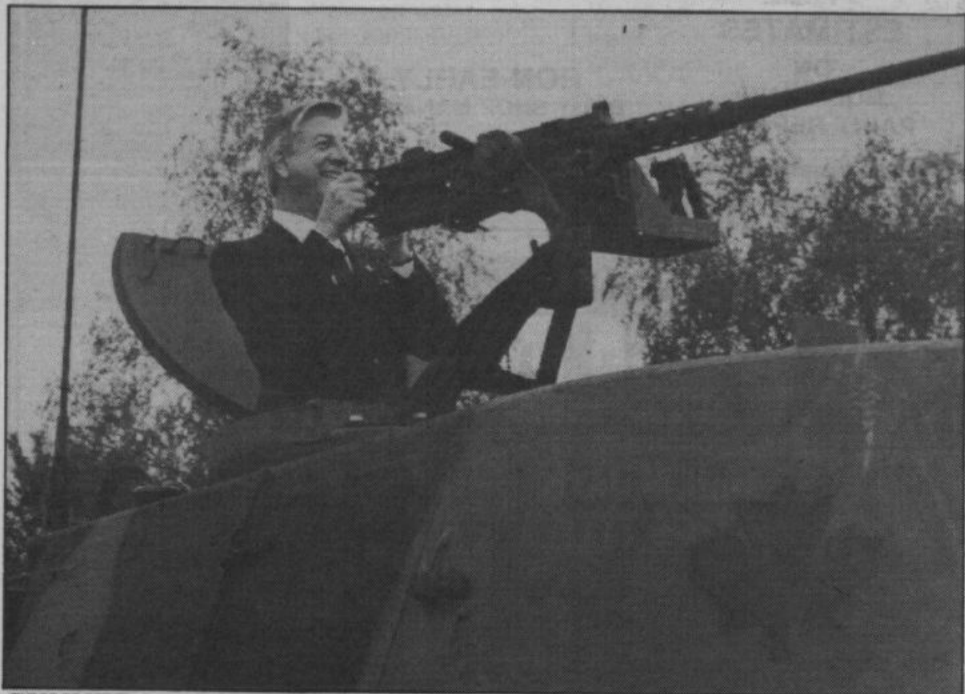
It is the second Christmas season during which the unit has come to the aid of the Cheer Board in its efforts to ensure that hampers packed by and for the agency get to those in need of them in time for the festive season.

This year, the operation was dubbed Exercise Parcel Push.

It began at 9:30 a.m. Saturday, Dec. 21, in front of the Christmas Cheer Board's warehouse in a former Safeway store at the corner of Logan Avenue and Keewatin Street in north Winnipeg.

Exercise Parcel Push involved 15 vehicles, including jeeps and trucks, operated by the Fort Garry Horse, as well as 40 officers and other ranks of the unit.

The exercise was conducted by Lieutenant-Colonel Borden Hasiuk, Commanding Officer of the Fort Garry Horse.



GUNNER NIELSEN — Defence Minister Erik Nielsen gets some hands-on experience of his department's operations during a late fall visit to elements of Canadian Forces Europe in Germany. Here he samples the feel of a 50-calibre heavy machine gun mounted on an M-109 self-propelled howitzer of the 1st Regiment, Royal Canadian Horse Artillery. Mr. Nielsen, a Second World War member of the RCAF, also flew in one of the CF-18 Hornet fighter aircraft of 409 Tactical Fighter Squadron. (PHOTO BY SGT. ROCK SANSCHAGRIN)

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HISTORY PROJECT — Student summer employees of Winnipeg's Western Canada Aviation Museum create some historical evidence of their own while documenting 402 (City of Winnipeg) Squadron photos and papers. They also interviewed old-time squadron members. Front row, left to right, are Holly Robinson and Rachel Penner. Back row are Sharon Penner, Sheena Bellinger and Leah Ferris. The project was sponsored by 402 Squadron.

Music and humor

New fitness twist

OTTAWA — The message coming out of the three-day national youth fitness symposium in Ottawa is that Canada's young people should stop working at fitness and start having fun!

Music and humour — not sweat and strain — are the best ways to reach young people with a convincing, enticing fitness message.

The national Fitness Fits symposium, sponsored by Fitness Canada, was designed to address the problem of sharply dropping fitness levels after adolescence. And, for the first time ever, organizers made sure they involved the target group in discussions: half the 125 delegates to the symposium were between 13 and 24 years of age.

