

## Some Yesterdays

Twelve years ago today, May 14, 1974, Air Command's Snowbirds became the first air demonstration team to perform inside the Arctic Circle.



# Horair



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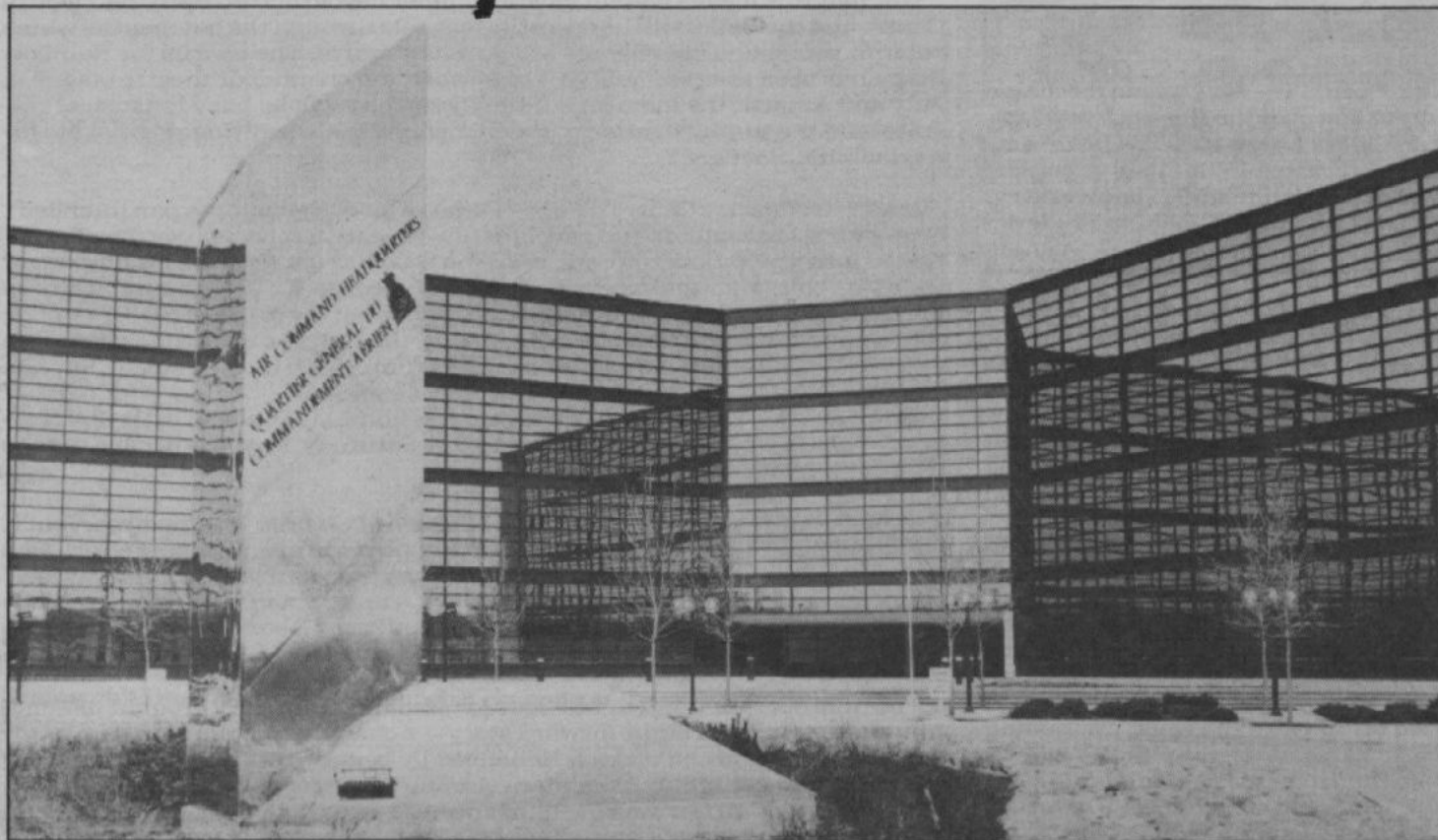
14 May 1986

## Next Deadline

May 20  
for  
May 28  
Edition

### Old building go "pfttt"

# Air Command HQ gets elbow room



**OPEN FOR BUSINESS** — Air Command's new \$28-million headquarters building was opened officially May 7 in a ribbon-cutting ceremony by Manitoba Lt.-Gov. Pearl McGonigal; Winnipeg-St. James MP George Miniaker; and the Chief of the Defence Staff, Gen. C.G.E. Theriault. Other dignitaries included Hon. Leonard S. Evans, Manitoba Minister of Employment Services and Economic Security; Winnipeg Mayor Bill Norrie; and three former commanders of Air Command, Lieutenant-Generals Bill Carr, Ken Lewis and Paul Manson, who is to become Chief of the Defence Staff July 11. (DNDI PHOTO BY SGT. JOHN BLOUIN)

## Former Air Command head named CDS

Lieutenant-General Paul D. Manson, 53, former commander of Air Command, becomes Canada's top military leader July 11 as Chief of the Defence Staff, with promotion to the rank of general.

Prime Minister Brian Mulroney made the announcement April 29.

Gen. Manson will succeed Gen. G.C.E. Theriault, who has completed his three-year term in the appointment.

Gen. Manson currently is Assistant Deputy Minister (Personnel) at National Defence Headquarters, Ottawa. He assumed this appointment on relinquishing command of Air Command in Winnipeg last June to Lt.

Gen. Donald M. McNaughton, the current commander.

In making the announcement, the prime minister expressed appreciation to Gen. Theriault for "his important contribution to the defence community in Canada," and wished him success in his future endeavours.

### New base dress

## Trials in Sept.

OTTAWA — Prototypes of a new base dress for sea, land and air elements of the Canadian Forces have been developed and currently are being manufactured in limited quantities for a user trial to begin in September.

