

Some Yesterdays

Fifty years ago today, March 5, 1936, the first Spitfire fighter aircraft was flown in Eastleigh, England.



Horizon



CFB/BCF WINNIPEG
"FOLLOWING THE CANADIAN FORCES"

5 March 1986

Next Deadline

Mar. 11
for
Mar. 19
Edition

429 Squadron WO logs 10,000 flying hours



FLYING WARRANT OFFICER — Doug Sanders is up in the air a lot. He's on the ground in the cockpit of a Hercules transport aircraft, but in the last 27 years he's spent 10,000 hours flying as an engineer in one type of aircraft or another, with the Royal Canadian Air Force and its successor, Canadian Forces Air Command. That figure to be slightly more than an hour every day during that period. Currently, he serves with 429 Transport Squadron at CFB Winnipeg. (BASE PHOTO SECTION)

By SGT. C.A. JOHNSTON

WINNIPEG — Thirty-six million seconds, 600,000 minutes or 416.66 days; any way you want to slice it, that's the time that Warrant Officer Doug Sanders of 429 Transport Squadron has had his feet off the ground in one airplane or another.

About three weeks ago, he reached that milestone in flying with the RCAF and the CF.

He began his flying career in 1959 on Dakotas with the Air Navigation School at Winnipeg. From there he went to Ottawa's 412 Squadron, and from 1967 to 1972 flew Dakotas and

Falcons. WO Sanders stepped into the rotary-wing world in 1972 and flew on Twin Hueys with 450 Squadron in Ottawa until 1975, when he moved to 424 Squadron, Trenton, where he flew Labradors and Voyageurs.

In 1977 he began flying on C130 Hercules with 426 Squadron in Trenton. Since 1983, he has been with 429 Squadron in Winnipeg, flying C130 Hercules.

Completion of 10,000 military flying hours is rated as a commendable and noteworthy achievement accomplished by few and envied by many.

TB explains impact of PS person-year reductions

Treasury Board President Robert de Cotret has released government-wide projections on Public Service person-year reductions in 1986-87.

Based on data from all departments for the period through March 31, 1987, approximately 5,000 full-time permanent (indeterminate) employees will be affected. As a result of attrition and vigorous efforts at redeploying affected employees under existing policies, Treasury Board projects that 3,200 (65 per cent) would be placed in other jobs in their current departments. The remaining 1,800 would require Public Service Commission assistance to place them in jobs in other departments.

It is estimated by the Public Service Commission that approximately 1,100 (60 per cent) will be placed within the Public Service using existing work force adjustment policies and procedures, and that a maximum of 700 Public Service employees could be faced with layoff.

Mr. de Cotret said "these figures clearly deflate the current speculation on massive layoffs and indicate to

Public Service employees that maximum efforts are being made to place those affected."

Nevertheless, Mr. de Cotret indicated that to the extent that surplus Public Service employees cannot be placed within government using existing policies, the government will consider introducing additional special measures to minimize the impact of layoffs. Examples might include special pension provisions where there is little possibility of employment in the private sector and retraining for employment outside the Public Service. The government is prepared to consult the Public Service unions in this matter.

Across the government, there will be a reduction of two per cent of the 1985-86 Public Service person-year total of 258,222 in 1986-87. There will be a further one-per-cent reduction in each of the following four years, for a total of 15,000 person-years by the end of the 1990-91 fiscal year. Exact person-year levels for 1986-87 for each department and

10th anniversary

Service RRSP leads pack

Saving for your retirement through a Registered Retirement Savings Plan can not only help you build for your future and maintain your standard of living during retirement, but can also reduce your current taxes.

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When the SRRSP was introduced 10 years ago it had two primary objectives; one was to promote the accumulation of retirement savings dollars, and the other was to provide a safe and easy vehicle by which as many members of the Canadian Forces as possible could participate in such a plan.

At that time many companies were offering multiple choices to service members all over the world and there was considerable confusion about the merits of the various plans.

Through the joint efforts of the Department of National Defence and Canada Trust, the SRRSP was created which minimized the risk to the serving member, while allowing a competitive return and choice of investments in their plan.

Average plan — \$17,600

The growth in the number of participants in the SRRSP has been significant over the years. There are now over 13,000 members in the Plan, with more than \$230 million on deposit. Most of the funds have been generated through either the deposit of severance pay or monthly deposits via the pay allotment system.

Over the past 10 years, with interest rates rising from 10% to 22% and now dropping back to 1975 levels, we have seen the importance of planning for the future. For example, for someone who started their SRRSP in 1975 with \$1,000, it is now worth \$2,700, for an average gain of 17%. If \$1,000 had been deposited annually, it would now be worth over \$20,000. If these amounts had been put into a non-RRSP savings program, there would be a considerably smaller amount available for retirement income.

We can now look back and realize that the Plan, with its better than competitive interest rates and no fees benefits, has provided a more comfortable retirement income to its many members. We can also see the importance of planning for the future now.

Canada Trust say they will continue to offer better than competitive rates and superior service to members and former members through the Canadian Forces-sponsored service Registered Retirement Savings Plan.

Regime enregistré d'épargne-retraite militaire (REERM) 10e anniversaire

Old photos wanted

During the past few weeks, the EA/BComd has been collecting/retrieving old photographs of RCAF Station/CFB Winnipeg. It is intended to refurbish these photos and to display them around the base.

These photos range in size from small to large (up to 4' x 3' so far). Some have been found on walls but most have been found stored behind filing cabinets, in basements, etc.

