

Some Yesterdays

Forty-six years ago today, in 1940, the RCAF accepted the first of 4,413 Anson aircraft.



Horizon



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"FOLLOWING THE CANADIAN FORCES"

Feb 19, 1986

Next Deadline

Feb 25
for
Mar 5
Edition

CFANS Commandant passes away



L COL K.H. PAULS

Staff and students of the Canadian Forces Aerospace and Navigation School, and CFB Winnipeg personnel, were saddened to learn of the death of CFANS Commandant, Lieutenant-Colonel Kenneth H. Pauls, early Sunday morning, Feb. 9. He passed away at his home after a brief illness.

He is survived by his wife, Doreen, and daughters Janice and Sharan, as

well as his parents, Henry and Emma Pauls of Calgary.

Lieutenant-Colonel K.E. (Ken) Pauls was born in Medicine Hat, Alta., in 1939 and enrolled in the Royal Canadian Air Force in 1957 under the Regular Officer Training Plan. He graduated from the University of Alberta (Edmonton) with a Bachelor of Science degree in Electrical Engineering.

On completion of wings training, he was posted to 407 Squadron at Comox. Other flying tours include postings to the Maritime Province and Evaluation Unit (MPEU) at Summerside, P.E.I., and, most recently, to 405 Squadron at Greenwood, N.S., flying on both the Argus and Aurora aircraft. He has held ground positions on the Defence Research Establishment Pacific, Victoria, the Operational Research Analysis Establishment, Ottawa, and Maritime Air Group Headquarters, Halifax.

Lieutenant-Colonel Pauls has been both a course member of the Aerospace Systems Course and a Course Director. He has also attended the Royal Australian Air Force Staff College in Canberra, Australia, and the Continuous French Language Course.

He was appointed Commandant of the Canadian Forces Aerospace and Navigation School in July, 1985.

New-type ship promises more speed, combat wallop

OTTAWA — Canada will be among six NATO countries co-operating in a research and development program using the new concept of a ship riding on an air cushion.

The craft, referred to as a surface-effect ship, resembles a catamaran with two side-displacement hulls, but is equipped with rubber skirts between the hulls, fore and aft, enclosing air supplied by lift fans.

Canada, along with France, Germany, Spain, the United Kingdom and the United States, will conduct a variety of tests to examine the possible military applications for this type of ship. The trials, using the US Navy's SES-200 craft, will collect data on such aspects as signature characteristics, shock responses, seaworthiness, maximum payloads, structural strength, crew conditions and evaluation of operations with other ships.

The Canadian portion of the tests will be conducted in Halifax during August, 1986, and include sound range trials, acoustic and radar detection trials, manoeuvring and towing trials; seaworthiness and various engineering trials. Minimal costs incurred will be for fuel, associated crew expenses and port charges.

Several studies indicate the potential of the surface-effect ship for the Canadian navy of the future. These ships could have more combat capability, higher speed, and better sea-worthiness than their mono-hull counterpart for less cost.

OTTAWA — Le Canada comptera parmi les six pays de l'OTAN qui participeront à la recherche et mise au

point d'un nouveau type de navire se déplaçant sur un coussin d'air.

Ce navire, appelé navire à effet de surface, ressemble à un catamaran : il possède deux coques latérales assurant la flottaison et, à l'avant et l'arrière de celles-ci se trouvent des jupes de caoutchouc bloquant l'air fourni par des ventilateurs de sustentation.

Le Canada de même que la France, la République fédérale d'Allemagne, l'Espagne, le Royaume-Uni et les États-Unis procéderont à toute une gamme d'essais afin d'étudier les applications militaires possibles de ce type de navire. Grâce au navire SES-200 de la US Navy utilisé lors des essais, des données seront recueillies sur différents aspects dont : les caractéristiques de signature, la réponse au choc, la navigabilité, la charge utile maximale, la résistance structurelle, les conditions de vie de l'équipage et l'évaluation d'opérations avec d'autres navires.

Les essais canadiens seront menés à Halifax au mois d'août 1986 et toucheront : le repérage par le son, la détection acoustique, la détection radar, la manoeuvrabilité, le remorquage, la navigabilité et les machines. Les sommes minimales devant être engagées couvriront le coût du carburant, les dépenses d'équipage et les droits de port.

Plusieurs études ont démontré le potentiel du navire à effet de surface pour la Marine canadienne. Ce type de navire possède un meilleur potentiel de combat, une plus grande navigabilité et peut se déplacer à des vitesses supérieures par rapport aux navires monocoques.

Modified helicopters pack move SAR punch



Canadian Forces search and rescue capabilities in Ontario and Quebec were increased February 7, when 424 SAR Squadron declared operational its twin-rotored Labrador A helicopters at CFB Trenton. The squadron now has two such helicopters, and will receive a third in the near future. They are replacing the smaller, single-rotored Twin Huey helicopters now used in the region.

The Labrador A helicopters were originally Voyageur helicopters which were modified with long-range fuel tanks, external rescue hoists and new

avionics for superior navigation capabilities. The result is an aircraft that can fly faster, has double the endurance, and can carry a load 2.5 times larger.

The \$20-million Labrador modification program, originally announced in 1983 as part of the government's Special Recovery Projects Program, was carried out by Boeing of Canada at its plant in Arnprior, Ont.

Labrador A helicopters, officially designated CH-113As, have also been assigned to SAR squadrons on both the East and West Coasts.

Demise of the warthogs imminent

That venerable old Building 2 and associated structures around it that have blighted CFB Winnipeg (North) for almost half a century, like a flock of wart hogs in a tulip patch, really are going to get the chop — soon.

In recent years, they housed the RCAF Air Training Command, CF Training Command and, for the past 10 years, Air Command Headquarters.

The new Air Command Headquarters building is nearing the occupancy stage, and plans are set to demolish the old structures.

Their demise crept closer a few days ago with the arrival of a news release from Winnipeg-St. James Member of

Parliament, George Minaker.

It said that the contract to move furniture and effects to the new Headquarters building has been awarded to the Winnipeg-based firm of Mac-Cosham Van Lines Ltd.

Terms require the mover to provide a move coordinator to carry out liaison, formulate a schedule, and supervise and direct all aspects of the movement of new and old furnishings, all packing, unpacking, transportation and equipment needed to physically move all furniture and effects out of existing buildings and redistribute as necessary.

Total value of the contract is \$99,000.

Winnipeg's Crusader sea cadets win international rifle title

Winnipeg's Royal Canadian Sea Cadet Corps Crusader has won the 1985 Navy League International small-bore rifle competition, topping entrants from Britain and New Zealand, winners of second and third-place honors.

The Ottawa-based Navy Cadet League of Canada announced the award after final adjudication of targets and score sheets for 1985 were completed by the Dominion of Canada

Rifle Association.

The Crusader team wins the Duke of Edinburgh Ship's Bell Trophy. Second place went to South Yorkshire's Rotherham team in England, and third place was won by New Zealand's T.S. Calliope, Wanganui, entrant.

Plaques for permanent retention by the three teams now are on the way. The 1986 competition for sea cadets now is underway.



What's going on here!



Beware, PMQ residents

Is your home fire-safe?
 On Wednesday, March 5, the CFB Winnipeg Fire Prevention authorities will present two workshops on Fire Prevention in the Home at the Base Theatre. The sessions include films, a lecture and question period. The first workshop will take place from 2-4 p.m., and the second from 7-9 p.m.

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North Community Council Nes

Getting the old winter blues?
 Find you're spending all your evenings in front of the boob tube watching re-runs of A-Team, Wheel of Fortune and the Cosby Show?

If you fit this description and want to get out and enjoy your evenings or weekend afternoons, we have the answer for you. Best of all, it won't cost you one red cent.

It's skating.
 Not only is it fun and healthy, but the whole family can take part. Hours of operation are:

Monday to Friday	: Open Skating	— 1700 - 1900
	: Casual Hockey	— 1900 - 2100
Saturday and Sunday	: Open Skating	— 1200 - 1430
	: Casual Hockey	— 1800 - 1930
		— 1430 - 1700
		— 1930 - 2100

To encourage attendance, your Community Council will be having a Family Fun Day beginning at 1300, Sunday, Feb. 23. The rink will be open for skating, and a number of games are planned for children, with prizes.

We'll also have hot dogs, soft drinks and coffee available at 25¢. The rink is available for private functions every evening after 2100 (hockey practices, skating parties, etc.)

For more information, contact Capt. Langford, local 5562, or Sgt. Joyce, local 5902, during normal working hours.