The new air and naval base dress and the new garrison smock for land personnel are being developed as part of the Forces' distinctive environment uniform program, which is proceeding on schedule.

Naval base dress for approximately 150 personnel and base/garrison dress for some 150 air and 150 army personnel respectively are being manufactured for wear during the trial.

Commands will decide specifically where the new base dress will be tested. The trial uniforms will have as wide a distribution as possible for exposure to a variety of climates and base functions.

Aim of the user trial will be to confirm that the base garrison dress proto-

See Uniforms — Page 12

WINNIPEG — For years, air travellers skimming over this city's International Airport have pondered a sprawl of dilapidated structures below them, sitting there like an infestation of wart hogs in a tulip patch.

Luckily, all they could see were the exteriors, and not patch-quilt, paint-encrusted innards, where cramped generations of uniformed and public service personnel have alternatively sweated and frozen far more than 40 years.

But this rugged clutter of early tarpaper Canadianna is about to go "pfttt."

Replacing it is a prestigious, four-level state-of-the-art edifice that would make the old air force think they had won a trip to a swank, vacation paradise.

Having recently acquired CF-18 state-of-the-art air craft, Air Command Headquarters now enters the 21st century on the ground, too.

Ground was broken for the \$28,356,000 structure July 18, 1984. Final touches are scheduled to be completed by Sept. 30 of this year.

The new building has general, open-landscaped accommodation, with enclosed offices for senior staff. It will have three sections, east, centre and west, and a unique shape resembling a wedge, or flying wing.

Gross floor plan will comprise 16,449 square metres (177,057 square feet), almost the size of three Canadian football fields in total area.

An imposing, granite-paved entrance plaza, stainless-steel building design, landscaped traffic island, trees and flag poles complete an area where existing cairns and commemorative plaques are erected. Designers say these features provide a pleasing welcome to all who enter the new structure.

The building contains a cafeteria and kitchen, and is barrier-free for disabled persons.

Site of the building takes full advantage of maximum exposure for the major entrance at the centre of the building, the main work stations and the Commander's suite of offices. All are contained behind an aluminum curtain wall with solar-insulated, bronze-tinged glazing panels.

Facing north, east and west are the command and operations centre, automatic data-processing centre, a communications workshop and garage and mechanical plant. All are con-

See New HQ — Page 12



**UNVEILS PLAQUE** — Manitoba Lieutenant-Governor Pearl McGonigal unveils a plaque adorning the outer entrance to Air Command Headquarters' new building following dedication ceremonies May 7. Left to right are Gen. G.C.E. Theriault, Chief of the Defence Staff and a former deputy commander of Air Command; George Miniaker, MP for Winnipeg-St. James, representing the federal government; Mrs. McGonigal; and LGen Donald M. McNaughton, Commander of Air Command. (BASE PHOTO SECTION)



**SNIPS RIBBON** — Hon. Pearl McGonigal, Manitoba's Lieutenant-Governor, cuts ribbon to officially open Air Command's new \$28-million headquarters structure. Left to right are LGen. McNaughton; Mrs. McGonigal; George Miniaker and Gen. Theriault. (BASE PHOTO SECTION)



**AIR CANADA'S GOLDEN ANNIVERSARY FLIGHT** — Air Canada mechanic Montgomery Henrikson (left) and Jim Knight discover the finer points of aviation mechanics, 1937-style, as they work on the Lockheed 10A. The L-10A was reconstructed at the Air Canada maintenance facility in Winnipeg in preparation for a coast-to-coast flight in celebration of the airline's 50th anniversary. The commemorative flight began April 10 from St. Hubert, P.Q., to Fredericton, N.B. It put down in Winnipeg April 28.

### Officers' Mess (N) News

On Saturday the 12th of April, the mess say its first Rock-Nite, featuring the top 40 band — The Point. Although this event was geared toward the younger crowd, rumour has it that some of the young-at-heart crowd were still enjoying themselves at closing time. Attendance was a little less than expected; however, based on comments received, the next Rock-Nite (probably in September) will sell out fast!

For those who prefer a more formal evening's entertainment the Spring ball on Saturday, the 24th of May, is for you. The evening promises to be all you would expect from a formal Ball. Tickets will have been on sale for a week by the time this is published — so if you don't have your tickets now, don't waste another moment!

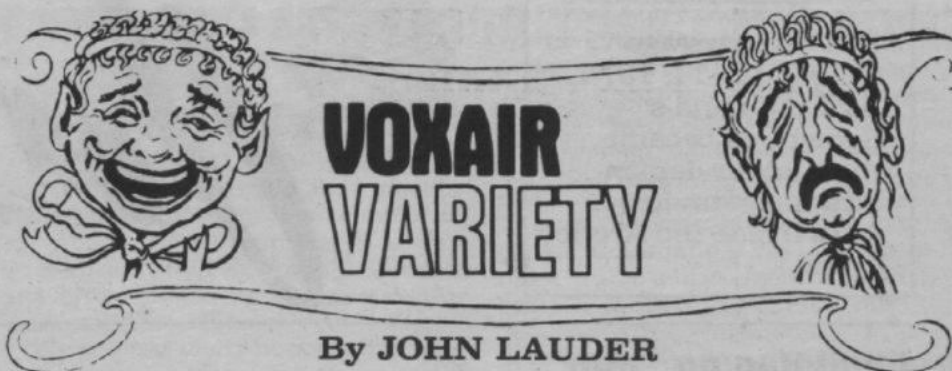
As well, in May there will of course be normal TGIF's and Sunday Smorgs, with a mixed TGIF on the 16th featuring Baron of Beef and trimmings in the Dining Room from 19:30 to 20:30 and dancing til 0100. Best of all — this one's free.