Action addressees are requested to scour their work and office spaces, as

L'épargne que vous faites par le moyen d'un régime enregistré d'épargne-retraite peut non seulement asseoir votre future sur des bases solides et vous permettre de conserver un certain train de vie à la retraite, mais peut aussi réduire vos impôts actuels. Un revenu à l'abri des impôts, la possibilité de diviser le revenu entre mari et femme dans bien des cas, et un revenu de retraite plus élevé, tout cela est possible au moyen d'un REER.

Deux objectifs principaux présidaient à la naissance du REERM il y a 10 ans: la promotion d'une épargne-retraite accrue, d'une part et, d'autre part, la création d'un régime sûr et simple dans lequel autant de militaires que possible pourraient participer. Il y avait à cette époque, un grand nombre de sociétés qui offraient des choix de toutes sortes un peu partout; il y avait aussi beaucoup d'incertitude sur la valeur de tous ces régimes.

Les efforts combinés du Ministère de la Défense nationale et de Canada Trust nous donnèrent le REERM qui venait réduire les risques à prendre de la part du militaire tout en offrant un revenu comparable aux autres régimes et un régime aux options variées.

Le nombre de participants au REERM a augmenté de façon considérable au cours de années. Ils sont plus de 13 000 aujourd'hui qui ont placé au-delà de 230 millions de dollars dans ce régime. Ces fonds viennent en bonne partie du placement de l'indemnité de fin de service ou de contributions mensuelles au moyen de la délégation de solde.

La préparation de l'avenir nous apparaît plus importante car, au cours de dix dernières années, nous avons vu les taux d'intérêts passer de 10 à 20 pour cent pour revenir aujourd'hui au niveau de ceux de 1975. Si, par exemple, une personne avait placé 1 000\$ dans un REERM en 1975, ce dernier vaudrait maintenant 2 700\$, un gain moyen de 17 pour cent. Avec une contribution de 1 000\$ annuellement, on aurait accumulé plus de 20 000\$ à ce jour. Les mêmes montants placés dans un compte d'épargne non-enregistré auraient engendré des fonds de revenu de retraite beaucoup moins importants.

Un coup d'oeil sur le régime nous fait prendre conscience que ses taux d'intérêt concurrentiels et ses revenus non imposables assurant un revenu de retraite plus considérable à ses nombreux adhérents. Ceci nous fait aussi voir l'importance de faire des plans d'avenir maintenant.

La Société Canada Trust continuera d'offrir des taux concurrentiels et un service sans égal aux militaires et aux retraités qui participent au régime enregistré d'épargne-retraite parrainé par les Forces canadiennes.

S.E. McGowan
Col
BComd
5201

well as filing cabinets, for historical material. It is not the intention to commandeer the basis of your office decor, but only to preserve any worthwhile historical material. It is therefore requested that any such material be forwarded to the EA/BComd (Capt Cue at 5625).

Letters to the Editor

Dear Sir:

A recent letter outlined the construction of a new Headquarters building for Air Command at Canadian Forces Base Winnipeg and solicited the submission by readers of name proposals for the new structure.

Thus far, some 120 proposals have been received and evaluated. Many of the submissions included considerable background material and supporting documentation indicating a great deal of research and thought behind the submissions. All submissions have been carefully evaluated. However, that singularly striking and outstanding name that would uniquely identify the new Headquarters building remains elusive.

Although a name has not been selected from the proposals received, the subject is not considered closed. The originally announced submissions deadline of 16 August 1985 is extended. Name proposals prepared in

accordance with Canadian Forces Administrative Order 29-2 will continue to be processed. Readers so wishing, should forward submissions to:

Headquarter Commandant
Air Command headquarters
Westwin, Manitoba
R2R 0T0

Telephone queries may be directed to (204) 895-6323 (Autovon) 257-6323 or (204) 895-5198 (Autovon) 257-5198.

C.G. Harvey-Clark
Lieutenant-Colonel
for Commander
Air Command

Référence: 7625-W117-77502-1
(OSEM TA SAR) 21 mai 1985

La lettre citée en référence soulignait la construction d'un nouveau bâtiment pour abriter le Quartier général du Commandement aérien à la Base des Forces canadiennes Winnipeg, et elle invitait les lecteurs à envoyer leurs suggestions afin de donner un nom au nouvel édifice.

Jusqu'à présent, nous avons reçu et étudié quelque cent vingt suggestions. Nombre d'entre elles étaient accompagnées d'une quantité importante de documents de référence, laissant voir par là que les suggestions avaient fait l'objet de beaucoup de recherche et de réflexion. Nous avons examiné attentivement toutes les suggestions. Toutefois, ce nom unique qui siérait le mieux au nouveau bâtiment de quartier général se fait toujours attendre.

Bien que nous n'ayons encore choisi aucun nom à partir des suggestions reçues, le dossier n'est pas clos. La date limite qui avait d'abord été fixée au 16 août 1985 a été repoussée. Nous continuerons à étudier toutes les suggestions soumises conformément à l'ordonnance administrative des Forces canadiennes 29-2. Les lecteurs qui le désirent peuvent faire parvenir leurs suggestions à l'adresse suivante:

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Autovon) 257-6323, ou au (204)
895-5198, (réseau Autovon) 257-5198.

Pour le commandant
Le lieutenant-Colonel C.G.
Harvey-Clark

Dear Editor:

Although most of the selected "jokes" than you run in the Voxair are usually tasteless, I found the one on page 1 of the February 5, 1986, edition to be especially offensive to women (Yes, I'm a female reader!).