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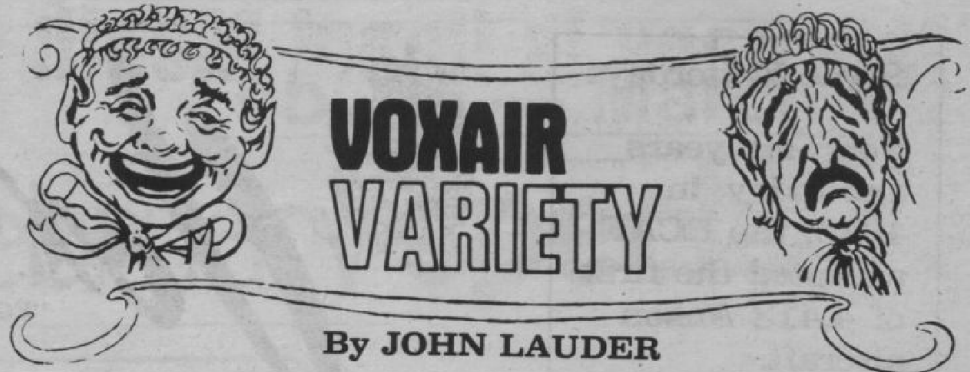
Correction

Hell has no fury like . . .
 Pictures of eight members of 733 Communication Squadron appeared in the last edition of **Voxair**. They involved promotions and presentations of the Canadian Forces Decoration and Clasp by the CO, Major J.W. Mercer. For six of the people the names matched the photos. Two of them — both women promoted to corporal — didn't. Let it be recorded for posterity that in the dark of night gremlins switched captions for Corporals Colleen Atkinson and Julie Ambrose. At the race track, six out of eight ain't bad, but apologies are extended.

BIRTHS

Garry and Debbie Kalagian are pleased to announce the birth of a sister for Ashley, Megan-Lynn, born Jan. 15, 1986, seven pounds, 3½ ounces, 20¼-inches long.

Joseph Karl Lawrence Kupfer, 5.27 p.m., Thursday, February 13, 1986, Winnipeg Grace Hospital, to Stephen and Catherine Kupfer (nee: Burns) grandson for Mrs. Marie Kupfer and Major (ret.) and Mrs. L.S. Burns, six lbs., 8½ oz.



By JOHN LAUDER

"Talking Dirty" is the name of the play now running on the Main Stage at the Manitoba Theatre Centre, but the same term might apply to some of the reviews by local critics about this show. Such remarks as "shows its age" and "dated farce" were made by the pundits of radio and press.

Actually, the age of the play was supposed to be one of its strong points, the longest running Canadian play ever, with some 1200 performances and seen by 175,000 patrons in Vancouver, Toronto and New York. However, it is really rather juvenile. Billed as a comedy of manners, it has no manners. Telling the story of the "me" generation, it soon bores us with that group of yuppies preoccupied with sex, parties and fine goods. There are a few funny parts, from which the play won an award as best Canadian play of 1983, but they are mixed in with repetitive gags from TV sitcoms past.

Maybe there is something to regional theatre being tied to local mores. In January, the Warehouse Theatre offered a Nova Scotia play called "One in a Million," which was a real disaster. Seems that comedy, either east or west, does not translate to Manitoba. The strange thing is that both plays were written by expatriates from this province.

"Talking Dirty" runs until March 1st. Do not worry about the language, if you wish to go. There are a few words you might not like to hear from your kid in Grade 2, but otherwise things are normal.

Manitoba Theatre Centre will offer "The Last Doors' Bootleg" from February 19th to March 9th at the Warehouse. This one is also by a local writer, who is teaching at the U. of W. It promises to be a comic and touching story of five university students coming to terms with life.

* * *

If you have a girl friend who deserves recognition, the YWCA is accepting nominations for the 1986 Woman of the Year Awards, to be presented on May 7th. The deadline for submission of nominations is March 1st, and there are seven categories for successful candidates: Arts; Public Affairs; Business; Management; Community Service; Fitness; Sport and Recreation; and Professional. More information from Lisa at 237-2713, or Joyce at 945-5810.

* * *

Upcoming on the travel film circuit is "The Caribbean" with Phil Walker, which includes all of the islands of the West Indies, plus the continental coast areas of Central and South America, including the Yucatan Peninsula of Mexico. Lots of pulsating rhythms and reggae in this one. Shows at 2, 5:45 and 8:15 p.m. on Budget Day, February 26th.

* * *

If you are a fan of Victor Borge, Neil Sedaka, and the P.C. party, then you can take in a gala concert on Feb. 20th at the Concert Hall. For \$100. per seat you get an income tax deduction, thanks from the P.C. party, plus these two artists. On the 21st the final showing of the opera, "The Magic Flute," by Mozart, will be given, which on the 2nd and 23rd the Winnipeg Symphony will offer a special concert with "The Royal Canadian Air Farce." On the 29th the Symphony will have that great violinist Isaac Stern as a guest. He will play the Brahms Concerto in D Major.

Early in March, on the 3rd and 4th, MTC is bringing in the National Theatre School for two performances of "She Stoops to Conquer," by Oliver Goldsmith. This is part of a cross country tour, and should be worth catching.

Gala Concert

A charity bash

The Centennial Concert Hall will be cookin' on Wednesday night, 26th March 1986, when the curtain rises for a gala concert of the military kind. The Military Police Fund for Blind Children, in conjunction with the Air Command Band, are sponsoring the **ONE - NIGHT - ONLY** event. Tickets by **PRIORITY - ORDER - ONLY** and cost — Adults \$5.00, Children & Seniors \$3.00, and for groups of 10 or more \$3.00. Tickets may be obtained from the following locations:

- Military Police Section — Bldg 95
- Officers Mess Bar — Bldg 76
- WO & Sgt's Mess Bar — Bldg 66
- Mr Mess Bar — Bldg 61

Orders for tickets may be made at all locations starting 24 Feb 86.

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



February is Heart Month

By CAPT. A.F. PIOTROWSKI

When we think of the month of February, we think of St.-Valentine day. Well, the Canadian Heart Foundation chose February as Heart Month. This campaign is dedicated to the promotion of a healthy life-style which minimizes the risk of heart disease.

About 60,000 Canadians die every year from a heart attack. This is 47% of the national death rate. Our aim is towards a life-style that minimizes the risk of future heart disease. This life-style includes weight control, physical fitness, sensible nutrition, avoidance of cigarette smoking, reduction of body fats such as cholesterol and triglycerides, and control of high blood pressure.

There are eight very important risk factors that increases the risk of heart attack:

1. Heredity: Families share not only genes but living habits. If a member of your family has hyperlipidemia (high cholesterol or triglycerides), hypertension or diabetes, you are a candidate for heart disease.
2. Sex: Men more than women are prone to heart disease. Up until the menopause, women seem to have an estrogen immunity which decreases blood cholesterol levels.
3. Obesity: It is not a major risk factor, but still obese people are more likely to be hyperlipidemic and hypertensive.
4. Hyperlipidemia: It is a genetic

disorder of the lipid metabolism resulting in high levels of serum lipids (cholesterol and triglycerides). High levels of serum lipids result in lipid deposits in the arteries; walls called atherosclerosis.

5. Hypertension: Will double your chance of having a heart attack or a stroke.
6. Diabetes: Increases blood cholesterol because of abnormal lipid metabolism.
7. Smoking: Smoking causes an increased work load on the heart by increasing heart rate and constricting arterial blood vessels. Many studies have shown a sharp decrease in survival time, following a heart attack among those who were heavy smokers.
8. Physical Inactivity: If you are not in shape and do strenuous work, you are increasing your chance of having a heart attack.

Look at yourself. The more risk factors you have, increase your chances of developing heart disease. There are some things that you cannot change, but start watching your diet, cut down on those calories and fats. Start an exercise program, stop smoking and decrease your stress. Have your blood pressure checked as required. The Base Hospital will be sponsoring a number of blood pressure clinics throughout the base on the 27-28 February 86.



AIRMAN'S WIFE WRITERS 'TATER' TALE — Mrs. Agnes Towes-Andrews displays her Canadian best seller, *The Incredible Potato: a Cookbook and History*, which, reportedly has met instant acceptance. A collection of recipes from around the world, the book aims to present the "compleat spud" to readers as a new art and culture form, with historical anecdotes and scientific facts said to amaze and astound even the nonplussed. One excerpt states that "until the 19th century, the English believed the potato to have unwholesome aphrodisiac effects." The author is the wife of Major Paul Andrews, CO of CFS Beaverlodge, Alta. A lifetime fascination with the tuber, which belongs to a genus of plants which include more than 2,000 varieties, led the writer to serious research three years ago while living in North Bay, Ont. Publication last October led to the talk and food show circuit. (PHOTO BY SGT. DENIS MAH)

Babysitters' Course

CFB Winnipeg's Fire Prevention Bureau will be running a Babysitters' Course on 4 Apr 96 from 0830 hrs to 1600 hrs in the Base Theatre, Bldg. 90.

Candidates must have reached their 12th birthday by 1 Apr 86. To register for this course contact Base Fire Prevention local 5501 Monday to Friday between the hours of 0930 and 1530. Cutoff date for registrations will be 2 Apr 86.