Don't forget to polish your cowboy

(or cowgirl) boots and dig out your best blue jeans and rhinestone shirts for Western Nite and Steak BBQ on June 6th. "But, what about us Maritimers?" you say — well how about Downhomer's Nite on June 21st when "us Maritimers" will show you Westerners how to eat lobster (and other marine delicacies).

Football season is almost here. In fact, the first bombers game is Monday, June 9th, and two of you (and two of your friends) will be there. The Entertainment Committee has purchased four season tickets to the Blue Bombers games. These tickets will be raffled off in pairs the week preceding each game. A sign-up sheet will be used and it will cost one dollar to sign-up. There will be a limit of 75 names in the draw — so your chances are two in 75 of winning. The first raffle will take place during noon hour and TGIF on Friday, June 6th. The draw will be held when all 75 chances are sold, or during the TGIF, whichever comes first. Why only 75 chances? — We don't want to make a profit, we just want you to have a good time!

See you at the mess.



By JOHN LAUDER

The past few weeks have seen the wind-up of the season for many performing arts groups. The final pop concert of the Winnipeg Symphony was last week, as was the end of the Ballet season. Madama Butterfly entertained us at the end of April, while the Manitoba Theatre Centre opened their last play of the season, *Filthy Rich*, on April 24th. As noted below, this runs until May 17th.

Not that this means we will have a summer devoid of fun. Both the Theatre Centre and the Ballet will be operating schools through the hot months which cater to young and old wishing to learn new crafts. The chorus for Rainbow Stage has been selected, and will be performing on outdoor theatre stages in July and August; the members of the Symphony will be busy in musical pursuits, and the administration of the Symphony is already flogging tickets for next winter. So it goes.

\* \* \*

Manitoba Theatre Centre's *Filthy Rich* is a bit of a puzzle (no pun intended). The central character in the play is an investigative reporter who has degenerated into a pulp fiction writer, and who becomes involved with a number of weirdos, both rich and poor. It is said of George F. Walker, the Toronto playwright who devised this play, that he does not try to pre-structure a play, relying on the natural flow of events to carry the dialogue to its conclusion. The show at times sounds very much as if it is running on its own steam, and the action is occasionally hard to follow for this reason.

However, the whole was well worth seeing, and Jay Brazeau in the lead role is a delight to watch. The show runs to this Saturday, so you still have time to find out for yourself.

\* \* \*

The Symphony is not only hustling "A Season of Change" for next year, but it is also raffling off two cars and various other prizes in a fund raising effort. One sad note, Arthur Polson, who has served as the concert master for many years, is leaving the orchestra for personal reasons. This is a man who has made many fine contributions to the local music scene, and he will be sorely missed. A special tribute night in his honour is planned for the fall.

\* \* \*

The final opera of the year *Madame (or Madama) Butterfly* brought us some fine singers and a straight-forward story — a change from the usual convoluted plots of most grand operas. Enhanced by beautiful sets and fine lighting (dawn breaking, night falling, stars shining), the story of a geisha girl's love for a U.S. Navy officer was good for the eyes as well as the years. American singers Diana Soviero, Louis Otey and Hans Ashbaker, in the leading roles, were excellent, and the local chorus provided a great background. All performances were sold out, deservedly so.

\* \* \*

The Royal Winnipeg Ballet, with its premiere of *Nuages*, a dramatic pas de deux, ran during the past week, but unfortunately too late for the current Voxair deadline. Other news from the Ballet is that Arnold Spohr, who has been with the company since 1945, and its Artistic Director since 1958, has been awarded this year's Canada Dance Award for outstanding contribution to the field of dance. The Minister of Communications, Marcel Masse, will present the award at Expo '86 on August 14th, when the RWB will open at that big show; certainly a welcome choice, as this man has done much for dance here in this city, and nationally and intentionally as well.

\* \* \*

Looking to the immediate future, not too much happening. Today, May 14th, the Winnipeg Youth Orchestras will be performing in the Concert Hall at 1.00 p.m. and 7:30 p.m., while at the end of the month, on the 31st, the Academy of Dance will offer a dance recital in the Hall. At the Gas Station Theatre the Contemporary Dancers, La Group de la Place Royal, and other Candian groups, will celebrate a Festival of Modern Dance from May 14th to May 27th. There are four separate programs, with the price of the first three — which cover two or three dance companies, being \$12.00 for adults and \$10.00 for seniors or students. The discount price, all inclusive, for these three shows is \$27.00 and \$22.00, while the final show is only \$7.00, it being a single effort, which features Winnipeg's Stephanie Ballard, with dates May 26th and 27th. The other group shows go on May 14-16, 20 and 21, and 23-24. More information can be obtained by phoning 452-1239.

#### CFS Alsask Reunion

A station reunion for past and present members will take place August 1-3, 1986, to mark the station's closure in 1987.

Some of the activities planned include mess events, a street dance and pancake breakfast.

Limited accommodation is available on station, and parking space is available for trailers.

All past members of CFS Alsask interested in joining us for these activities are asked to contact the SWO at GP 826-2221 or SCOMPT at GP 826-2218. Responses should be received before June 1, 1986.



## New Arrivals

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## South Site centre opens for women and children

Do you feel like getting out and meeting new friends? Is your husband in Cyprus and you feel like the house is falling down around you?

Well, do we have a place for you. You can get support from women with similar problems. Come to The Women's Center in the St. Andrew's Chapel Annex at the corner of Kenaston and Grant.

We are there every Tuesday and Thursday morning from 9:30 to 11:00. We have a playroom with plenty of toys for the children and refreshments for everyone.

We are visited every morning by WO Cleveland to answer any questions and keep us informed with Cyprus information.

Everyone is welcome, regardless of rank, unit or religion. If you are not involved with the RCR and are looking to meet new people, we urge you to come out.