It's hard to believe that in 1986 there are still people who think that standards are lower for women, and would therefore find the line "for a woman" to be appropriate. Would you have run the joke with the comment "for a Jew" or "for an Indian?" I doubt it.

Please consider your enlightened audience, both female and male, in future "joke" selections. We have a sense of humour, too, but not at perpetuating outdated and misleading stereotypes.

Ms. Michele Sabad

Editor: Keep reading, Michele, I've got some dandies coming up; meanwhile, go take a flying leap into Lake Womantoba.

For readers who may have missed this "obscenity," here's a re-print: "Does your wife miss you much?"

"No, she throws remarkably straight for a woman."

Dear Sir:

It was with gratitude and great excitement that I received your reply to my letter regarding the famous poet, John MacRae. I thought you would have thrown my letter into your wastebasket. Thank you so very much for re-printing my letter in Voxair and for sending it on to the Guelph Mercury.

I will write to the editor of the same, as yesterday I received a cutting written by the Mercury reporter, John D'Alton, giving my story in his own way from a gentleman in Guelph who has a relative in the Isle of Skye. He says that they have a large memorial building built in memory of the poet, John MacRae, also a museum where he lived, named the Colonel John MacRae and his Statue. I shall reply to this gentleman in due course, and maybe someone will send me some post cards or other information before too long . . .

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The Mercury states that the poet died of pneumonia in 1918 and is buried in Wimereux, France. My father served throughout the war in different places and died March 1, 1919. I still have the last letter he wrote to my mother, expecting to get home soon. His younger brother was killed in France at Cambrai, aged 19, and an older one survived but so badly gassed that his life was miserable afterwards. Such is war.

Thank you for all the trouble you have taken, and if I was nearer, I would give a dram of your favourite beverage.

Sincerely,
Helen MacRae
Moyle Cottage
Kyleakin, Isle of Skye
Scotland, IV-41-8 PN

Dear Editor:

1986 marks the second year of the dynamic effort to restore the Canadian Warplane Heritage Avro Lancaster MKX bomber, an important and unique example of Canada's aviation history. This year the volunteers forming the Lanc Support Club will strive to get FM 213 flying again. This major accomplishment can be achieved with your support.

The project has generated an excellent and enthusiastic response, which is reflected by memberships exceeding 1,000 world-wide. In order to continue this momentum, Canadian Warplane Heritage continues to invite the participation of the public to help underwrite the enormous costs of the restoration process by becoming a member of the Lancaster Support Club.

For a minimal annual fee of ten dollars (Canadian), one would receive an official membership card; a periodic update on restoration progress; a notification and personal invitation to attend the first public flight; and one ticket in a draw for a flight in the fully rebuilt aeroplane. One may donate more than the minimal fee if one wishes to do so.

The continued support and interest of your periodical and readers will help to ensure the completion of this unique memorial to V.C. winner Andrew Mynarski. The Lanc will serve as a highly significant symbol of man's determination and sacrifice during the Second World War.

For further information please write to:

Canadian Warplane Heritage
Hamilton Civic Airport
Mt. Hope, Ontario
Canada, L0R 1W0
Attn: Lancaster Support Club

Robert M.P. Winninger

Dear Editor:

Thank you for advertising my car in your classified ads. I believe it is efficient; a week later my car was sold. The ad was for a 1985 Chrysler FWD. Thank you again for such a service.

G. Gagnon, Major
Base Chaplain (RC)

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



PS Cuts - cont.

agency will be set out in main estimates in late February.

Mr. de Cotret stressed that reductions resulting from the implementation of recommendations of the Ministerial Task Force on Program Review are included in the 15,000-person-year reduction figure over five years.

Many reductions have already been achieved through attrition, delays in staffing actions and reductions in the number of term employees. Mr. de Cotret noted that there were approximately 13,000 departures of permanent employees from the Public Service in 1984 — other than by layoff — for such reasons as retirement, resignation, health, death and discharge.

Under the government's Work Force Adjustment Policy, permanent employees who are faced with job loss are to be placed in vacant jobs for which they are qualified or could be retrained. The policy was strengthened in April, 1985, in full consultation and agreement with all Public Service unions.

Employees laid off would be entitled to severance pay and would be eligible for reappointment to Public Service positions for a period of one year following layoff. Some would also be eligible for pension benefits.

The Secretary of the Treasury Board has written to Deputy Ministers and heads of agencies to call for full support by departments in both placing their own surplus employees and hiring surplus employees from other departments. The Secretary particularly stressed the retraining provisions of the Work Force Adjustment Policy.

Work force adjustment policy

The government's restraint program, as announced by the Minister of Finance in the May, 1985, Budget, requires that the Public Service be reduced by 15,000 person-years over the next five years.

In support of the President of the Treasury Board to develop plans to achieve these overall person-year reductions. The person-year reductions are to be two per cent for 1986-87 and one per cent in each of the following four years.

Reduction measures are to include such actions as continued productivity increases, the elimination of unnecessary programs and the privatization of some activities. Efforts will be made to achieve reductions through attrition wherever possible.

Indeterminate employees who are directly affected by the cuts are covered by the Work Force Adjustment Policy. Through consultation with Public Service unions, significant improvements were made to the policy last year and announced by the President of the Treasury Board, Mr. de Cotret, in his statement to the

House of Commons on April 17, 1985.

The following is an explanation of how the Work Force Adjustment Policy works.