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CITED FOR EXCELLENT PERFORMANCE — All three members of the Graphic Arts Section of Air Command Headquarters are rewarded with certificates of achievement for "consistently excellent performance of duties" by the Chief of Staff (Support), BGen. J.E. Woods. From left are Rick Hurley, George Tanner, the general and Harry Brown. (PHOTO BY CPL. JULIEN DUPUIS).

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"You must grow a mustache."

"Yes, sir."

"And not one of those Charlie Chaplin affairs, a proper mustache."

"Yes, sir."

The interview was finished, but the subaltern did not move, so the adjutant asked: "Well, what more do you want?"

"Any particular color, sir?"

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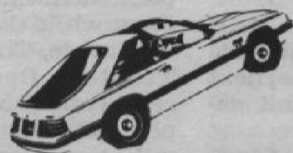
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Letters to the Editor

Greetings from the Royal Cape Breton Air Force (RCBAF), which I am pleased to report is alive and flourishing in its 29th year at CFS Sydney.

This year is a very special one for the RCBAF because this coming April marks the 30th anniversary of the founding of that illustrious organization.

In keeping with inviolable tradition, a grand reunion mess dinner is being planned for April 26 at CFS Sydney.

This organization has grown steadily since its inception in 1956 to its present size, now approaching 350 members.

All members of the RCBAF are invited to return home to Cape Breton for this auspicious event, and we are looking forward to meeting many old friends.

Notification of attendance should be received at the earliest opportunity, at which time more specific details will be forwarded. Mail inquiries to CO, CFS Sydney, MPO 200, Sydney, N.S., BOA 1B0, attention RCBAF Adjutant.

Editor, Voxair:

(I) request (that) you publish enclosed photo and caption in (the) next edition of your pretigious and nationally acclaimed newspaper.

C.G. Harvey-Clark

Lieutenant-Colonel

Headquarters Commandant

Air Command Headquarters

PS: I won't feel hurt if you change the caption to meet your very high journalistic standards.

Ed's note: Right on, Chris! To clarify matters for readers, the HQ Comedian, er, Commandant, refers to the photo of three members of Air Command Headquarters' Graphic Arts Section who were awarded certificates of achievement for "consistently excellent performance of duties," published elsewhere in this edition. Please keep them thar submissions acoming' Chris!

Dear Sir:

Late last year I wrote to you to tell you about the book we were preparing on the Golden Hawks aerobatic team. Thanks to your help we have heard from quite a few former members of the team and work on the book is progressing well. We have been most impressed by the generosity of these people in loaning their photo albums and other memorabilia to help put the book together, and you can be sure that it is going to be a very well illustrated book when it is released in June.

Although we have been able to come up with some good colour photographs of the first Sabre to be painted up in the GH colour scheme we are still missing a couple of pieces in this historical puzzle. First of all we have not been able to determine who exactly was responsible for the idea that was chosen, or what the alternative designs (if any) look like. Does anyone know? And after the initial paint job was turned down by the Chief of Air Staff because it was more bronze than gold, three Harvards were apparently painted in alternative types of gold paint while the final colour selection was made. This was done at 6RD in Trenton. Does anyone have any recollections of this, or better yet, any photos?

We have also been able to get hold of photos that show the Golden Hawks in formation with the USAF's Thunderbirds, and the US Navy's Blue Angels, but the quality of the photos does leave something to be desired and they are all black and white. Is there anyone out there who has a sharp photo or perhaps one in colour?

Thanks for your assistance. Enclosed is a Golden Hawks button for your efforts — we are giving these out free to the first 500 customers for the book.

Yours sincerely,
Rick Johnson (Maj. ret'd.)
General Manager



AMARYLLIS plant kits are still available from the Huntington Society, Manitoba Chapter. Call our Resource Centre at 284-0020 between the hours of 9 a.m. and 1 p.m., or call 888-2483. Kits are only \$6.00: proceeds in aid of Huntington's disease.

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Canadian soldiers airmen train in Norway's balmy "gulf stream"

More than 1,000 Canadian soldiers and airmen are participating in a major NATO field-training exercise in northern Norway until March 18.

A joint Allied Command Europe Mobile Force (AMF) land and air component exercise dubbed "Anchor Express," it will include 20,000 troops from Canada, the Federal Republic of Germany, Italy, Luxembourg, the Netherlands, Norway, the United Kingdom and the United States.

The Canadian contingent is made up primarily of the 1st Battalion, The Royal Canadian Regiment, from London, Ont., commanded by Lt.-Col. Walter Holmes. Artillery support will be provided by 5^e Régiment d'artillerie légère du Canada, of Valcartier, Quebec, using pre-positioned 105 mm howitzers. Elements of 2 Service Battalion and helicopters of 427 Squadron from CFB Petawawa, also will participate.

The air component will involve crews and eight CF-5 aircraft from 434 Squadron based in CFB Chatham, commanded by Lt.-Col. Claude Thibault. The fighters will deploy to Norway, refuelling in mid-air from Canadian Forces Boeing 707 aircraft from 437 Squadron, based in CFB Trenton.

The battalion group, with equipment and vehicles, will be deployed by air from CFB Trenton, beginning February 23. The entire contingent, including some 60 militiamen from across Canada, will be in Bardufoss, Norway by March 2. The large tactical airlift will be conducted by aircraft from Air Transport Group from bases in Edmonton, Winnipeg and Trenton and will involve 65 flights by C-130 Hercules and 10 flights by Boeing 707.

"Anchor Express" is divided into four phases: warning and alerting, deployment of external forces and deterrent operations, combat operations and redeployment of external forces. Maritime operations in sup-

port of the exercise combat phase (March 6-12) include an amphibious landing by British, Dutch and American Marines. The landing is combined with the Norwegian national exercise "Flotex."

The battalion group and air component represent Canada's commitment to AMF (Land) and (Air), a multinational air mobile force established in 1960 for rapid deployment to NATO's northern flank. The conventionally armed force is designed to provide a deterrent presence to demonstrate Alliance solidarity and resolve and to work alongside host-nation forces to strengthen the defence of the area. The NATO force, headquartered in Heidelberg, Federal Republic of Germany, is commanded by Maj.-Gen. Andrew Christie of the Canadian Forces.

Plus de 1 000 militaires canadiens des forces terrestres et aériennes participeront à un important exercice de campagne de l'OTAN dans le nord de la Norvège, du 15 février au 18 mars 1986.

Cet exercice conjoint de sélections Terre et Air de la Force mobile du Commandement allié en Europe (CAE), appelé "Anchor Express", réunira quelque 20 000 militaires du Canada, des États-Unis, de l'Italie, du Luxembourg, de la Norvège, des Pays-Bas, de la République fédérale d'Allemagne et du Royaume-Uni.

Le contingent canadien est formé principalement du 1^{er} Bataillon, The Royal Canadian Regiment, de London (Ont.), commandé par le lieutenant-colonel Walter Holmes. L'appui d'artillerie sera fourni par le 5^e Régiment d'artillerie légère du Canada, de Valcartier (Qué.), qui utilisera des obusiers de 105 mm déjà pré-positionnés en Norvège. Des membres du 2^e Bataillon des services et du 427^e Escadron tactique d'hélicoptères, de la Base des Forces canadiennes (BFC) Petawawa (Ont.) prendront aussi part à l'exercice.

De plus, huit chasseurs CF-5 et leurs équipages du 434^e Escadron de la BFC Chatham (N.-B.) commandé par le lieutenant-colonel Claude Thibault y représenteront l'élément Air. Ceux-ci se rendront en Norvège et leur ravitaillement en vol s'affectera à partir de Boeing 707 des Forces canadiennes du 437^e Escadron, basé à la BFC Trenton (Ont.).

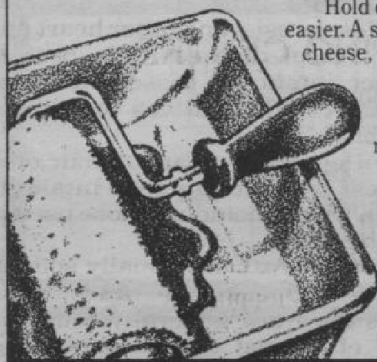
Le groupe-bataillon, avec équipemen et véhicules, sera déployée par voie aérienne de la BFC Trenton à compter du 23 février. Le contingent entier, dont 60 réservistes d'à travers le Canada, sera à Bardufoss, en Norvège, le 2 mars. Le Groupe Transport aérien, responsable du pont aérien, prévoit faire effectuer 65 vols de C-130 Hercules de même que 10 vols de Boeing 707 depuis les BFC d'Edmonton, de Winnipeg et de Trenton.

"Anchor Express" se déroulera en quatre phases: avertissement et alerte, déploiement des forces externes et opérations de dissuasion,

opérations de combat et finalement redéploiement des forces externes. Les opérations maritimes appuyant la phase de combat de l'exercice (du 6 au 12 mars) comportent un débarquement amphibie de Marines américains, anglais et hollandais, effectué de concert avec l'exercice national norvégien "Flotex".