If you are interested in transportation from the North Side, please call Mary Lou at 489-7796, afternoons or evenings. Come try us and make some new friends. See you soon!



Young children busy themselves with crayons and paper at new South Site Women's Centre.



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**RETIREES DONATE TO BLIND FUND** — Former members of the CFB Winnipeg Masonic Five-Point Club present a \$100. cheque for the Military Police Fund for Blind Children. Left to right are Reg Parkin; Capt. C.P. Minotti; Doug Johnston and Wes Coombe. The club originated on the base in 1953. For 33 years it has assisted military members of the Masonic fraternity to keep in touch with the organization through monthly luncheons on the base. (BASE PHOTO SECTION).

## CFANS News

First on the agenda, a welcome is due to our two new navigators. Belated congratulations to Trevor and Susan McDougall on the birth of their son, Fraser, and also to Robert and Wanda Barrett on the birth of their son, Andrew.

On Thursday, 17 April, staff and students were treated to a Nav. school mess dinner at the Officers Mess. A fine time was had by all with an abundance of food, drink, and stimulating conversation; although the post dinner crud game was taxing on some, as evidenced the following day. A sincere thank you to all those involved in the organization and preparation of the evening, and a special thank you is extended to Major Brian Handley, our guest speaker.

On Tuesday, the 22nd, Winnipeg once again was blessed with the arrival of two Sea King helicopters from Shearwater as part of their cross-country moviex. Students were treated to an excellent discussion of life in the HS environment, followed by familiarization flights. We still are unsure of who was to be motivated, as one new crew and aircraft decided to stay in Winnipeg with the flimsy excuse that something or other was not working properly and they were staying until it was.

On another note, we are finally saying good-bye to course 8504. With graduation due the 24th of April, best wishes are extended to all as they depart to their new units. 2LTs. Novak and Sniderham are off to Greenwood with squadrons 415 and 405, respectively. 2Lt Cormier is off to 436 in Trenton, while 2LT Neske is off to 435 in Edmonton. 2LTs Goodyear, Shiell, and Masyo were so enthused with the

Sea King brief on Tuesday that they signed right up and are now off to HS443 in Shearwater.

As posting season approaches, we are preparing to say good-bye to six of our staff. Topping the list is Major Watt, off to Staff College in Toronto; Captains McDougall and Stephens are going all the way upstairs to ASC; Captain Cameron will be taking the French course in Winnipeg, and Captain Hunter will try to improve our standards from CFS.

As a final note, on Wednesday, the 21st of April, the Nav. school extended birthday greetings to Sylvia Wood on her 21st birthday. At last sighting, she was rapidly pursuing the Kissing Count down Whytefold Road.

*Osair*

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## LGen. McNaughton comments on new Aircom building

This splendid new Air Command Headquarters building represents an important landmark in the history and evolution of Air Command. As a new centerpiece of our organization for command and control activities, it satisfies a long outstanding requirement and completes a further stage in the maturation of the Command. Indeed, from its humble but enthusiastic beginnings in 1975, Air Command has developed steadily into the robust, versatile air force it is today — more ready and able than ever to carry out its commitments and eager to respond to the challenges of the future.

We are justifiably proud of our new Headquarters. Its striking architecture symbolizes the vitality and enthusiasm of all our personnel throughout the Command since its establishment over 10 years ago. The magnificent structure serves also as a fitting tribute to the hard work and dedication of all past and present personnel of Air Command and a source of inspiration for those who will continue to contribute to the future of the air force.

On behalf of all members of Air Command, I heartily thank those many military and civilian personnel who helped in achieving the approval, design, financing and construction of the new Air Command Headquarters. I would also like to express my gratitude to the former Commanders and Deputy Commanders of Air Command whose perceptive leadership, determination and long hours of effort ensured the continued development of our Command and contributed so much to the success we celebrate today.

## Promotions, appointments

# New Air Command head named

OTTAWA — Promotions and new appointments have been announced for 52 general-rank officers by Associate Defence Minister Harvie Andre, to become effective during the course of 1986.

Major-General Larry A. Ashley, 48, will be promoted to lieutenant-general and become Commander of Air Command in Winnipeg. The incumbent, LGen. Donald M. McNaughton, will take up a new assignment to be announced in the near future.

Major-General James A. Fox, 50, will be promoted to lieutenant-general and become Commander of Mobile Command in St. Hubert, Que.

Major-General Andrew George Christie, 49, will assume the NATO position of Assistant Director, International Military Staff, Plans and Policy, in Brussels, Belgium.

Major-General Guy H. Lessard, 51, will be appointed Deputy Commander of Mobile Command in St. Hubert, Que.

Rear-Admiral W. Brian Hotseppiller, 51, will assume the appointment of Chief of Personnel Careers and Senior Appointments in National Defence Headquarters in Ottawa.

Major-General A. John G.D. de Chastelain, 48, will be promoted lieutenant-general and appointed Assistant Deputy Minister (Personnel) at NDHQ.

Major-General Richard Evraire, 48, will be appointed Chief, Land Doctrine and Operations, at NDHQ.

Major-General Robert W. Morton, 49, will assume the appointment of Chief, Air Doctrine and Operations, at NDHQ.

Major-General Frank J. Norman, 50, will be appointed Commandant of the National Defence College (NDC) in Kingston, Ont.

Brigadier-General John L. Sharpe, 48, on promotion to major-general, will be appointed as Commander of Canadian Forces Europe in Lahr, Federal Republic of Germany.

Brigadier-General David Huddleston, 47, will be promoted major-general and appointed Assistant Deputy Minister (Policy) at NDHQ.

Brigadier-General Paul E. Argue, 51, will be appointed Deputy Commander of Fighter Group in North Bay, Ont.

Brigadier-General Ronald L. Bell, 52, will be re-assigned as Deputy Commander, Alaska NORAD Region, in Elmendorf, Alaska.