Prior to making a decision as to where and when cuts are going to be made, departments are expected to assess the impact of various alternatives on departmental operations and on indeterminate employees. This would include an assessment of the extent to which reductions can be achieved through normal attrition, including retirements, and through the termination of term employment. Term or casual employees are not covered by the Work Force Adjustment Policy because their employment is temporary by definition.

Once a decision has been made to eliminate or reduce a specific operational program or supporting administrative services, the department determines a schedule for the reductions and identifies the indeterminate employees who will be directly affected. Where reductions could affect more than 10 employees, the Public Service unions must be advised, in confidence, at least 48 hours before any announcement. Departments are to do as much advance planning as possible, keeping in mind that the minimum surplus notice period, that is, the period prior to possible layoff, is six months.

Before declaring any affected employees to be surplus, the Work Force Adjustment Policy requires that a department makes maximum efforts to redeploy as many employees as possible to vacant positions within the department for which the employees are already qualified or could be retrained. Many employees are redeployed at this stage. Employees are also counselled by their department as to how they will be affected by the reductions.

If a department determines that the chances of internal redeployment are not very good, the department will declare employees to be surplus to requirements and will advise them that if they have not been redeployed by a specific date at least six months in the future, that is the proposed "layoff date," they will be laid off. During this period, called the "surplus period," the employees continue to do their jobs and, at the same time, search for alternate jobs with the assistance of both their department and the Public Service Commission.

Once an employee has formally been declared surplus, he or she is registered on the Public Service Commission's priority lists and the PSC makes an intensive effort to redeploy the employee to a job in the Public Service for which the employee is already qualified or could be retrained. A surplus employee is entitled to be appointed without competition or right of appeal.

Through its clearance system, the Public Service Commission acts as a control gate for Public Service staffing. When a department wishes to fill a position, it must supply the PSC

with information about the group and level and the job requirements. PSC officers then consult the priority lists which record the job skills of those on the lists to see if anyone on priority is qualified to do the job or, for surplus employees and laid-off persons, any one who could be retrained. If there is a match or a near-match, the priority is referred to the department for consideration.

If a department decides the person is qualified or could be retrained, the department will appoint the individual. If not, the department must justify its decision to the satisfaction of the PSC. The PSC will not clear the position for normal staffing unless there are no priorities interested or qualified. Throughout the redeployment process, the surplus employee is counselled by his or her home department and by the PSC. Supervisors must relieve these employees from normal duties as required to facilitate the job search.

If the surplus employee has not been redeployed before the proposed layoff date, the employee is laid off. For one year following layoff, the individual is entitled to a priority under the Public Service Employment Act for reappointment to the Public Service to a position for which he or she is qualified. Under the Work Force Adjustment Policy, a laid-off person is entitled to be considered for retraining. Upon layoff, an individual is entitled to severance pay in accordance with his or her collective agreement. In most cases, this amounts to two weeks' pay for the first year of service and one week's pay for each additional year, to a maximum of 28 weeks. Depending on the individual's age and years of service, the individual may also be entitled to pension benefits.

As a result of consultation with the unions in 1984 and 1985, the minimum surplus notice period was increased to four months from three months, although departments are to endeavour to give at least six months and can only give less with the prior

approval of the Secretary of the Treasury Board. Another important improvement to the policy is that surplus employees who take lower-level jobs now have their salaries protected at their former levels for one year.

All departments are giving top priority to their efforts to re-deploy affected employees, and it is anticipated that layoffs will be kept to an unavoidable minimum.

Air Reserve gets new commander

WINNIPEG — A change-of-command parade for Air Command's Air Reserve Group took place Saturday, March 1, at CFB Winnipeg's Hangar 10, with BGen. Leslie Rowbottom of Toronto taking over from GBen. John Neroutsos of Montreal.

Air Reserve Group, with Headquarters in Winnipeg, has about 1,000 officers and men serving as volunteers in various parts of the country.

Taking part in the command-change ceremony were color guards from Summerside, Montreal, Toronto, Winnipeg and Edmonton, as well as the Air Command Band and the 402 Squadron Pipe Band. Long-service decorations also were awarded.

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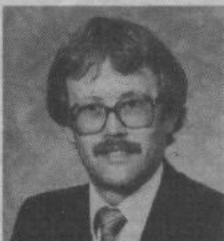
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AIR TRIBUTE TO NAVY — Major Malcolm Symonds, 402 Squadron's deputy commander, reads a dedication scroll. Standing on his right are CWO Gary Wilson, Honorary Colonel H. Neil Scott of 402 Squadron, and HMCS Chip-pawa's Commander R.W. Siemens. (402 SQUADRON PHOTO)

**With a boom and a wail
Air Reserves mark
Naval Reserves 75th**

It was a belated birthday gift, from the Reserve Airforce to the Reserve Navy just before the New Year.

The ship's company of HMCS Chip-pawa in Winnipeg had just gone through the basic lineup for divisions. The officers had taken over the command of each platoon and everyone was facing the dais at the front of the parade deck. Everyone, except the captain, Commander R.W. Siemens.

With a boom and a wail, the base drum and pipes of 402 "City of Win-nipeg" Squadron struck up. The band had been smuggled in the back door during form-up and band members had even managed to tune their pipes without being discovered.

To the credit of the ship's company, not one head turned and no one showed surprise as the pipe band marched through the naval band and up the centre of the parade deck, playing the RCAF march. On the port side, a flight of 40 airmen and officers followed the colors of Air Command to the front of the parade.

"The naval band did look a little sur-

prised," conceded Lieutenant W.T. Bowes, HMCS's public affairs officer, "but then musicians tend to be a little territorial."