Le groupe-bataillon et la force aérienne constituent l'engagement du Canada envers le CAE (Terre) et (Air), une force multinationale aérotransportable mise sur pied en 1960 et qui peut être déployée rapidement sur le flanc nord de l'OTAN. Cette force dotée d'armes classiques vise à assurer une présence dissuasive, à montrer la solidarité et la détermination des membres de l'Alliance et à travailler de concert avec les forces des nations hôtes pour renforcer la défense de la région. La force mobile de l'OTAN, basée à Heidelberg en République fédérale d'Allemagne, est commandée par le major-général Andrew Christie des Forces canadiennes.

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Any questions? Right, get on with it.

1-2-3

Check the spelling; check your facts; don't forget the stamp. Mail it!

Well done, write another soon, ya hear?

Heart beat

The heart of eating healthfully

To develop a healthy-heart lifestyle, the Canadian Heart Foundation says: don't smoke, have your blood pressure checked regularly and treated if it's high and, most importantly, eat a fat-controlled diet.

This diet is defined as one in which cholesterol levels are lowered by reducing the total intake of fat and dietary cholesterol. The consumption of polyunsaturated, monounsaturated and saturated fat is adjusted to be in the same proportion: a maximum ten percent of total calories each. And while these dietary recommendations were once applied only to people at high-risk of heart disease, a directive from the U.S. National Institutes of Health says everyone over the age of two will benefit from making these life-long commitments to healthful eating.

What does all of this dietary change mean in the kitchen? The Becel Heart Health Information Bureau provides the following guidelines to get you started.

Simple Substitutions

Cholesterol is found in foods of animal origin — fatty cuts of meat (especially organ meats such as liver), shell fish egg yolks, whole milk and dairy products. While a certain amount of cholesterol is necessary in the body, too much can lead to hardening of the arteries (arteriosclerosis) and other heart and blood vessel diseases. It's best to restrict intake of these foods and substitute alternatives whenever possible.

So, if eggs are a part of your diet, it's best to limit egg yolk intake to three a week, including those used in cooking.

Saturated fats are usually solid at room temperature and, like cholesterol, are generally found in foods of animal origin: cream, ice cream, full-fat cheese, butter and the fat or marbling in red meat or poultry.

Excess saturated fats should be eliminated wherever possible and

replaced by low-fat products or, where appropriate, polyunsaturated fats. For example, choose skim milk products in lieu of those made with whole milk, and eat more skinless poultry, fish, lean red meat and other non-meat sources of protein such as certain beans and legumes.

Polyunsaturated fats are primarily found in liquid vegetable oils and special margarines. Good sources are sunflower, safflower, corn and sesame seed oils and margarines that declare at least a two-to-one polyunsaturate to saturate ratio on the label. Use polyunsaturated fats to replace highly saturated cooking fats and table spreads such as solid vegetable shortening, lard and butter.

The following menus compare a high saturated fat and cholesterol diet, with one which reduces the intake of dietary cholesterol and saturated fat without sacrificing good taste.

Sample Intake For Typical Canadian Adult

Menu 1 — High Saturated Fat and Cholesterol, Low Polyunsaturated Fat and Monounsaturated Fat

Breakfast
 1 glass orange juice
 2 strips bacon
 1 slice toast with hydrogenated margarine (stick or tub) and jam

Snack
 Coffee with cream
 Donut

Menu 2 — Low Cholesterol, Balanced Fat

Breakfast
 orange juice
 1/4 cup oatmeal with 2 tbsp. raisins and skim milk
 2 slice toast with 1 tsp. high polyunsaturated non-hydrogenated margarine and peanut butter

Snack
 Coffee with 2% milk
 1 bran muffin

Lunch
 Hamburger
 French Fries
 Ice Cream
 10 oz. can pop

Snack
 Coffee with cream
 2 Shortbread cookies

Dinner
 Fried Chicken
 Small potato, mashed
 Peas
 Mixed green salad with creamy dressing
 Apple pie
 Soda water

with 1 tsp. high polyunsaturated non-hydrogenated margarine

Lunch
 Non-cream soup
 Tuna salad sandwich (with 1 tsp. mayonnaise) on whole wheat bread
 Tossed salad with sunflower oil vinaigrette
 1/2 cup low fat yogurt with 1/2 cup fresh fruit
 2% or skim milk

popped popcorn with 1 tsp. melted high polyunsaturated non-hydrogenated margarine
 6 oz. tomato juice or diet pop

Herbed baked chicken
 Large baked potato with high polyunsaturated margarine and yogurt
 Peas
 mixed green salad, with sunflower oil vinaigrette
 1 slice garlic bread, made with 1 tsp. high polyunsaturated non-hydrogenated margarine and garlic powder
 Fresh fruit salad
 Mineral Water

108 Communication Flight Reunion in Ottawa

You are invited to attend a 108 reunion to be held in Ottawa during Labour Day weekend 1986. We are hoping that the participation will be matched by the overwhelming enthusiasm received during our telephone search to locate former members. It will be a great occasion to renew friendships and reminisce about old times.

Ottawa has grown considerably since the "108" days and many attractions are worth visiting. We are hopeful that the new Air Museum will be opened as scheduled during the summer of 1986. The highlights of

this commemorative weekend will be the Friday afternoon/evening Meet & Greet and Saturday evening Dinner/Dance. Both functions will take place at the Rockcliffe Air Base WO's & Sgts' Mess Tudor Room.

It is anticipated that \$25.00 per person will cover the cost of the planned activities. Arrangements have been made with the Chimo Inn Hotel, and a block of rooms have been tentatively allocated to us at the special rate of \$55.00 per night, single or double occupancy. One night deposit is required to guarantee the room.

In order for us to anticipate the number of people attending, early confirmation would be appreciated. Please return the enclosed registration form by early April even if you will not be attending. We would like to produce an updated 108 Comm Flight "Nominal Roll" for distribution at the reunion. Also if you are in contact with former member(s) who have not received an invitation, forward their names to one of the following committee members:

— Gérard Brazeau, Presqu'Île Unit #19, Lefavre, Ontario, K0B 1J0, (613) 679-4658;

— Bob Sabourin, 1751 Stoneboat Cres., Orleans, Ontario, K1C 1W9, (613) 837-1069;

— Ray Trepanier, 1213 Cedarcroft Cres., Gloucester, Ontario, K1B 5G9, (613) 741-3731.

P.S. Additional information will be handed out when checking in (any time after 1200 hrs Friday 29 August) at the reunion welcoming desk, which will be located in the Chimo Inn lobby. 2-eow-32

108 Comm Flight Reunion
 Name: _____ Address: _____

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 Will attend/not attend: _____
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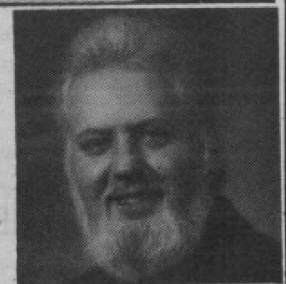
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Chippawa officers commended for life-saving efforts



Attempts to save the life of a heart-attack victim at Winnipeg's Naval Reserve Division have earned two HMCS Chippawa officers the Maritime Commander's Commendation, presented by Captain (N) J.K. Steele, Commander of the Naval Reserve Division. The two are Lieutenant-Governor A.B. Sakolinsky, left, Chippawa's Staff Officer, Administration and Training; and Lt. (N) (R) I.G. Gillespie, Chippawa's Assistant Comptroller. (BASE PHOTO SECTION)

A history

RCAF 108 Communication Flight

By W/C BOB HEASLIP (Retired)

In the early 50s, the threat to North America posed by long-range bombers was of major concern to U.S. and Canadian defense planners. The D.E.W. Line had been developed to detect bombers that might have penetrated over the Polar regions, and the Pine Tree Line provided guidance for defensive fighters once the bombers reached the southern, more populated areas of Canada and the U.S. However, radar technology of the 50s left a huge gap across northern Canada between these two warning systems. After penetrating the D.E.W. Line, which had no associated interception capability, bombers could theoretically alter course, making it difficult to forecast the area of penetration of the Pine Tree Line, thus reducing the warning times and opportunity for interception to unacceptable levels.

Planners therefore developed a concept for the Mid-Canada Line, a sort of radar "fence" roughly 2500 miles along the 55th parallel, which would provide confirmation of the course and speed of bombers that had penetrated the D.E.W. Line, a minimum of one hour's warning, and guidance for the deployment of defensive fighters under the control of the more southern Pine Tree Line.

The rugged nature of the terrain along the 55th parallel, particularly, but not exclusively, in the Eastern portion from the Hudson's Bay to the Labrador coast dictated that, if the strict timetable for construction was to be met, an innovative approach to the transportation of men and materials in all phases of the program was required. This led to the formation of 108 Communications Flight, the RCAF's first all-helicopter unit.