Commodore Dennis R. Boyle, 51, will be appointed Director-General, Maritime Engineering and Maintenance, at National Defence Headquarters (NDHQ) in Ottawa.

Brigadier-General Louis R.A. Cimon, 50, will be re-assigned as Deputy Commander, United States NORAD Region, Langley Air Force Base, Va., U.S.A.

Brigadier-General G. Keith Corbould, 45, will be appointed Director-General, Land Doctrine and Opera-

tions, at NDHQ.

Brigadier-General E. Ian Patrick, 47, will assume the appointment of Chief of Staff for Operations at Air Command Headquarters in Winnipeg.

Brigadier-General Christopher D.B. Young, 52, will assume the appointment of Director-General of Conditions of Service at NDHQ.

Brigadier-General George S. Kells, 48, will be promoted major-general and assume the appointment of Chief of Personnel Services at NDHQ.

Brigadier-General Brian Smith, 47, will be promoted major-general and appointed Commander of Fighter Group in North Bay, Ont.

Brigadier-General J.F. Yvon Sorel, 51, will assume the appointment of Canadian Forces Attaché (Air) with Canadian Defence Liaison Staff (CDLS) in Washington, D.C.

Brigadier-General Frederick J. Sutherland, 44, will be promoted major-general and appointed Chief, Personnel Development, at NDHQ.

Brigadier-General Glen E. Younghusband, 51, will be promoted major-general and appointed Commander, CDLS, Washington.

Brigadier-General W. Glenn Doupe, 52, will be appointed Director-General, Current Policy, at NDHQ.

Commodore Darroch M. MacGillivray, 51, will assume the appointment of Commander, CDLS, London, England.

Brigadier-General Gordon M. Reay, 42, will be seconded to the Privy Council Office in Ottawa.

Brigadier-General John K. Dangerfield, 47, will be appointed Assistant Chief of Staff for Operations at Central Army Group in Heidelberg, Federal Republic of Germany.

Brigadier-General Walter G. Doupe, will be posted to NDHQ. His appointment will be announced later.

Brigadier-General Kent R. Foster, 48, will be come Commander of the Special Service Force in Petawawa, Ont.

Brigadier-General John C. Hayter, 52, will be come Commander of Northern Region Headquarters in Yellowknife, NWT.

Brigadier-General J.E. Pierre Lalonde, 42, will be appointed Commander of 4 Canadian Mechanized Brigade Group in Lahr, FRG.

Brigadier-General Donald G. Lewis, 50, will assume the appointment of Assistant Chief of the Logistics and Manpower Division, Allied Forces Central Europe, in Brunssum, Holland.

Brigadier-General W.E. Robert Little, 44, will be appointed Director-General, Financial Administration, at NDHQ.

Brigadier-General Allan McLellan, 54, will head the Special Task Force on Equality Rights in the Canadian Forces.

Brigadier-General J.J. Rudolphe Parent, 48, will assume the appointment of Director-General, Personnel

Careers, Other Ranks, at NDHQ.

Capt(N) Michael Cooper, 49, on promotion to commodore, will be appointed Director-General, Personnel Services, at NDHQ.

Col Colin M. Curleigh, 49, on promotion to brigadier-general, will become Commander of Maritime Air Group in Halifax.

Col J. Claude Archambault, 43, on promotion to brigadier-general, will become Commandant of Collège Militaire Royal in St. Jean, Que.

Col John F. Begin, 52, on promotion to brigadier-general, will be appointed Director-General, Dental Services at NDHQ.

Capt (N) William J. Broughton, 51, on promotion to commodore, will be appointed Director-General, Recruiting, Education and Training at NDHQ.

Col G. Scott Clements, 44, on promotion to brigadier-general will become Commander of 1 Canadian Air Group in Lahr, FRG.

Col M. Scott Eichel, 45, on promotion to brigadier-general, will be appointed Commander, 14 Training Group, in Winnipeg.

Col Gerald B. Glenn, 46, on promotion to brigadier-general, will be appointed Director-General, Supply Systems, at NDHQ.

Col John Arch MacInnis, 45, on promotion to brigadier-general, will be appointed Chief of Staff with the United Nations Force in Cyprus.

Col Robert L. Martin, 53, on promotion to brigadier-general, will be appointed Judge Advocate General in Ottawa.

Col James D. Oblenis, 45, on promotion to brigadier-general, will be appointed Command Director at NORAD Headquarters, Colorado Springs, Colo., U.S.A.

Col Donald R. Williams, 44, on promotion to brigadier-general, will be appointed Assistant Chief of Staff, Combat Evaluation, at Allied Forces North in Norway.

Col Gabriel Zuliani, 46, on promotion to brigadier-general, will be appointed as Director-General, Military Performance Review, at NDHQ.

Capt(N) H. Timothy Porter, 48, on promotion to commodore, will assume the appointment of Chief of Staff, Personnel, at Maritime Command in Halifax.

Colonel Albert L. Geddry, 45, will be promoted brigadier-general and appointed Commander, Combat Training Centre, at Canadian Forces Base Gagetown, N.B.

Colonel Garry R. King, 44, will be promoted brigadier-general and appointed Deputy Chief of Staff, Operations, with 4th Allied Tactical Air Force in Heidelberg, Federal Republic of Germany.

Captain (N) John R. Anderson, 44, will be promoted to commodore, and will attend the National Defence College Course in Kingston.

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# National Physical Activity Week 26 May - 1 Jun 86

In conjunction with the National Physical Activity Week, CFB Winnipeg PERI staff will also run a "Get Involved Activity Week."