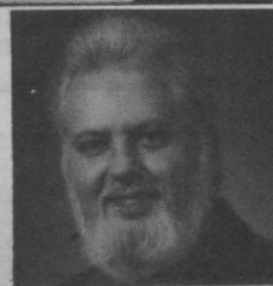
Delegates agreed that current physical activity programs, particularly those in elementary and secondary schools, are not serving the needs of youth and, in fact, may be contributing to the fact that the percentage of youth reaching acceptable fitness levels drops from 95 to 40 per cent from the age of 13 to the end of adolescence.

Fitness and Amateur Sport Minister Otto Jelinek promised that recommendations from the symposium would not "sit on the shelf." In the first evidence of action, two youth were added to the National Task Force on Fitness, designed to implement symposium recommendations.

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Beat the "quit smoking blues"



day, you could expect to spend \$13.30 each week. Over one year, that amounts to \$691.60 and means you smoked 7,300 cigarettes! This doesn't take into account tax hikes or increased consumption on your part.

The bottom line is that smoking one package of cigarettes a day for the rest of your life will cost you at least \$700 a year. Over the course of a 40 or 50-year smoking habit, that amounts to \$28,000 to \$35,000 gone up in smoke!

To beat the 'Quit Smoking Blues', think about what you will do with nearly \$700 in newly-found disposable income. Go on a trip? Buy yourself an expensive present? Pay off bills?

Go with the odds

The typical smoker's lament, "I'd quit smoking tomorrow but I'm afraid I'll gain weight," is one of the most often cited reasons for not quitting. In fact, studies indicate that among persons who give up smoking, only 33 per cent gain weight while another third actually lose weight because they feel better and exercise more. The remaining third maintain the same weight.

In other words, if you are concerned about weight gain as a result of quitting, the odds are two to one against gaining weight as a result of giving up smoking. And more importantly, you are just as likely to lose weight as a consequence of smoking.

Increasing physical activity: keeping healthy, low-calorie food substitutes nearby and keeping your hands busy are just a few of the things you can do to help control your weight while you fight the "Quit Smoking Blues".

Smoking cessation treatments and products

Sometimes the sheer willpower required to quit 'cold turkey' is not enough to make you quit smoking. It's not a sign of weakness to seek help in coping with the physical withdrawal symptoms associated with smoking cessation.

Today, many sophisticated techniques are available to help people quit. They include hypnosis, shock treatment, acupuncture and rapid smoking. However, authorities generally agree that none of these have achieved long-term success.

Today, most researchers agree that physicians must treat the whole patient, help them understand and re-adjust their social smoking patterns as well as ease nicotine withdrawal and curb weight gain.

An array of smoking cessation products are available to beat the 'Quit Smoking Blues'. All are designed either to spoil the taste of tobacco, to substitute a drug with properties similar to nicotine, to prevent tobacco withdrawal and cigarette cravings, or to provide substitute oral gratification.

It is important to remember that when you make the decision to quit smoking, you are not alone. Family and friends will applaud your willpower, support and encourage you. Your family physician will advise you and recommend the best smoking cessation treatment to suit your needs.

So, while the 'Quit Smoking Blues' might seem unbearable at the start, in time they will pass. You will be able to look back on this period with pride that you, too, were able to defeat one of the most destructive menaces of our society — the cigarette.



"EUH... PUIS-JE FAIRE UNE SUGGESTION?"

Traditionally, January 1st is a time when people review the past year and set goals for the New Year. Increasingly, Canadians pledge to stop smoking and, in doing so, find themselves facing the 'Quit Smoking Blues'.

Statistics Canada's most recent study reports that 37 per cent of all Canadian smokers tried to quit in 1981. With so many people trying to quit, it's not surprising that the 'Quit Smoking Blues' have reached epidemic proportions.

The condition is characterized by excessive anxiety, edginess, irritability, sleeplessness and fear of weight gain. For all those suffering from the 'Quit Smoking Blues', take heart. The following words of encouragement will help give you the willpower and strength to beat the 'Quit Smoking Blues'.