The official presentation was a belaying pin fashioned after those found on HMS Victory, by 402 Squadron's deputy commander, Major Malcolm Symonds, himself a former naval pilot.

An accompanying scroll noted that the artifact was made from heartwood of Canadian oak and was presented in recognition of 75 years of naval service in defence of Canada.

"This is not an isolated event," Major Symonds told the assembly. Across Canada, Air Reserve Squadrons and Wings are presenting identical awards to Navy Reserve ships."

Accepting the gift on behalf of the ship, Commander Siemens stated that it would have a place of honor on board. The respective messes would be, of course, open to the visitors. The Flight was marched off the parade while the pipers paid a further tribute, playing "Heart Oak."

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A charity bash

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

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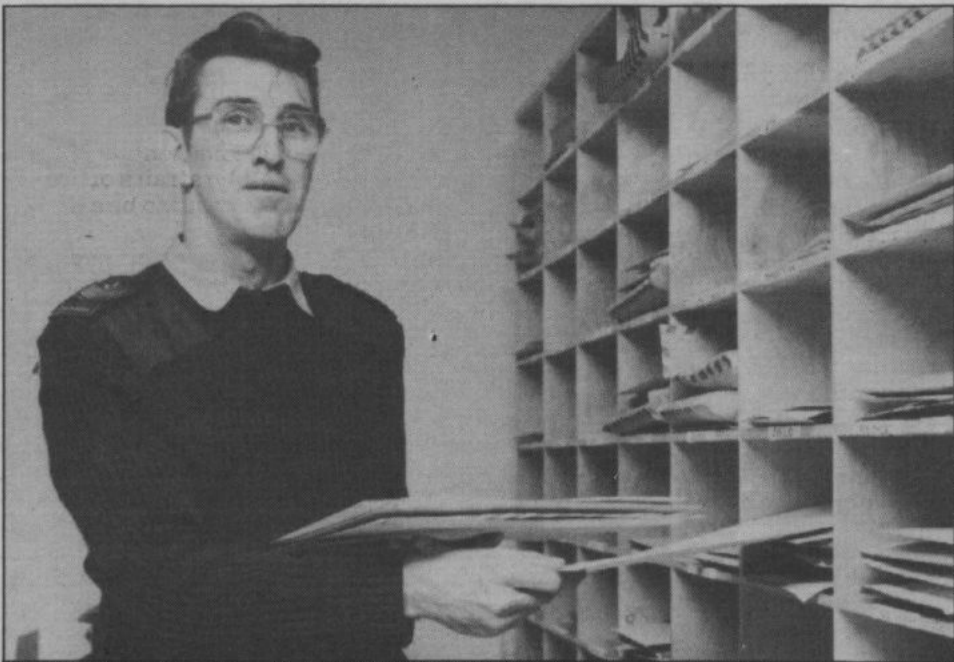
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POST HASTE — Newly promoted Sgt. Alex MacLeod not only has a new rank, but his very own post office and title of postmaster. He runs the military post office in building 90, taken over recently from Canada Post. His boss, Capt. K.R. Sanderson, says all good things come to those who "weight." (BASE PHOTO SECTION)

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LOGISTICIANS REACH AGE OF CONSENT — An 18th birthday is a big deal, particularly if you're a family as large as the Canadian Forces Logistics Branch. To mark the coming-of-age, Air Command Headquarters DCOS Log, Col. J.R. Audet, left, gets some help from his boss, BGen. J.E. Woods, COS, Support, to cut the ceremonial cake. (BASE PHOTO BY CPL. JULIEN DUPUIS)

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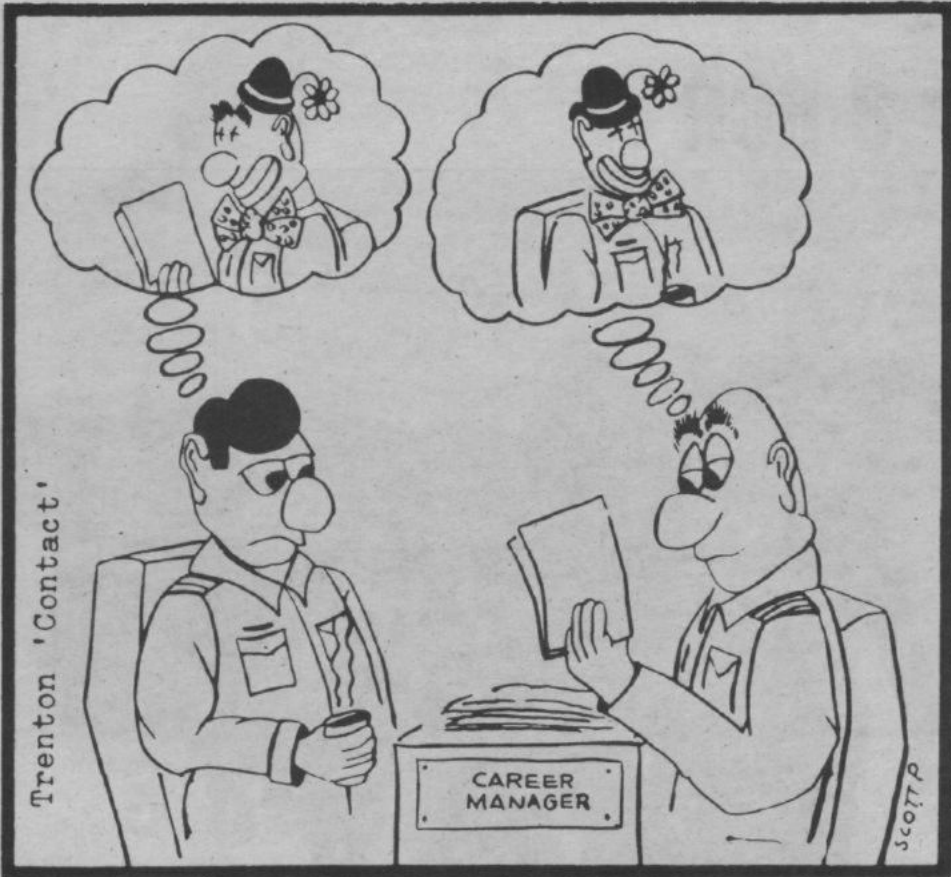
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PERFORMS IN LOTUS LAND — Join the navy and see . . . California. That was the fate of an amalgamated band of British Columbia sea cadets who were banished to sunny San Diego to hipe Maple Leaf Days, a promotion offering percentage discounts to Canadian tourists. Arrangements were handled by the Canadian Counsel-General's office in Los Angeles and CFB Esquimalt. (CF PHOTO BY SGT. J.F. SMITH)