Activities for the week of May 26 to June 1, 1986 will consist of any aerobic type activities. Following is a list of activities with points awarded:

Jogging	15 minutes	5 points
Aerobic		
Dance/Exercise	15 minutes	4 points
Swimming	15 minutes	4 points
Bicycling	15 minutes	3 points
Badminton	15 minutes	3 points
Squash	15 minutes	3 points
Racquet Ball	15 minutes	3 points
Soccer	15 minutes	3 points
Basketball	15 minutes	3 points
Floor Hockey	15 minutes	3 points
Weight Training	15 minutes	3 points
Rugby	15 minutes	3 points
Tennis	15 minutes	2 points
Volleyball	15 minutes	2 points
Canoeing	15 minutes	2 points
Walking/Hiking	15 minutes	2 points
Scuba	15 minutes	2 points
Golf	15 minutes	1 point
Softball	15 minutes	1 point
Bowling	15 minutes	1 point

Extra points will be awarded for maximum participation by a branch/section/unit on a pro-rated basis. Awards will be presented to all individuals taking part. Extra awards will be presented to top branch/unit/section.

Individuals can take part in one or all of the listed activities. Recording activities and times will be the responsibility of the individual on the honour system for the week of May 26 to June 1, 1986. All participants will record the week's results of activities and times with the PERI staff by phone or in person between the hours of 0800 and 1600, June 2, 1986 at Lipsett Hall, 895-6185 and Bldg 90, 895-5511.

The Base Commander or his representative will officially kick-off Activity Week at 0900 hours, 26 May on the track behind Building 90, Recreation Centre. Awards will be presented to the most active branch/unit/section and female/male at 0900 hours 11 June, 1986 at the Recreation Centre. All branch/unit/section personnel are invited to attend and take part in order to complete a successful week of activities.

## Soccer

CFB Winnipeg will not enter a soccer team in the City League. We have, however, been guaranteed as many exhibition games as we can handle. If anyone is interested in playing soccer this year, a meeting will be held at the Rec Centre, Building 90, May 20, 1986 at 1500 hrs.

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## Air Command HQ Invitational badminton tournament

On 11 April, 1986, Air Command Headquarters hosted an invitational badminton tournament in Bldg 21. The tournament consisted of 29 doubles teams competing for prizes in four divisions — A, B, C and D.

BGen J.E. Woods, COS Sp, opened the tournament, which featured spirited competition throughout the day, followed by presentations to the divisional winners and finalists.



The "A" division winners: Maj Bert Boehme and Capt Gilles Archambeault receive the Bank of Montreal plaque from Mrs. Lisa Martin, Manager of the Bank of Montreal, Portage and Whytefold Branch.



The "B" Division winners, Cpl Peter Loftis and Cpl Gil Gallant, receive the Astra Credit Union plaque from Sgt. Irma Piper, tournament coordinator.

**A Division Finalists:** Sgt Rich Charlton, MCpl Jim Weatherby.

**B Division Finalists:** Capt Lesley Mahon, Capt Bill McIntyre.

**C Division Winner:** Capt Dave Wrathall and Sgt Bill McKenzie.

**C Division Finalists:** Lt Dianne Charlton and Sgt Chris Christensen.

**D Division Winner:** Capt Tony Adams and Sgt Dale Ell.

**D Division Finalists:** Capt Jim Hiscott and WO John Miles.



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Boston Marathoners Sergeant Rick Charlton and Louise Gauthier of CFB Winnipeg recently competed in the prestigious Boston Marathon, 21 April 1986. The distance, 26 miles and 385 yards, takes three seconds to pronounce, but to actually do it, and prepare the body for this test of endurance takes an enormous amount of time and dedication. Rick covered the distance in three hours and 26 minutes, and Louise did it in three hours 30 minutes. Wonder if they are ready for their physical fitness evaluation. Considering the level of fitness required for this race, we are proud of our two athletes and wish them gratifying results on future competitions.

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**From Cyprus**

# 3 RCR reports

With the completion of change of command activities, 3RCR now has firmly entrenched itself into the Cyprus routine. Twelve hours of observation post duty and some time to do fitness training and play sports have become the order of the day.

With the 12 hours on-duty, 12 hours off-duty, OP requirement, sporadic and intense work-outs are occurring in the gyms as hyped up soldiers engage in their muscle-building training for the upcoming Mister 3RCR Competition.

Amidst the occasional calls for beach runs, welfare tours and sunscreen, the Battalion has dedicated itself to the task at hand and participated in several exercises to practice itself in the contingency plans required by our role in UNFICYP. Blue helmets and flack jackets have reminded everyone here of the purpose of our presence.

During March, the Battalion provided 72 participants (all volunteers) for the infamous DANCON March. The DANCON March is a two consecutive-day march in mountainous terrain where 25km is marched each day, wearing combats and a 10 kg rucksack. Not only did the march provide participants with a glorious uphill view of the Troodos Mountains, but it exposed them to the thrills of heat exhaustion, rain and, at no additional charge, a hailstorm on each day! A daily seven hour time limit was imposed to complete the march, with all Battalion members having no difficulties in finishing far in advance of the limit.

March also saw the Unit's commencement of 2G flights and the arrival of wives on the island. 2Lt Carrie Riddell's wife, Lynne, was the first of

Op Snowgoose 45 to arrive on 21 Mar 86. She was graciously met by Carrie with a presentation of flowers on behalf of the Unit and the CO's staff car to mark this special event.

The Battalion has managed to compete in some sports competitions over the last few weeks. On 5 Apr the rugby team upheld the units reputation as competitors when they entered two teams in a seven-aside tournament. They didn't win the tournament but they reminded many British teams that we are not soft colonials.

On 10 Apr the soccer team played its first and probably one of its last games while in Cyprus. Like rugby, the playing season here in Cyprus is drawing to a close as the temperature quickly rises.

3RCR's brute strength was put to good use on 12 Apr 86 when the Battalion "tug-of-war" team easily defeated all challengers in the Nicosia Charity Spring Fair. Two days later the rugby team entered the UNFICYP Sevens Rugby tournament and placed 2nd out of seven teams.