Look at the bottom line

If you stopped to analyze how much smoking costs, you would be surprised. A package of 20 cigarettes costs approximately \$1.90, and if you smoked approximately one pack a

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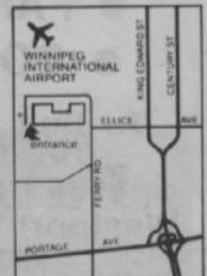
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General Qualities	Leaps tall buildings with a single bound	Must take a running start to leap tall buildings	Can leap over low buildings only, with no spires	Crashes into buildings in attempt to leap over them	Cannot recognize buildings of any size
Punctuality	Is faster than a speeding bullet	Is as fast as a speeding bullet	Not quite as fast as a speeding bullet	Wounds self anytime he goes near a bullet	Has never heard of bullets
Strengths	Is stronger than a locomotive	Is stronger than a bull elephant	Is stronger than a bull	Shoots the bull	Smells like a bull
Adaptability	Walks on water consistently	Walks on water in emergencies	Washes with water	Drinks water	Rushes to wash-room in emergencies
Communicative Abilities	Talks to God	Talks to angels	Talks to himself	Argues with himself	Loses those arguments

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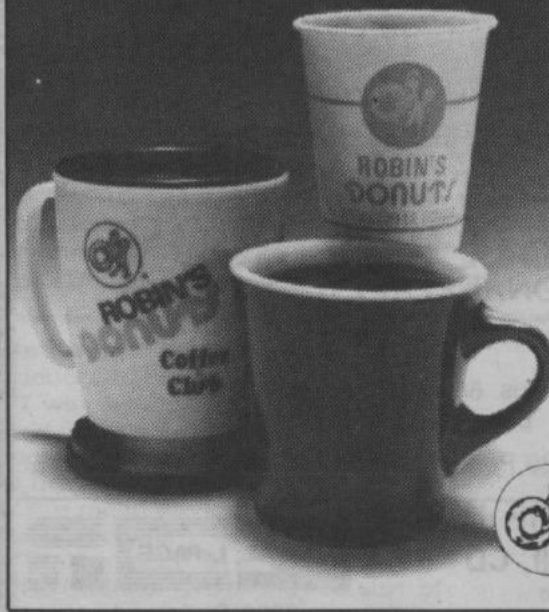


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The St. James-Assiniboia School Division's All-Star Choristers will perform on Thursday, January 16, at 7:30 p.m. at Sturgeon Creek Regional Secondary School, 2665 Ness Avenue. Admission is \$2.00.



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To lose weight, eat less.
To tone up, exercise more.



BERT QUILTS AFTER 32 YEARS — Major (ret.) H.F. (Bert) Leggett, left, receives the second clasp to the Canadian Forces Decoration, denoting a minimum of 32 years service, from former boss, Col. A.B.H. Bosman, Air Command Headquarters' Deputy Chief of Staff for Regional Operations. Maj. Leggett, a former Royal Canadian Artillery officer, spent several years with Training and Air Commands in Winnipeg. He's now an executive with the Canadian Corps of Commissionaire's Regional Office in Winnipeg. (PHOTO BY CPL. JULIEN DUPUIS).

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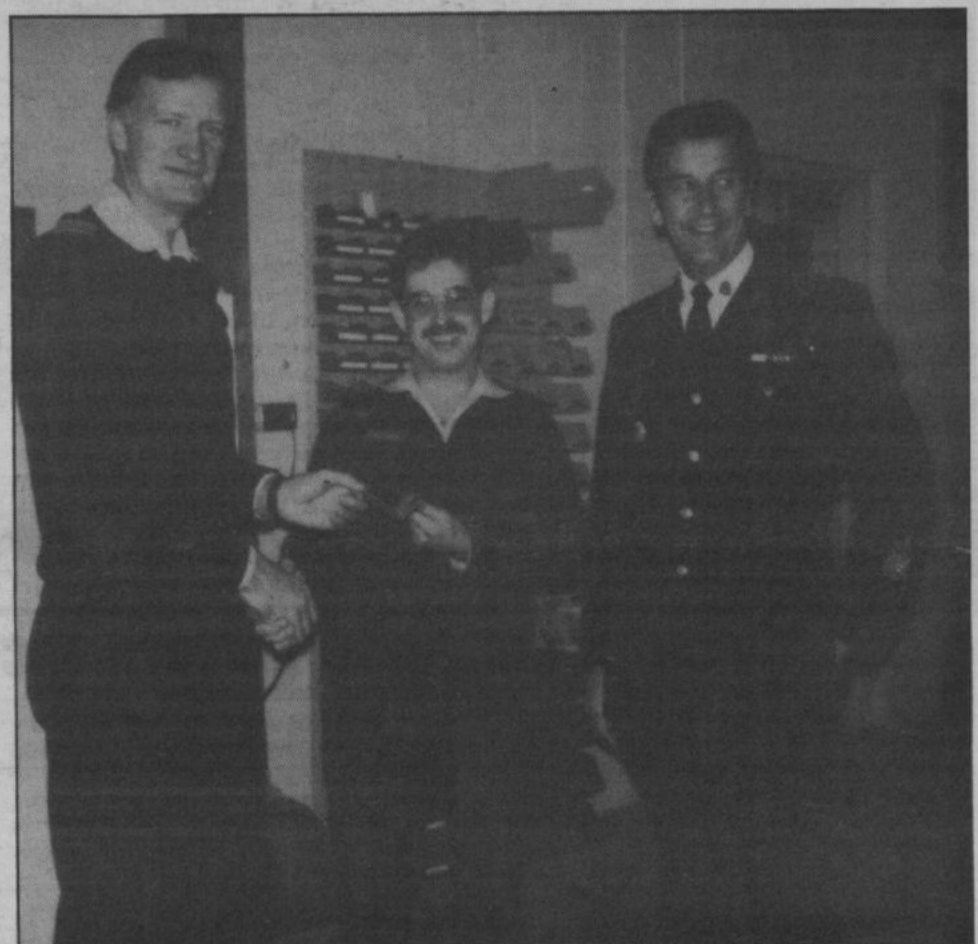