108 Comm Flight was officially born on 1 June 1954, with its base at CFB Bagotville, Quebec. The first task was one of organizing, training, acceptance of new helicopters, and development of appropriate techniques to permit the Flight to meet the exacting demands of the planned operations in unfamiliar "bush" conditions within an exceedingly strict timetable to mesh with the myriad of other planning and logistic activities that were required for everything to come together smoothly as planned.

The actual helicopter support operation commenced with the move of six H-19 helicopters on detachment to Knob Lake in May 1955, to begin the site-proving operation. From that beginning, the operation rapidly built up to the point where 108 Comm Flight had 25 helicopters, H-19s,

H-34s, and H-21s, operating right across Canada from Hopedale, Labrador, to the Pas, Manitoba, and, on occasion, even farther west when surface transportation systems required some assistance.

The complete story of 108 Comm Flight would fill volumes, as would the story of the entire Mid-Canada Line construction phase, of which 108 was only one, albeit important, element. There were many others. Suffice it to say here that approximately 200 personnel of 108 Comm Flight worked as a team to make the operation an outstanding success. One measure of that success is that, in 1955, helicopters of the unit flew 10,000 flying hours to move 14,000 personnel and 9,000 tons of equipment and supplies along the Mid-Canada Line, operating in weather to -50°F in many areas without hangar accommodation and with very spartan personnel accommodation. This with piston-driven helicopters which could lift only 4,000-lb payloads — a far cry from today's jet powered monsters.

There were no heroes, just hard-working, dedicated military personnel who worked together as a team to get the job done. When the operation was completed in June 1958, every man in 108 Comm Flight went on to new challenges carrying with him the satisfaction of a job well and successfully done.

Of course, the Mid-Canada Line, as initially planned, has now long since been overtaken by improvements in technology. The gap for which it was created is now filled through improved detection capabilities of the D.E.W. and Pine Tree Lines. But it served the purpose for which it was designed.

There are perhaps few Canadians, in or out of the Canadian Forces, who today remember the Mid-Canada Line operation. But there are some. The 200-odd members of 108 Comm Flight who worked so closely together to carry out their difficult and demanding assignment remember. There are probably few, if any, of them still serving in the Forces, and they are spread far and wide pursuing their post-military careers, or retirement, in every province of Canada. But many of them would like to get together once again to renew friendships and to talk over the good old times when they were either freezing their butts off or being consumed by black flies.

To accomplish this, a group of 108 veterans located in Ottawa is planning a 108 Comm Flight reunion to be held in Ottawa, Labour Day weekend, 20 and 30 August, 1986.

Pop, what is meant by a good listener?

Son, a good listener is someone to whom it is possible to tell a story without reminding them of one of their own.

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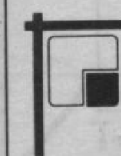
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Officers' Mess News

By CAPT. R.J. EDWARDS

This is the first installment in a series regarding activities in the Officers' Mess (North). The intention of this article is to report on past events as well as expand upon upcoming events.

There is still one Sunday Smorgasbord left this month. Dinner will be served from 17:30 to 19:30 hours followed at 20:00 hours by the movie "Cocoon," a heart-warming story about some senior citizens in Florida who find a 'fountain of youth' and its reason for being.

March will be a special month for smorgs because there will be five to enjoy. They start with the 1957 film classic "Bridge on the River Kwai," starring Alec Guinness, Jack Hawkins, and William Holden. It is an Oscar-winning movie about two groups of British soldiers in the South Pacific during World War II.

On March 9 the Sunday Smorg will be the family night and the movie will be "Pinocchio," by Disney Productions.

The March 16 smorg will have the 1983 movie "The Hunger," starring David Bowie, Susan Sarandon and Catherine Deneuve. "The Hunger" is a modern remake of a story about a vampiress who finds a new lover to share eternity.

Smorgs aren't the only events to be enjoyed in March; TGIF's will be on as normal. On March 7 the food will be pizza and on March 14 the food will be beef stroganoff. Good company and good food at no cost; a deal that simply cannot be beat.

On the 15 of March will be the annual St. Patrick's Day dance. Start the evening with a meal of baron of beef, then enjoy dancing to a live band featuring "Irish" as well as popular music.

Now that you know what's happening at the Mess, why not plan a night out and join me there. I'll be the good-looking gentleman with the short hair; you can't miss me.

Alcoholism Treatment Specialists earn certificates of competence

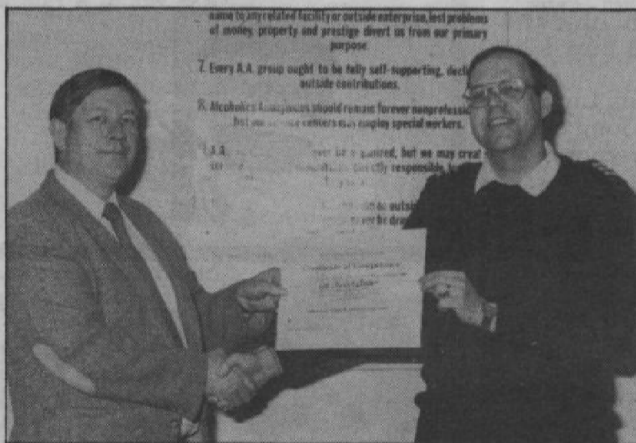
Certificates of competence as Certified Alcoholism Treatment Specialists are presented to three recipients who have successfully completed an 11-week course along with one year of supervised internship as an Alcohol Treatment Intern and have passed a comprehensive ATS certification examination. It's described as a lengthy and arduous process, because successful completion indicates perseverance along with commitment to personal and professional growth and a high level of competence in counselling. The Regional Surgeon, LCol S.C. Cockerell, makes the presentations.



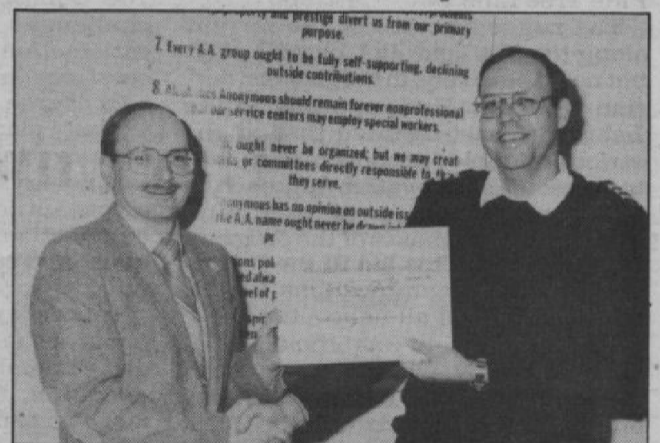
Master Corporal G.A. Cawlishaw — Counsellor.



CERTIFICATE OF APPRECIATION — Sgt. W.G. Burmaster receives a certificate for running the CFB Winnipeg Phase III Follow-Up Treatment Program from the Base Surgeon, Maj. M.S. Smallman.



Capt. D.A. Cooper, Alcohol Rehabilitation Clinic (Prairie) — Counsellor.

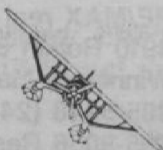


Captain H.P.R. Smith — Counsellor.

BUCKLE UP!

Seat belts save lives.

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LET'S SEE YOU DO IT... OUTDOORS!



... and you think you have problems!

Husband (the morning after the night before): Has the laundry goofed again? This shirt is so tight I can hardly breathe.
 Wife: No, it's your shirt, alright, but you've got your head through a buttonhole.

* * *

Fortune teller: You wish to know about your future husband?
 Customer: No, I wish to know about the past of my present husband for future use!

* * *

Absent-minded professor: "Lady, what are you doing in my bed?"
 Lady: "Well, I like this bed, I like this neighborhood, I like this house and I like this room. Besides, I'm your wife!"

* * *

Husband: the bank has returned that cheque.
 Wife: Great! What should we buy with it this time?

* * *

Enigma: People who spend money they haven't earned to buy things they don't need to impress people they don't like.



CORPORAL PRI-5 — Jim Beattie hardly had time to put up his new corporal hooks before going back to the machine in his life that pumps out queries about air reservations at CFB Winnipeg's Air Movements Section.

Pat: My wife takes my shoes off with her own hands.

Mike: When you come home at night?

Pat: No, when I want to go out.

* * *

Husband arrives home after a few drinks too many.

Wife: If it was the first time, Archibald, I could forgive you, but you came home in the same condition in November, 1971!

* * *

Mother: "What do you want to take your cod liver oil with today?"

Smart kid: "With a fork."

* * *

Blessed are they who are ignorant, because they are happy in thinking that they know everything.

* * *

Average man: One who thinks he isn't.