PER writers

Handy reference

Terms	What they really mean	Tactful	Knows when to zip the lip
Average officer/warrant/NCO	Not too bright	Approaches difficult problems with enthusiasm	Dumps them off on others
Exceptionally well qualified	Has committed no major blunders to date	A keen analyst	Thoroughly muddled
Active socially	Drinks heavily	Definitely not the desk type	Has hemorrhoids
Character and integrity above reproach	Still one step ahead of the law	Often spends extra hours on the job	Has miserable home life
Zealous attitude	Opinionated	Conscientious and careful	Scared
Unlimited potential	Will retire as major or sergeant	Meticulous in attention to detail	Nit picker
Quick-thinking	Offers plausible excuses for errors	Demonstrates qualities of leadership	Has a loud voice
Exceptional flying ability	Has an equal number of take-offs and landings	Judgement usually is sound	Lucky
Takes pride in his work	Conceited	Maintains professional attitude	A snob
Takes advantage of every opportunity to progress	Buys drinks for ranks senior to him	Keen sense of humor	Has vast repertoire of off-color jokes
Forceful and aggressive	Argumentative	Strong adherence to principles	Stubborn
Outstanding	Frequently stands in the rain	Career-minded	Snubs Reserves
Indifferent to instruction	Knows more than his seniors	Gets along exceptionally well with superiors and subordinates	A sniveler
Stern disciplinarian	A SOB	Slightly below average	Stupid

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Adult class Wed 1900 - 2000 \$15	10
Lady's Learn-to-Swim Mon & Wed 0930 - 1015 \$15	10
Bronze Cross Wed - 2000 - 2200 \$75	20

Special Note
 These will be the final sessions offered prior to the summer season.

Note:

- * Recreational Council card is required by all who register
- * No classes with less than six people
- * Bronze Cross course includes manuals and exam fees.



Paintings Exhibition
 Members of the St. James Art Club are presenting an exhibition of paintings at the Assiniboine Park Conservatory until Saturday, March 15. Times are 10 a.m. - 5 p.m. No admission. All welcome.

Did you know?

A blow torch can burn a diamond.

Annual Show of Paintings
 St. James Art Club members will exhibit their annual show of paintings in oil, water color and woodcut prints at the Archives Building from now until Saturday, March 29. Times, Monday to Friday, 8.30 a.m. to 5 p.m. Thursdays and Fridays, 7.30 p.m. to 9.30 p.m.

Advance Party leaves

Cyprus U.N. duty begins for 3 RCR



Lt. Mark Osborne says goodbye to wife, Debbie and son, Adam.



Members of 3 RCR Advance Party board the aircraft for Cyprus to pave the way for the main body in early March.



Family of Major H.A. (Drew) Halpenny see Dad off on the six-month Cyprus assignment. Left is wife, Joya, and three children.



Manitoba Lieutenant-Governor Pearl McGonigal drops by to bid farewell to Advance Party troops.

(Photos by Cpl. Bill Murphy, DND/CI)



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!

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3 RCR "Soldier of the Year," Pte Brian MacCulloch, accepting the Brigadier-General Yuill Sword from the Commanding Officer, LCol J.S. Cox.

3 RCR reports —

Unknown to some, there has been an enormous amount of activity taking place within Kapyong Barracks. When you last heard from 3 RCR, the Battalion was heavily involved in its extremely busy fall-training schedule. For most soldiers, the training period proved to be one of the most eye-opening and challenging periods ever. New goals in training were achieved and a high level of battle fitness was attained.

With training objectives firmly under the unit's belt, the next "Royal" hurdle was the annual Operational Equipment Inspection (OEI). In preparing for the OEI, the battalion resources were wholeheartedly placed in support of the Maintenance Platoon. This degree of effort was necessary because earlier training had involved almost all of the unit's personnel and equipment. Black coveralls and greasy hands were the order of the day for two weeks. In any event, dedicated efforts of all ensured that 3RCR passed the OEI with a very good rating.

Concurrent with the OEI, just prior to the granting of the Christmas block leave, 3RCR celebrated both the men's Christmas dinner and the regimental birthday on the same day. The Christmas dinner proved to be an excellent event in releasing pent-up festive spirits and rewarding the soldiers for past successes and efforts. This was graciously illustrated to four individuals, MCpl Richard Rafuse, MCpl Richard Waring, WO Ernie Lajeunesse and CWO Bob MacDonald, all of whom were promoted to their respective ranks. In addition, winners of the first annual presentation of the Battalion's "Athlete of the Year" and "Soldier of the Year" awards were announced.