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ACCELERATED PROMOTION — Corporal Mark Leroux, center, has been singled out for accelerated promotion to that rank in what his boss, Major A.G. Dempsey, Base Construction Engineering Officer, left, says was "well deserved." Right is Chief Warrant Officer J.B. Roy, C.E. Utility Officer. Cpl. Leroux performs his duties in the CE Section's Refrigeration Maintenance Shop.

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A man dreamed that he had died and found himself in a vast expanse where he was exceedingly comfortable. He rested for awhile and then, becoming somewhat bored, shouted out "Is there anybody here?"

In a moment, a white-robed attendant appeared and asked "What do you want?"

"What can I have?" was the answer.

"You can have whatever you want," said the attendant.

"Well, then, bring something to eat."

"What do you want to eat?" asked the attendant. "You can have anything you want."

And so they brought him just what he wanted, and he went on eating and sleeping and having a glorious time. He wanted something more and asked for games. He went on getting everything he wanted whenever he wanted, but eventually he became bored and told the attendant "I want something to DO!"

"I am sorry, but that is the only thing we cannot give you here."

The man said "I'm sick and tired of it; I'd rather go to hell!"

"Where do you think you are?" said the attendant.

Base Commander's Commendation Outstanding Safety Performance

The Base Maintenance (Land) Section parade on 13 Dec 85 was the occasion for a presentation by Col. S.E. McGowan of the Base Commander's Commendation for Outstanding Safety Performance.

Despite the many hazardous work functions performed on a daily basis, the BML Section maintained a zero-accident rate for more than two successive quarters — 233 days — a feat unattained by any other Base section involved in work requiring close attention to safety standards and work practices.

Accompanying photos depict a few of the activities performed by military and civilian personnel in the BML workshops.



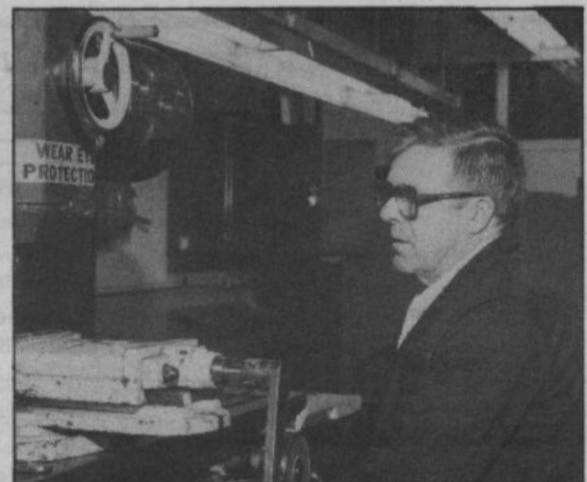
Colonel S.E. McGowan, Base Commander, assisted by Base Chief Warrant Officer W.G. Hodgson, presents the Base Commander's Commendation, Plaque and Certificate, displayed by CWO Donald G. McCully and Major Peter J. Holt.



Yogi Barmeda, a VHE 9 mechanic, removes the engine assembly from an M-113 Armoured Personnel Carrier.



Private Herb Rohde, a 411 Vehicle Technician, makes adjustments to the engine of an M-151A2 Jeep in the Vehicle Shop.