Right coin can get you a "freebie" at the bar

The Kingston, Ont.,-based 1 Canadian Signal Regiment has produced a nickel, bonded-steel regimental coin "antiqued" in bronze and encapsulated in plastic. It's serialized and available to all past and current members of the regiment or any of its predecessor units.

Reason for the coin is to foster regimental *esprit de corps*. Custom demands that those entitled always have the coin on their person. Failure to produce it when challenged by another authorized holder entails a forfeit as negotiated at the time, normally a round of refreshments. Should the challengee produce the coin, the challenger winds up paying the shot.

The coin is available for \$6.00 at the regimental kit shop at CFB Kingston, or may be ordered by mail, with a \$3.00 charge for registered postage and handling.

Those wanting the coin are required to provide their service number, name, rank and position held, and dates of service with the regiment. Also required are names of at least two individuals, preferably serving members, who can verify an individual's service with the regiment.

The address is: Kit Shop Officer, 1st Canadian Signal Regiment, Vimy Post Office, CFB Kingston, Kingston, Ont., K7K 5L0.

Le 1^{er} cdn sig regt a fair frapper une piece regimentaire en acier-nickle fini bronze antique sous capsule. La piece est fabriquee en serie et tous les anciens militaires et les militaires d'ac-

tive qui on ete affectes au 1^{er} cdn sig regt ou a une des un ites qui l'ont precede peuvent se la procurer.

Comme la piece regimentaire vise a stimuler l'esprit de corps, il sera coutume que chaque membre d'active et chaque ancien du 1^{er} cdn sig regt lait toujours sur lui. Quiconque, somme de montrer sa piece par quelqu'un qui en a une, ne pourra le faire devra payer une amende dont on decidera sur-le-chap, en regle normale une tournée. S'il montre la piece, c'est alors celui qui a demande a la voir qui doit payer l'amende.

Un militaire ne peut acheter qu'une piece, a raison de 6 dollars a la section historique du regiment, edifice E30 (edifice clement), Caserne McNaughton, Kingston (Ontario). Ceux qui ne peuvent l'acheter en personne peuvent en commander une par la poste. Ils doivent envoyer a cette fin:

- Un cheque ou un mandat postal de 9 dollars (6 dollars pour la piece et 3 dollars pour les frais d'envoi recommande et de manutention)
- Nas/matricule, nome, grade, poste et dates de service au regiment, et
- Le nom de deux personnes au moins (de preferable des militaires d'active) qui peuvent confirmer que le demandeur a ete membre du regiment.

L'adresse est la suivante pour les commanders postales:

Attention: Kit Shop Officer
1st Canadian Signal Regiment
Vimy Post Office
Canadian Forces Base, Kingston
Kingston, Ontario



TRUST FUND — LGen. Paul D. Manson, Assistant Deputy Minister, Personnel at NDHQ, Ottawa, accepts a cheque in the amount of \$280. from Col. (retired) John Gardam, bringing the Gardam Trust Fund balance to \$1,000. The fund is based on the proceeds of a book written by Col. Gardam, "Seventy Years after: 1914-1984. It's an oral history told by veterans of the First World War, presenting first-hand accounts. The Fund, established for members of the Canadian Forces, is administered by the Executive committee of the CF Personnel Assistance Fund (CFPAF). Grants will be made available to families in distress up to a maximum of \$50. per case. (CF Photo)

"ATTENTION LADIES"

The St. Andrew's Protestant Chapel's Ladies Guild invites you to attend our dress show

at PIRJO LIISA GROUP SHOP

Thursday, February 27th

7:30 - 9:30 p.m. Tickets: .50¢

Spring fashions will be shown.

Door Prize

For further information or tickets, call

Marge Meisner — 949-5405 (work) 837-4223 (home)

Linda Sharpe — 489-6347 (anytime)

Jameswood School Notice Registration

Registration for pre-school children of CFB Winnipeg's Jameswood Park area (BLHUs and MDPs) will take place at the Jameswood School during the week of March 3-7, 1986.

9 a.m. - 12 noon and 12:30 - 4 p.m.

Children five years of age before January 1, 1987 (those born in 1981) will be eligible to register for kindergarten.

It is necessary to present a birth or baptismal certificate at the time of registration.

Please have the child's immunization record along at the time of registration.

Mr. N.M. Yacheson
Principal

Winnipeg needs

...The United Way

KEEP WHAT YOU EARN

The only way to save money and build toward a better tomorrow is to pay yourself first.

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Call us today!
284-0570

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PROFIT FROM OUR EXPERIENCE



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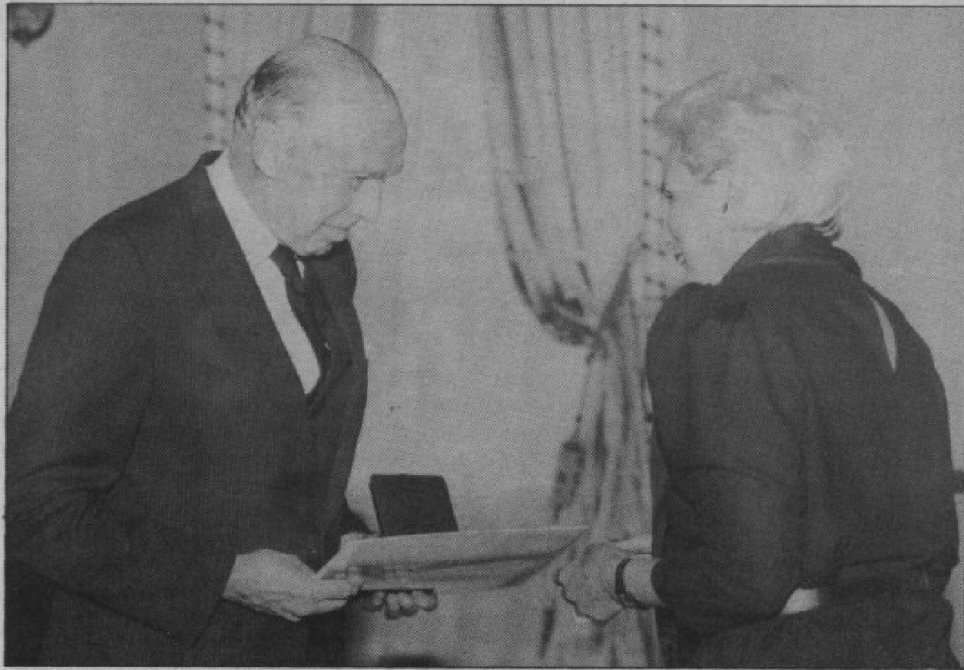
LLOYD MOORE
888-8986

The best part of your day!

DROP IN AND TRY OUR DELICIOUS MUFFINS

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Open 24 Hrs.

3715 Portage Ave. at Buchanan Blvd. — 888-8320



FIRST AWARD WINNER — Commodore Robert I. Hendy (retired), left, of Toronto, becomes the first recipient of the Admirals Medal for outstanding personal achievement in Canadian maritime activities. Gov.-Gen. Jeanne Sauvé made the presentation at Government House in Ottawa. (CANADIAN FORCES PHOTO)

Cmdre. R.I. Hendy wins first Admirals' Medal

OTTAWA — Governor-General Jeanne Sauvé has awarded Commodore Robert I. Hendy (retired) of Toronto, with the Admirals' Medal in recognition of outstanding personal achievement in Canadian maritime activities. The presentation was made in a ceremony at Government House in Ottawa.

Mr. Hendy is the first recipient of the award, established in 1985, in commemoration of the 75th anniversary of the Canadian Navy. His achievements include the chairmanship of the Conference of Defence Associations; national president of the Navy League of Canada; a founder of the Canadian Institute of Strategic Studies and an organizer of

the Royal Canadian Naval Association.

Mr. Hendy was a member of the Naval Reserve from 1936-62 and was on active service in the Royal Canadian Navy during 1939-45. From 1951 to 1962 he served as the senior representative of the navy in Toronto and was also honorary aide-de-camp to the Governor-General, 1951-67.

Mr. Hendy now is a partner in Bigelow, Hendy, barristers and solicitors, and is a member of the Advisory Council of the Navy League. He continues to be active in promoting the objectives of the Navy League.

SPORTS

CFB WHL Standings as of 11 Feb 86

Team	Won	Lost	Tied	GP	P
Braves	20	4	2	26	42
Old Timers	16	7	2	25	34
Arrows	9	15	2	26	20
Flyers	5	19	2	26	12

Unicity Racquet Club offers deal to CFB Winnipeg

An arrangement has been struck with the Unicity Racquet Club for Military personnel to have an opportunity to play tennis during the hours of 1100-1400 hours, Monday to Friday, without requiring payment of a regular membership fee. Rates for which the players will be responsible are as follows:

- 1 or 2 courts — \$13.00 per hour per court
- 3 or more courts — \$10.00 per hour per court

Any service member at CFB Winnipeg wishing to utilize this service can contact Sergeant Christensen at local 6184. Our continued participation in this program will insure that it is kept going.