Recipient of the "Athlete of the Year" award went to Pte. Sean

Sullivan of November Company. He is a 19-year-old soldier who is recognized as one of the Canadian Forces' better middle-distance runners in his age group. He is also an excellent hockey player (being a member of the battalion hockey team and a qualified referee, an expert cross-country skier and a boxer.

The "Soldier of the Year" award was won by Pte. Brian MacCulloch from Recce Platoon. A few highlights which led to his selection were his top placement on both the Recce patrolman course and the pre-Infantry Section Commander's course, his excellent level of physical fitness, professional interest in the increased operational ability of his trade, which has prompted the submission of several equipment modification recommendations, and his high performance during the latest Infantry section-commander's course.

Regiment marks 102nd birthday

Although the actual regimental birthday is 21 December, the Battalion celebrated the 102 year of regimental history on the evening of the 12th with the senior NCOs "at home" to the officers. Unmistakeable charm greeted the officers on arrival and, with the generously offered hospitality of hosts, a very entertaining evening of talk and refreshments was enjoyed by all.

With the return of a refreshed exuberant battalion on 6 January, the preparations for Cyprus and Operations SNOWGOOSE 45 continued in earnest. 3RCR quickly re-aligned itself into two distinct organizations, 3 RCR Cyprus and 3RCR Rear Party. 3 RCR Cyprus consists of two rifle companies, a support company and a HQ company, while 3 RCR Rear Party now consists of one rifle company and an administration and support company.

QOCH of C play it cool on the range

By CAPT. MANFRED JAGER

WINNIPEG — About 30 members of The Queen's Own Cameron Highlanders of Canada, a Canadian Forces Militia Unit based at Minto Armoury, participated in a 48-hour winter-warfare exercise here the weekend of Feb. 22-23.

The soldiers were part of a company led by Lieutenant Douglas Steinhauer. They will spend Friday to Sunday at the St. Charles Ranges, spending nights in tents and taking meals in the fields.

St. Charles Ranges are located north

of the Assiniboia Downs racetrack and west of the Perimeter Highway.

The Highlanders, with support from members of the 3rd Battalion, The Royal Canadian Regiment, practised winter warfare and infantry skills, winter movement using snowshoes and toboggans, weapons handling in cold temperatures and winter survival skills.

The unit was introduced to the use of armored personnel carriers in winter warfare conditions by members of The RCR.

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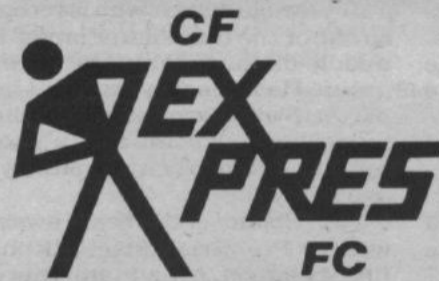
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Local Action Committee — ALL EXECUTIVE [STEWARDS



COMMAND SWITCH — Leadership of Thunder Bay's 18 Service Battalion (Militia) changes from LCol D.L. Rudyke, left, to LCol (Dr.) T.M.S. Kaipio, right, witnessed by the battalion's honorary colonel, Col. J. Swingler, centre. Col. Kaipio began his military association in 1963 in the summer student militia program. While attending the University of Toronto, he entered the Canadian Officers Training Corps, later being commissioned in the Royal Canadian Armoured Corps where he served with the 8th Canadian Hussars. He's also served with the Lake Superior Scottish Regiment. In civilian life, Dr. Kaipio is coordinator of administrative service for the Thunder Bay Public Library.



Notes on Nutrition

March is nutrition month. Why March, you ask? Don't we eat twelve months a year? Why not choose February or April? Well, it may be because nutrition is too important to celebrate in a month that's only 28 days 3 years out of 4. As for April, that's the beginning of Spring when our attention turns to other matters — especially the figures of members of the opposite sex who have started to watch what they eat in March! Anyway, how should you celebrate nutrition month? With a banquet? No. For one month a year, we should simply reflect on the way we feed ourselves day after day. Again you ask, don't we have dietitians to do that for us? Yes, our dietitians assure that meals served at the mess hall offer a healthy nutritional balance. Even our field rations receive careful study. Should we think about getting fat? Well, you could give some thought to the foods you eat between meals. That pizza last night, for example? You put it away less than an hour after supper! And how about that bag of chips you're trying to hide behind your back? PARTICIPaction suggest you use nutrition month to think about the relationship

between what you eat and what you do — the energy equilibrium. The balance between mess hall and EXPRES Program. See, if the energy you put into your body in the form of food and drink is balanced by the energy you expend in physical activity, you'll keep your weight steady. Eat too much in comparison to what you put out, and you'll pack on the fat. In theory, then, you could lose weight by eating less. But the point is this: you must eat properly to stay fit while you follow your exercise program to the letter. That's what we call the "High End Energy Balance". It will help you keep proper weight or lose excess poundage. You could put yourself in your best shape ever! Your nutritionists will certainly make a lot of good information available during March. Take note and improve your life. What's that, you ask? You've got to improve your nutrition *and* start exercising in March? Shouldn't you get double salary? Nice try, soldier. **This column is provided by the Directorate of Physical Education, Recreation and Amenities, and the Directorate of Food Services, in cooperation with PARTICIPaction.**

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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
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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: 932-2602 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.