Jerry Samure, an MST 10 Machinist, operates a milling machine in the BML Shop.



Sergeant Adrian Blake, a 421 Weapons Technician, assembles the sub-calibre target range indicator of a 106-mm recoilless rifle in the BML Weapons Shop.



Corporal C.J. Young, a 221 Radio Technician from 733 Communications Squadron, gains practical experience performing checks on a GRC-106 radio set in the BML Communications Repair Shop.


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!

Wife (at New Years Eve dance): This is the 12th time you've been to the bar!"

Husband: Oh, that's OK. I tell everybody I'm getting something for you."

Husband: "Let's have some fun this evening!"

Wife: OK, but please leave the light on in the hallway if you get home before I do."

Smith was telling about his experiences in South America.

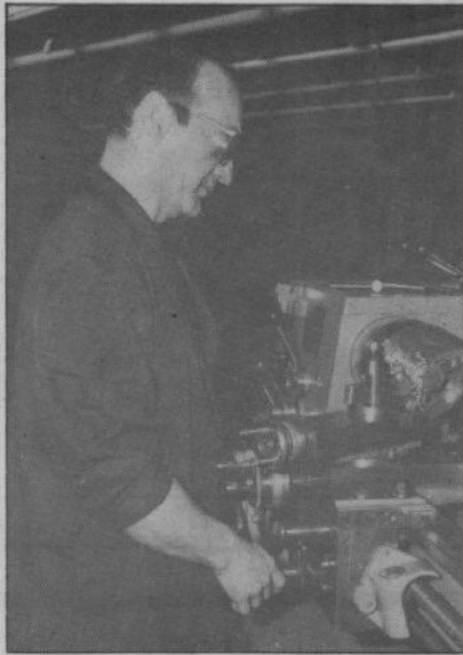
"I was having my morning swim when I spotted three gladiators heading for me, so I had to swim for my life!"

"You mean navigators, something like a crocodile?" said Jones.

"Well, what are gladiators?"

"Gladiators? Why, they're sort of flower grown from bulbs."





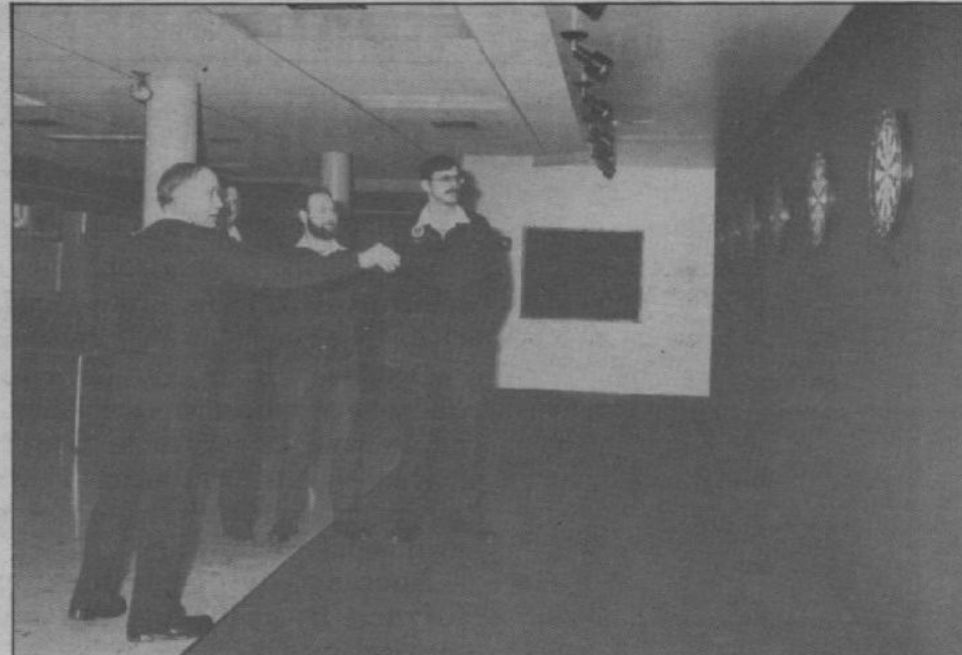
PROMOTION — MCpl. St. Amand, a machinist, performs in the workshops of Base Aircraft Maintenance Engineering. His performance has been recognized by a pre-Christmas promotion to that rank. (PHOTO BY CPL. CHRIS McPHEE).