As one can see, 3RCR is keeping very busy with both duty and competitions. To our loved ones who remain in Canada, we look forward to seeing you on either the 2G program or our return to Canada.

The last of the YTEP platoons have finally arrived at the Rear Party in Winnipeg. The new soldiers were quickly put to work on a Driver-Wheel Course run by Lt. George Petrolekas, Sgt Dan Bradley, Sgt Wally Zimmerman, Sgt Dave Reynolds and MCpl Joe Charlebois. The course will run until June and then another course will begin. By the time the Battalion returns, these soldiers will be the most qualified people around.

**Sneaky, ink-blotched gremlins**

Those crafty critters that infest every printing establishment have chalked up another battle honor. This time they did a frontal attack in the dead of night on page 4 of the last Voxair edition (April 30). Performing their devilishness after all proof-reading had been done and certified as correct, they did a royal screw-up on a photo caption that accompanied a picture of newly-promoted Corporal J.A.Y. Roy of the BAMEO Battery Shop. In its place they substituted a caption announcing the promotion of Major Bob Gordon to that rank, who toils in the Air Command DCOS Personnel shop. It's enough to make old editors eat their young. — Editor.

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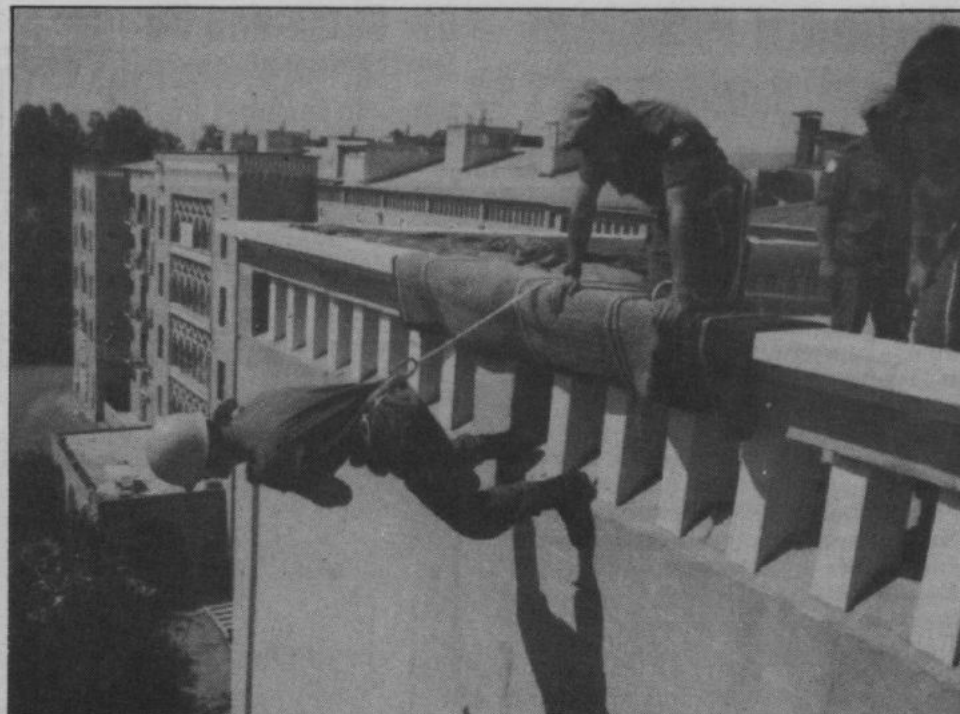
## Manitoba Marathon

The Manitoba Marathon will be run on Father's Day, 15 June 1986, with four events to choose from, including the Marathon itself (26 miles, 385 yards); the Half Marathon (13.1 miles); the Challenge Relay (five stages along Marathon Course), and the Super Run (2.6 miles).

The Super Run is designed for people who don't want to run far and to introduce new runners to racing with the excitement of the mass start and the social atmosphere an event like this promotes.

The Manitoba Marathon is also a community event. Many activity, community and business groups volunteer time and efforts to make your run a pleasant and safe experience. The Marathon is also a fund raiser for the community living projects for mentally retarded people of Manitoba. So show your support, whether as a runner or a spectator and get involved.

Entry forms and further information is available by contacting the PERI staff at the Recreation Centre, Building 90 or calling 895-5514/5511.



A 3 RCR member rappels off Nicosia's Ledra Palace during refresher training.



Winning 3 RCR members in the tug-a-war competition.



GALAXY SWALLOWS HUEY HELS — Maintainers and traffic technicians of CFB Edmonton's 408 Tactical Helicopter Squadron, 1 Air Movements Unit and the U.S. Air Force load nine Hueys and squadron equipment aboard a USAF C-5 Galaxy, destined for the Sinai Desert. (PHOTO BY SGT. DENNIS MAH, DND/CI EDMONTON)

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**Quality control**

# Steel and humans need same development, protection

By GLEN STEWART  
401 CF TSD

This article will attempt to explain how quality control is built into a product, and some of the various methods used to ensure the original quality characteristics are maintained throughout the useable life of a product.

First and foremost, quality cannot be added to the finished product, although cosmetics applied to a product certainly enhance its appearance.

Basically we are going to compare the birth of a baby with the production of a steel ingot, using quality connotations.

The genes in a baby, which are inherited from its parents, will determine just what type of individual has been created. In a like vein, the alloying elements in a steel ingot e.g. carbon, titanium, scrap metal, and ferrous oxide will determine the quality characteristics of the steel.

From birth to adulthood, the infant is checked for health, physical condition, educational development, and all the other quality characteristics that will ensure the proper development of an adult human being. Similarly, the steel ingot will be changed by machining, etching, heat treating, ageing, and other prescribed methods to ensure the end product is what is required, and has all the necessary quality characteristics. Now the adult human is preparing to make an ongoing contribution to society, as he has been molded and possesses the necessary quality characteristics to perform in many roles such as a pilot, scientist, or whatever. In a like manner, the steel ingot has been molded and now has the quality characteristics built in to perform in many func-

tions such as an aircraft hinge, undercarriage, strut, or a main engine bearing.