Aquatics Learn to swim program

Registrations will be held at Lipsett Hall on 20 and 21 Feb 86 from 1300-1600 hrs and Sat 22 Feb from 0900-1200 hrs. Classes will run every Wed from 1800-2100 hrs and Saturdays from 0900-1200 hrs commencing Sat 1 Mar 86. All levels will be run. Also included will be a session for moms and tots. For further information contact Lipsett Hall at 895-6185.

Cost \$15.00 per session

Lipsett Hall

0/	0/	0/	0/	0/	0/	0/	0/
/2	/2	/2	/2	/2	/2	/2	/2
/5	/5	/5	/5	/5	/5	/5	/5



We won't call back

People are calling the Voxair telephone-answering machine to place classified ads and asking that we call back to get the text.

Sorry. Our miniscule staff and limited time preclude this.

That's one reason why we have a telephone-answering machine!

So, if you want to place a classified ad, write it down, tell it to the answering machine.

Speak slowly and distinctly and include your telephone number.

Also, you may mail or deliver it to Voxair, B-10, CFB Winnipeg, Westwin, Man., R2R 0T0.

The Voxair office is staffed, for business, Tuesday and Thursday afternoons only, from 1 to 4 p.m.

At other times, tell it to the answering machine.

Phone 889-3963

There are two reasons why some people don't mind their own business. One is that they haven't any mind, the other is that they haven't any business.

Business Directory

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd)

Autopac 889-2204

"Looking for a Car" New or Used
See Nels Cuthbert, CD
 Special Rates for Armed Force's
 Westport Chrysler Plymouth Ltd.
 3171 Portage Avenue
 Bus. 888-2343 Res. 888-1519



Al-Ben Engraving

Plastics — Metals
 Name Plates — Trophies — Plaques
 AL BENNETT
 263 Ainslie St. R3J 2Z5
 Phone: 837-1512

SILVER HEIGHTS DRY CLEANING CENTRE

837-7209
 Professional Cleaning & Pressing
 Special Rates on Uniforms
 2110 Ness Ave. at Mount Royal

BUSINESS AND PERSONAL LIFE INSURANCE
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Dave Johnson, C.D.

INSURANCE COUNSELLOR

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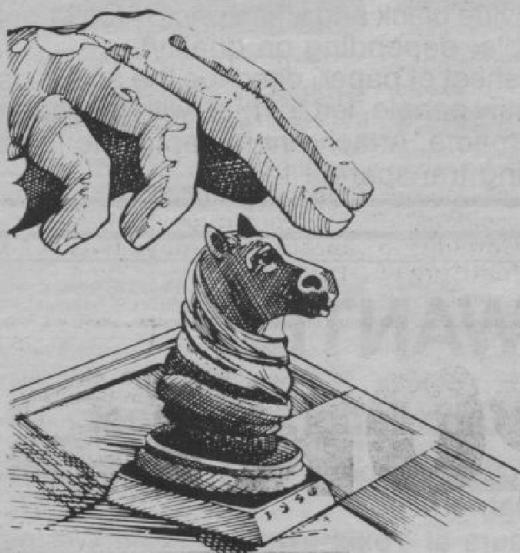
146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

BEAUTY SALON 489-9079 MONDAY-SATURDAY HOURS: 9-5	Cuts - Perms - Colours - Shaping For Men, Women and Children MENS HAIRPIECES FITTED	MENS HAIRSTYLING 489-7997 CLOSED MONDAY HOURS: 8-6, SAT. 8-5
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LET'S SEE YOU DO IT... OUTDOORS!



CHECK AND DOUBLE CHECK...



Before You Make A Move!

TWO INSURANCE PROGRAMMES

1) ★ CANSURÉX ★ Personal Property and Liability Insurance

for occupants of single and married quarters

(SQ s. MQ s. BLHU. LDHP. Crown lease, Self help)

Pick up a booklet at your Housing/Accommodation Centre
Insurer: Elite Insurance Co., Vancouver

2) AUTO AND PROPERTY



NOW WE'VE BECOME TOTALLY PERSONAL

The two great names in Canadian group property/casualty insurance—Gold Circle and The Personal—have combined and now operate as The Personal Insurance Company.

Service is our second name—and it's never impersonal. Claims service is fast, fair, professional and caring. We can prove it, because our policyholders write us to tell us so, in the hundreds. And with a total of 12 service offices and an equal number of sales offices across Canada, service is never far away.

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Avant de prendre une décision

DEUX PROGRAMMES D'ASSURANCE

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Pour résidents des logements pour célibataires et des logements familiaux

(LC, LF, LBC, PLDL, loué par la couronne, autonome)

Procurez-vous un livret à votre centre du logement.
Assureur: Elite Insurance Co., Vancouver

2) Auto et biens personnels



Notre service est maintenant plus personnel


Deux grands noms de l'assurance collective automobile et domiciliaire au Canada, soit Cercle d'Or et La Personnelle, ont fusionné et sont maintenant connus en tant que La Personnelle Compagnie d'assurance.

Un service très personnalisé fait notre réputation. Notre service de règlements est rapide, juste, professionnel et attentionné. Les centaines de détenteurs de police qui nous écrivent pour nous en faire part constituent notre meilleure preuve. Le service est toujours à votre portée grâce à notre réseau de 12 bureaux de service et à un nombre égal de bureaux de vente à travers le pays.

942-0773

AVEZ-VOUS AVISÉ VOTRE ASSUREUR DE VOTRE CHANGEMENT D'ADRESSE?





 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!

Propane Filling

- Barbeques
- Trailers

Open
 Mon.-Fri.
 9:00-6:00
 Sat.
 9:00-5:00



 **Westwood RV Centre**
 3800 Portage 885-6666

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.

WANTED

Assistant Editor — Voxair

Here's an interesting and rewarding opportunity to learn some skills and gain experience in the fascinating field of journalism. You will be guided in the step-by-step process of putting together this semi-monthly newspaper and receive on-job training in news and feature writing.

Activities include:

- evaluating submitted material for publication;
- editing and, if necessary, re-writing submissions;
- devising headings for stories;
- advertising lay-out;
- page lay-out;
- proof reading; and
- general administration.

Hours are 2 - 4 p.m., Tuesdays and Thursdays, although additional hours may be devoted at other times as well, if your time permits.

Brief letter of application is solicited no later than Feb. 28. Mail or deliver to:

Editor
Voxair
B-10 (No pay — just experience)
CFB Winnipeg
WESTWIN, Man.
R2R 0T0

Telephone inquiries may be directed to the Editor at

889-3963

WANTED

Voxair Circulation Manager

Duties comprise overall supervision of Voxair distribution, via mail and carriers.

Requires 2 - 3 hours at Voxair every second Wednesday afternoon (paper days).

Specific responsibilities are:

- Maintaining updated Voxair mailing list;
- Sorting and labelling bundles and individual papers for mailing;
- Delivery of one mail bag on paper days to Westwin Post Office, paying postal charges and filing postal receipts;
- Supervision of paper carriers, when necessary (papers are delivered by printer's courier to homes of carriers).

Interested individuals may contact (by Feb. 28):

Editor
Voxair
B-10 (No pay — just experience)
CFB Winnipeg
WESTWIN, Man.
R2R 0T0

Telephone inquiries may be directed to the Editor at

889-3963

3rd Annual Military Police Fund for Blind Children GALA CONCERT

March 26th 8:00 PM
 Centennial Concert Hall

Adults \$5.00

Children &

Seniors \$3.00

Quantity

Discounts

\$3.00 each for groups of 10 or more



Tickets Available at Select-a-Seat Locations from Feb 24th

featuring:
THE AIR COMMAND BAND





CLASSIFIED ADS

No charge to CF members, DND civilian employees and their families. Ads are run for two consecutive editions. Regular classified rate is \$6.00 per column inch.

USE VOXAIR CLASSIFIED ADS
MAIL TYPED AD TO:
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24-Hour Answering Service

MISCELLANEOUS ARTICLES FOR SALE

Royal manual typewriter, \$65. OBO. Call Claude or Flo after 8 p.m. at 489-6171.
Inglis portable dishwasher. Excellent condition, \$400. Call 489-8785.
RB 67 Pro S camera, complete with 90 mm lens, 120 film holder, waist-level view finder, prism view finder, aluminum foam-padded carrying case. Call Cpl. Templeton at 889-4050 after 5 p.m.
Compact Kenmore washer and dryer with stand, gold in color, very good condition, may be seen. Call after 8 p.m., 489-6171. Ask for Claude or Flo.
Superior Pal 1 h.p. air compressor, Campbell-Hausfeld, with spray gun, engine-cleaning gun, sander, 60 ft. of hose, with water separator, plus much more in accessories. Used twice. Will sacrifice for \$1,000., OBO. Must sell as one package. Call Claude or Flo after 8 p.m. at 489-6171.
Bunk beds, excellent condition. Call 895-3888
Neon beer signs, new and used, suitable for rec room — \$140 — 180. Call 669-4636 (home) or 895-5735 (office).
Sears, six months old, Posture III 54-inch box spring and mattress, lower frame and headboard included, like new, \$175; Stewart family acoustic electric guitar and case, excellent condition. \$125; Harvest-gold kitchen range hood (vented type), \$30; King-size waterbed with solid-state plate heater, \$100; wooden down-hill racing sled, \$10; new 15-gallon aquarium (no accessories), \$15 Call 837-4040.