A university reception committee gathered at a train station to meet Sir Walter Rawleigh, descendant of the famous personage in British and American history.

Having missed him on the train's platform, they began searching the waiting rooms. They noted an impressive looking stranger and the committee chairman accosted him.

"Pardon me, are you Sir Walter Rawleigh?" he asked.

"Thunder, no!" he answered with emphasis. "I'm Christopher Columbus. Walter's in the next room playing cards with Queen Elizabeth!"



NEW DART AREA FOR JRC(N) — Letting loose with the first dart to officially open a new dart board in the Junior Ranks Club (North) is the base commander, Col. S.E. McGowan. Others on hand for the ceremonial occasion were CWO Keith Swift, reviewing officer; MCpl Larry Will, the PMC; and the president of the dart league, MCpl Gary Harochaw. (PHOTO BY CPL. JULIEN DUPUIS)

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What type of smoker are you?

Self-knowledge leads to self-help. People smoke for different reasons and by knowing why you smoke, you can help learn to replace reaching for a cigarette with other, less harmful activities.

The Canadian Cancer Society identifies six categories of smokers based on reasons why people smoke. Read through these categories and see how many apply to you.

Stimulation

If you are a stimulation smoker you tend to smoke heavily in the morning. You believe cigarettes give you a physical lift, help wake you up, get organized and stay alert. As a substitute for cigarettes, try such stimulants as a cool shower, brisk walk or an exercise routine.

Handling

Some people crave the physical gratification of handling objects. Picking up a cigarette and watching the smoke satisfies that need. Try channeling that need into another area such as doodling with a pen or pencil, or play with a coin.

Pleasure

Pleasure-seeking smokers like to light up after meals or finishing a task. The cigarette adds to your feelings of relaxation and contentment. Substitute other pleasurable activities for smoking such as moderate exercise and social activities.

Relaxation

Some people reach for cigarettes when they feel upset or angry. They believe smoking relieves tension. Such smokers are likely to light up when things go wrong or they feel pressured. At the first sign of stress, try taking several deep, long, slow breaths before reacting. Consider taking a leisurely walk or exercising instead of lighting up.

Craving

The thought of running out of cigarettes seems unbearable or the desire for another cigarette begins the moment you put one out are both signs of a psychological and physical addiction to smoking. Your family physician can help you in a smoking cessation program designed to overcome nicotine addiction.

Habit

If smoking is an automatic response with little or no thought involved, chances are you fall into this category. Do you light one cigarette while another is burning in the ashtray? Habit-smokers find it easier to quit by making smoking a conscious behaviour and asking yourself each time, "Do I really want this cigarette?" You might suddenly become aware of how many cigarettes you don't want!

Alcohol-drug mix dangerous

In recent years, hundreds of new drugs have been introduced for inducing sleep, for tranquilization and sedation, and for relief of pain, motion sickness, head colds, and allergy symptoms. Too numerous to name, they include narcotics, barbiturates and other hypnotic-sedative drugs, tranquilizers, and antihistamines.

Alcohol is a drug. It can produce feelings of well-being, sedation, intoxication, unconsciousness, and death. Because alcohol and some of these other drugs work on the same areas of the brain, taking them fairly close together (not necessarily simultaneously) can produce a combined effect much greater than is expected.

For example, alcohol and barbiturates in combination can be particularly dangerous, because they increase each other's effects on the central nervous system. Alcohol in combination with any drug that has a depressant effect on the central nervous system likewise represents a special hazard to health and safety — sometimes to life itself. The drug adds to the normal depressant effect of alcohol, further depressing the nervous system that regulates vital bodily functions. Death can result.