Four Firestone tires, deluxe Champion radials, P-185-80R13, used, \$35. each; Car radio, 8-track and AM, with speakers, \$45; Manual Royal typewriter, \$50; Rust area rug, 8' X 11', \$250; Citizen ghetto blaster, \$125; Kenmore sewing machine, with carrying case, \$300; Oster meat grinder, \$60; Stirrit men's bicycle, three speed, with baby seat, \$100. Call 489-6171.

Augo gauges, oil, gas and temperature, in original container from Canadian Tire, complete with all hardware, \$30; Two new crocheted 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.

A beauty of a car, 1970 Ford XL, very good condition, power, air, luxury drive. You would love to own this car — \$1,000., firm. Call Maureen, 895-5941 (wor) or 489-2345 (home).

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.

Reliable mother will babysit full-time, part-time or on a casual basis. Kenaston and Corydon area. Call 489-6171.

PETS

Clippers Dog Grooming
373 Strathmillan
889-6762

Block east of Whytewold
south of Ness

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

New agreement for flying allies in Goose Bay

OTTAWA — Associate Defence Minister Harvie Andre has announced the signing of a multinational memorandum of understanding (MMOU) governing Allied military activity at Goose Bay, in Labrador.

The purpose of the MMOU is to standardize existing administrative arrangements covering the conduct of flying activities of air forces from the Federal Republic of Germany, the United Kingdom and the United States in Goose Bay.

At present, Allied activities in Goose Bay are managed through several bilateral agreements with different terms and conditions involving other federal agencies. Under the terms of the new standardized agreement, the Department of National Defence will become the Canadian agency through which Allied military training is administered. The signatories also will be required to pay all costs directly associated with their operations and to share in the costs of common infrastructure and services.

The 10-year agreement, which comes into effect April 1, 1986, was signed by the Commander, Air Command, Lt.-Gen. Donald McNaughton; the Chief of Staff of the German Air Force, Lt.-Gen. Eberhard Eimler; the Deputy Commander-in-Chief of the Royal Air Force Strike Command, Air Marshal Sir Joseph Gilbert and; the Deputy Chief of Staff of the U.S. Air Force, Lt.-Gen. Merrill McPeak.

"The 10-year agreement augurs well for the present and future economic stability of Goose Bay. It is also a prime example of the sort of contribution that Canada is able to provide to the NATO alliance whereby we share bases and training facilities with our allies," Mr. Andre said.



PINS UP CD — Corporal J.R.D. Boisvert, centre, of the Prairie Militia Area Comptroller staff, is congratulated by Colonel R.P. Alden, Commanding Officer of the Regular Support Staff, Prairie Region, on qualifying for the Canadian Forces Decoration. Also on hand to offer his best wishes is Chief Warrant Officer L.R. MacDonald, right, Regimental Sergeant-Major of RSS Prairie (BASE PHOTO SECTION)



Protestant Chapels

The Chapel of The Good Shepherd (North):

- Holy Communion 0900 Sundays
- Church School 1000 Sundays
- Divine Worship 1100 Sundays
- Bible Studies 1030 Fridays

The Chapel of Saint Andrew (South):

- Divine Worship 1030 Sundays
- Bible Studies 1930 Wednesdays

Marriages — 30 Days notice required, 90 days appreciated

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

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

R.C. Chapels

NORTH

SOUTH

TELEPHONE:

895-5076

895-6181

LENTEN DEVOTIONAL AT THE CHAPEL OF THE GOOD SHEPHERD:

- 5 Mar, 1900 hrs, Chapel of the Good Shepherd
- 13 Mar, 1900 hrs, Chapel of the Good Shepherd
- 20 Mar, 1900 hrs, Chapel of the Good Shepherd

HOLY WEEK SERVICES AT THE CHAPEL OF THE GOOD SHEPHERD:

- 23 Mar (Palm Sunday), 0900 hrs — Eucharist, 1100 hrs — D.W.
- 24 Mar, 1630 hrs — Eucharist
- 25 Mar, 1630 hrs — Eucharist
- 26 Mar, 1630 hrs — Eucharist
- 27 Mar, 1930 hrs — Eucharist
- 28 Mar (Good Friday), 1100 hrs — D.W.
- 29 Mar (Holy Saturday), 1930 hrs — Eucharist
- 30 Mar (Easter), 0900 hrs — Eucharist, 1100 hrs — D.W.

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

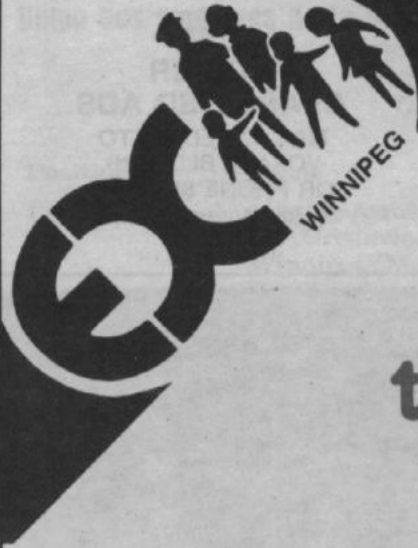
LOST

One DND pocket pager, Serial No. 46902, on loan to BML (south). Lost on Feb. 14 in vicinity of Kenaston Blvd. and Taylor Ave. If found, please return to, or contact, Base Military Police, Westin, 895-5204.

Babysitters' Course

CFB Winnipeg's Fire Prevention Bureau will be running a Babysitters' Course on 4 Apr 86 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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