WHEELS

1979 Mercury Bobcat, four-cylinder, standard, 52,000 km. \$2500. Call Joanne at 895-5038 or 832-3487.
1975 Maverick, 6-cylinder, 4-door, vg cond. \$1,650.00. Call Jack at: 832-2602 after 5:00 p.m.
1974 Dodge Dart — 4-door, 6 cylinder, AT, PB, PS, 80,000 miles, good condition, \$1,500.00 OBO. Ph: 832-6475.
1985 New Yorker FWD, full loaded and many extras: ultima sound AM-FM cassette, 10 functions trip computer, aluminum cast wheels, factory warranty remaining, 13,000 miles, asking \$16,000, home: 888-8904, office: 895-5272.
Augo gauges, oil, gas and temperature, in original container from Canadian Tire, complete with all hardware, \$30; Two new corcheded Afghans, one is off-white, wine, mauve and pink, second is off-white, green and yellow, approximately five x five ft. each, \$60. each. Must be seen to be appreciated. Call 837-6322.
Two 14-inch rims from 1980 BMW, like new, \$50. for pair, Call 895-5747 (work), 885-2873 (home).
Wanted to rent. Travel trailer suitable for family of four, at reasonable price, from approximately 13 Jul to 4 Aug. Call Sgt. Johnston at 895-5363 or 489-7228.
1974 21-ft. Prowler trailer, fully loaded, excellent condition, may be seen at 19 Jameswood Drive. Call 885-5474.
1983 Fleetwood wilderness light weight travel trailer, 18-1/2 ft., completely self-contained, shower, furnace, dual propane tanks, tandem axle, heavy duty battery, large fridge, oven, double sink. Sleeps four. Battery-level and holding tank read-outs, immaculate condition, used only three weekends. Asking \$9500. After 5 p.m., call 888-2934.
17 Ft. travel trailer, very good condition, self contained, 3,000.00 dollars O.B.O. Phone 489-8834 after 6 p.m.

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Clippers Dog Grooming

373 Strathmillan
889-6762

Block east of Whytefold south of Ness

Abacadabra large and small dog grooming. Call Pat, evenings, at 489-8884.

HELP WANTED

Bar supervisor, full-time, CFB Winnipeg Officers' Mess. Apply to Mess Manager, B-76, 895-5056.

Part-time bar tenders. Call CFB Winnipeg Officers' Mess Manager, 895-5056.

BABYSITTERS

Babysitter wanted for 2-1/2-year old girl, 7 a.m. to 4:30 p.m., Monday to Friday, South Site. Call 489-5247.

Babysitter available in South Site. Has had babysitters course. Call 489-6363.

Will babysit in my own home. Call 888-4281.

Babysitter available, South Site, has had babysitting course. Call 489-2358.

Will babysit in own home in Charleswood area, near Parkwest Mall. Call Joanne at 895-3888.

Will look after children in my home, Monday to Friday, St. James area. Call anytime at 832-6482.

Will babysit, South Site, 489-6550.

Woman will babysit in own home, near school. Call Margaret at 832-0422.

ACCOMMODATION

Private sale, North Kildonan, Kingsford Ave. Three BR bungalow, finished rec room with extra BR, 980 square feet; detached garage, central air conditioning, \$79,900. Call 334-7471.

Aloette — The only choice

The amount of response I have received from my readers regarding these Aloette articles is encouraging and exciting. If you recently read the Feb. 5 edition of Voxair, you realize how far and wide our distribution is. This is great for me because, as a Beauty Consultant, many people read my work and experience the opportunity of having an Aloette show and/or becoming a beauty consultant themselves. They also share the chance of trying a superior new skin care and colour (makeup) line as well as earning fantastic amounts of free cosmetics.

Today, people are really into "body image," but some tend to forget about their complexion. What good is having a "10" bod with problem skin? Our face is the one part of our anatomy people see first (usually), so why not make it the best it can possibly be?

The highest recommendation Aloette Beauty Consultants share is that the John Casablancas Modelling School here in Winnipeg advises that their students use Aloette Skin Care.

So, what are you waiting for? Why don't you start taking advantage of the super hostess benefits now? With spring just around the corner, I can give you that new look you have been just dying for. Call 885-5569.

That last drink for the road could be your last drink, ever.

UNLESS



you are lucky! Think about it!

Witness Wanted

Young lady wants to get in touch with a sergeant or corporal who witnessed an accident at 8 a.m., 19 Sep 85, at the corner of Sturgeon and Portage. Please call Sharon Chapman at 475-8943.

BUCKLE UP!

Seat belts save lives.

Spring Cleaning?

Clem Cleaners
837-8739
Call Anytime
Reasonable Rates
(15% Discount to DND)

The ST. ANDREW'S PROTESTANT CHAPEL'S LADIES GUILD will hold their next meeting on March 4th, 1986 in the chapel annex. All our ladies are welcome.

CHURCH SERVICES

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

R. C. Chapels

NORTH SOUTH

TELEPHONE: 895-5076 895-6181
MASSES 895-5076
MESSSES 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 Nav. Schools from 0930-1030 hrs. Every Sunday at the Chapel from 0900-1000 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

FEB. 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)
COMING ATTRACTIONS							
ROBERT MERYL REDFORD STREET OUT OF AFRICA	Twice in a Lifetime A CHORUS LINE	ELENI	SPIES LIKE US STARCHASER	THE 10TH FRUIT BROTHERS	GENE MATT BACENAN DILLON TARGET		
Gene Matt Bacenan Dillon TARGET	THE WORD OF ONE WOMAN DID MAKE A DIFFERENCE SINNY SUTER MARIE	NO SHOW	Clue	NO SHOW	Clue		
Clue	TRANSYLVANIA 6-5000	NO SHOW	THE JOURNEY Natty Gann	TO BE ANNOUNCED	WHITE NIGHTS		
THINGS WHITE NIGHTS	NO SHOW	NO SHOW	Richard Chamberlain King Solomon's Mines	NO SHOW	HEAD OFFICE		
HEAD OFFICE	BARYSHNIKOV	NO SHOW	DENNIS QUaid LOUIS GOSSETT, JR. ENEMY	Get a girl who's hard to date?	Take her out to the MOVIES!		
HEAD OFFICE	KISS OF THE SPIDER WOMAN	NO SHOW					

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION



Feb. 26 — March 1

February specials

Proctor-Silex



12 CUP
AUTOMATIC DRIP COFFEEMAKER
Canex Reg. Low Price
\$34.89

Proctor Silex Iron

Deluxe Self-Cleaning
Canex Reg. Low Price

\$39.99

Scratch & Match



FREE

with every purchase!

Come on in today and get your contest rules and further details. See our instore signs at your participating outlet.

Good luck!

Proctor Silex Toaster Oven

Broils, Bakes,
Keeps Warm and Toasts
Canex Reg. Low Price

\$48.89

Energizer Batteries

"C" Cell

Canex Reg. Low Price 3.39
Special 1.97
SAVE \$1.42

"D" Cell

Canex Reg. Low Price 3.79
Special 1.97
SAVE \$1.82

Eveready Floating Flashlight

with 2 Free Batteries
Canex Reg. Low Price 6.69
Special 5.97
SAVE \$.72

\$ Save \$ — Use Our Interest Free Credit Plan — \$ Save \$

DID YOU KNOW?

There's more at **CANEX** than meets the eye

MOVIE RENTAL
\$1.75 Tues. - Thurs.
\$2.50 Fri. - Tues.
— Free Membership



PHOTO FINISHING

36 exposure	\$10.29
24 exposure	\$ 6.99
15 exposure	\$ 5.29
12 exposure	\$3.49

DRY CLEANING

— Discounted rates

Uniform Pants	\$2.25
Two Piece Uniform	\$4.50
Skirts	\$2.25

Sanyo Hot Point Sony
Sharp Quasar
Nike Kodak
Gill Bose
Inglis Fisher Century Craft
De Fehrs

CHECK OUR MANY CATALOGUES IN OUR SPECIAL ORDER DEPARTMENT

VCR RENTAL

\$7.00 day/Tues. - Thurs.
\$10.00 Friday - Tues.

T.V. RENTAL 14"

\$6.00 day Tues. - Thurs.
\$8.00 Friday - Tuesday

Make THINGS HAPPEN... support your



STORE HOURS 10:00 - 17:00 TUES. - SAT.