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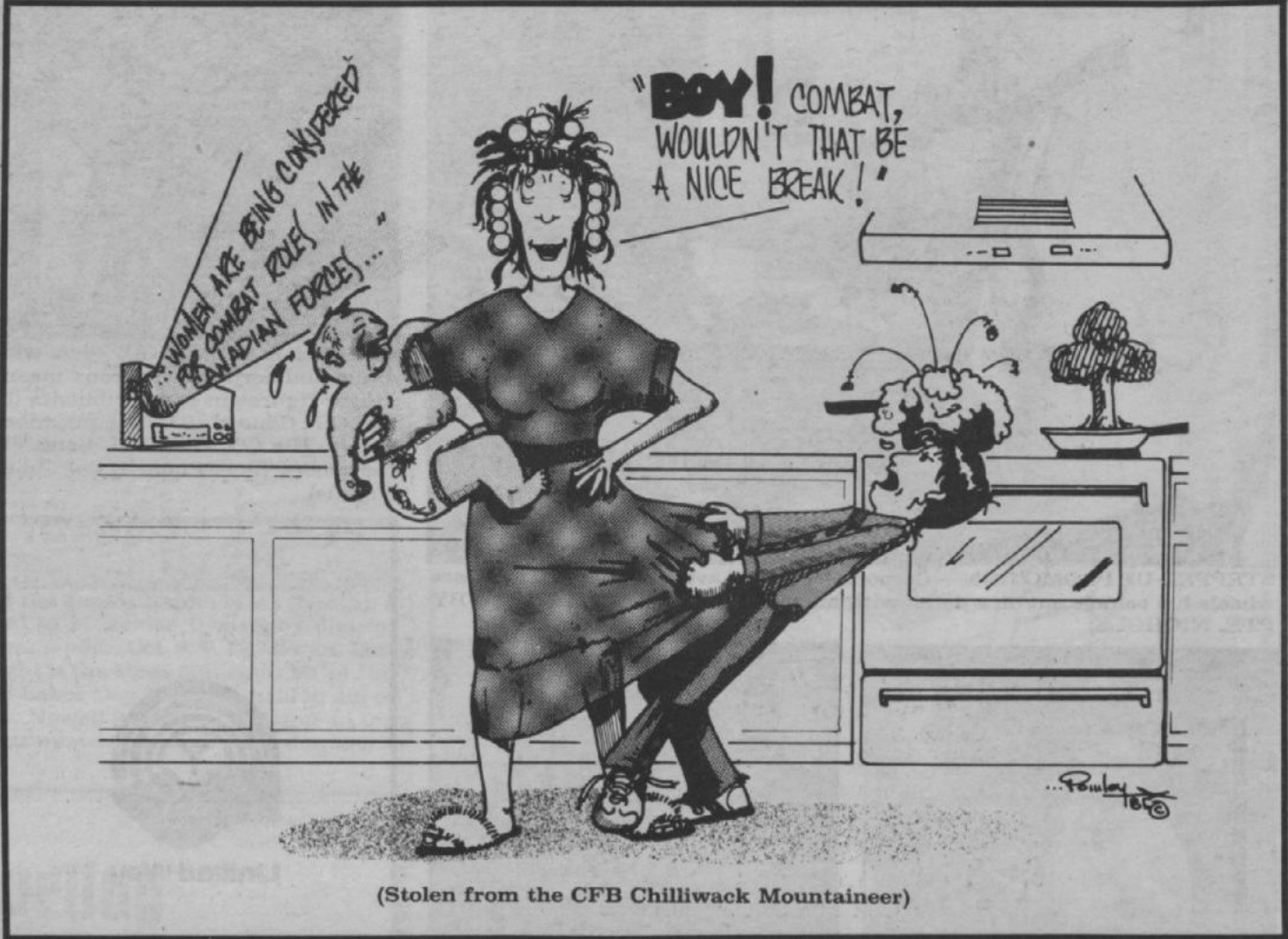
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SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
COMING ATTRACTIONS		JAN 1 CLOSED		Jan 2	Jan 3	Jan 4	Jan 4
<i>White Nights</i>	<i>Rocky IV</i>	<i>White Nights</i>	<i>Happy New Year</i>	<i>Agnes of God</i>	<i>Agnes of God</i>	<i>Rainbow Brite</i>	<i>Agnes of God</i>
Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 11
<i>Agnes of God</i>	<i>Maxie</i>	<i>Maxie</i>	NO SHOW	<i>Better Off Dead</i>	<i>Better Off Dead</i>	NO SHOW	<i>Invasion USA</i>
Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 18
<i>Invasion USA</i>	<i>The Stuff</i>	<i>The Stuff</i>	NO SHOW	<i>Santa Claus</i>	<i>Santa Claus</i>	<i>Santa Claus</i>	<i>The Stuff</i>
Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 25
<i>That Was Then This Is Now</i>	<i>Mad Max Beyond Thunderdome</i>	<i>Mad Max Beyond Thunderdome</i>	NO SHOW	<i>Summer Rental</i>	<i>Summer Rental</i>	NO SHOW	<i>Death Wish 3</i>
Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Jan 31	Jan 31
<i>Death Wish 3</i>	<i>American Ninja</i>	<i>American Ninja</i>	NO SHOW	<i>Remo Williams</i>	<i>Remo Williams</i>	<i>Remo Williams</i>	<i>Remo Williams</i>

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
Baptism Preparation Meeting is mandatory.
Please make an appointment at 895-5087.

BAPTÊME
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 Chapel 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



STEPPED-UP PROMOTION — Corporal David S. Lavender of Base Transport wheels his vehicle out on a detail with his new rank up. (BASE PHOTO BY PTE. NICHOLS)



LUNCHEES WITH HER TROOPS — Princess Alexandra of Kent, Colonel-in-Chief of The Queen's Own Rifles of Canada, spent five days with her regiment in Toronto and CFB Borden to help them mark the unit's 125th birthday. Accompanying her is former Skyhawk parachutist, Major John Hasek. Apart from lunching with the troops, she observed a practice attack and defence operation from the back of a M-113 armoured personnel carrier. (PHOTO BY LT. CHRIS ALMEY)



FOR SERVICE AND DEVOTION — Colonel A.B.H. Bosman, C.D., Deputy Chief of Staff, Operations, Air Command Headquarters, is invested in the grade of officer, Order of Military Merit by Governor-General Jeanne Sauve. Colonel Bosman was among 54 members of the Canadian Regular and Reserve Forces who were presented the insignia of membership in the order at an investiture ceremony at Government House. The Governor General is Chancellor of the Order, created July 1, 1972, to recognize meritorious service and devotion to duty by members of the Canadian Forces.

Tips for winter warmth

The leaves have dropped. A white frost sparkles on early-morning grass. The calendar says it's fall and the damp chill in the air gives it away. Winter is coming.

But before winter arrives, here are a few helpful tips to keep your home warm and comfortable and to save you money on those creeping energy bills through the long winter months.

- Make sure the thermostat on your hot water tank is set at 50°C. It doesn't need to be any higher to provide lots of hot water.
- Wrap the tank with a fiberglass insulation blanket. Make sure the controls and top of the heater are not covered. And in the basement, insulate all long runs of hot water pipes to conserve their heat.
- Make sure heat sources and vents are not blocked by drapes or furniture to provide optimum heat distribution.
- Set your thermostat at 20°C during the day and 17°C at night — you won't feel uncomfortable and the savings can be substantial. If

you're away during the day keep the heat low but have it come on about an hour before you come home.

- Add insulation to the attic and consider insulating the unfinished basement walls for even greater energy savings.
- Seal off mail slot, replacing it with an outside mounted mail box.
- Weatherstrip around exterior doors and caulk door and window frames to substantially reduce heat loss and cold drafts. Replace existing weatherstripping when worn.
- Secure clear plastic sheeting over the windows as a temporary measure during cold months and remove it in the spring.
- Close fireplace dampers tightly when not in use to prevent cold drafts, and consider glass doors on the fireplace for even greater savings.

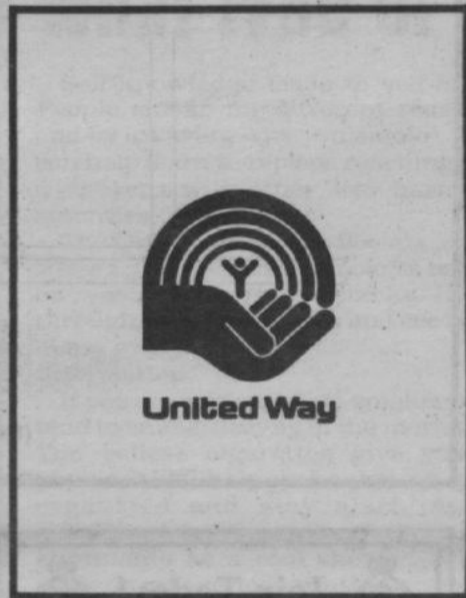
If you follow these helpful tips, you can enjoy those winter months in warm, cozy comfort!



CLINE'S A CORPORAL — A wide smile and corporal chevrons means bigger figures in pay documents for Cpl. G.F. Cline of 73 Communications Group. His CO, LCol T.H. Senft did the honors. (Base Photo by Cpl. Julien Dupuis)



JOINS CD1 CLUB — Sergeant L. Ettenhofer of 73 Communications Group puts up the first clasp to the Canadian Forces Decoration, signifying 10 years service beyond the initial 12 years qualifying time for the award. LCol T.G. Senft, CO of 73 Communications Group, made the presentation. (Base Photo by Cpl. Julien Dupuis).



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