The quality human will continue to carry out his functions, subject to checkups and evaluations, and so will the steel part which will be also subject to checks and evaluations.

When the adult finally retires, having performed his role in a quality fashion, so too the steel component, which is given an arbitrary life span, must be retired. Advancing years and working causes humans and metals to deteriorate, and as a result they begin to lose some of their basic quality characteristics. Some of these losses in humans are failing eyesight, arthritis, slowed reflexes, and just plain fatigue.

In metals we have similar signs of deterioration such as metal fatigue, corrosion, stress cracks, and loss of tensile strength.

To sum up, because the human was born with certain quality characteristics (genes) and was molded via physical exercises, ongoing checks, and evaluations, so the steel ingot was molded to contain certain quality characteristics (alloys), with many evaluations and checks to ascertain its capability to perform its intended role.

To get a better understanding of metals we must realize that in a non-human role they are alive. Metals expand, contract, flex, deteriorate, and in time will fail simply because of fatigue. Metals require protection from the elements even as a human does, and if this is accomplished the two entities will perform their intended functions in a highly satisfactory quality fashion.



**THE A TEAM** — Winners of the A event in the Air Command Communications and Electronics 1986 Bonspiel, sponsored by Air Canada, are congratulated by the DCOs C&E, Col. Edward J. Gaines, second from right. Team members, left to right, are Sergeants Ray Lesieur, Mike Mulak, Sylvain Levesque and CWO Camsell of Canadian NORAD DC&E. Host of the event was Base Telecom at CFB Moose Jaw. (PHOTO BY CPL. ST. JEAN)



**AND THE B TEAM** — Winners of the B event at the annual Communications and Electronics Bonspiel at CFB Moose Jaw were, left to right: Col. Edward J. Gaines, DCOS, C&E at Air Command HQ; WO Don Smart, Capt. Mike Baldwin and Capt. Len Yagilashkek, Air Command HQ. Sanders were courtesy of the Canadian Imperial Bank of Commerce. (PHOTO BY CPL. ST. JEAN)

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## Skyhawks Parachute Team going to beat 60 in 1986

OTTAWA — The Canadian Forces have announced the 1986 schedule for the Skyhawks. The parachute team will perform at some 60 locations across Canada and the United States.

This year they will participate in airshows and special events from Corner Brook, Nfld. to Vancouver, B.C.

The 1986 season started for the Skyhawks on 27 April in Yellowknife, N.W.T. and will end six months later in Miami, Fla. on 2 November.

Closest they will perform to Manitoba will be CFB Moose Jaw, Sask., June 13 and 15.

Les Forces canadiennes ont publié aujourd'hui le calendrier des activités prévues à l'égard de l'équipe des Skyhawks pour l'année 1986. Cette équipe de parachutistes, qui se produira dans quelque 60 localités différentes tant au Canada qu'aux États-Unis, participera cette année à des démonstrations aériennes et à des événements spéciaux depuis Corner Brook (T.-N.) jusqu'à Vancouver (C.-B.). La saison débutera le 27 avril à Yellowknife (T. N.-O.) et se terminera six mois plus tard, soit le 2 novembre, à Miami, en Floride.

**Happy Birthday!**  
**Have you had your dental check?**

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# Stop being a fool - stop smoking

Medical experts predict that by 1987, lung cancer will be the leading cause of cancer death among women, and that by the year 2000, lung cancer death rates for women may equal those for men.

In the past 10 years, women's death rates have doubled for lung cancer and the reason is smoking - which is attributed to approximately 85 percent of all lung cancer cases.

Twenty-eight percent of Canadian women smoke. Since 1970, the percentage of women considered heavy smokers (consuming over 25 cigarettes per day) has increased 57 percent.

### Health Risks to Women

According to the Canadian Lung Association, women who are heavy smokers have nearly three times as much emphysema and bronchitis, about 75 percent more chronic sinusitis, 50 percent more peptic ulcers, and lose almost twice as many days from work or school compared to women who do not smoke.

But women also face different health risks than men. For example, the combination of smoking and oral contraceptives increases the risk of coronary heart disease 30 times and the risk of stroke 20 times. Manufacturers of oral contraceptives now put warnings about the potential dangers on their package inserts.

In addition, women who smoke not only jeopardize their own health but that of their unborn child. The risk of miscarriage, stillbirth and premature delivery are significantly higher when a woman smokes. Furthermore, babies born of smokers are, on the average, lighter at birth and tend to develop more complications during the early weeks following birth.

### Fear of Weight Gain

One of the most common excuses used by women who smoke is the fear of weight gain. Research shows that weight gain does not have to go hand-

See Smoking - Page 9

## The 3 R.C.R. Jr. RANKS LADIES AUXILIARY

invites the wives and children of the 3 R.C.R. Jr. Ranks to participate in an

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### Recreation Association

With the summer coming many clubs will soon stop their activities and many programs are coming to an end. These changes will effect the schedule at both recreation centers, thus the following schedules are published to inform users of the modifications to the schedules. Please keep them handy, they should be in effect for most of the summer.

Swimming classes will be offered this summer at both locations; details will follow when classes are over. Programs and activities will start up in the fall. Members wishing to start up new activities will be welcomed to do so. Enjoy your summer.

#### BUILDING 90 SCHEDULE

0800 0900 1000 1100 1200 1300 1400 1500 1600 1700 1800 1900 2000 2100 2200 2300  
0830 0930 1030 1130 1230 1330 1430 1530 1630 1730 1830 1930 2030 2130 2230

DAY	ACTIVITY	0800-0830	0900-0930	1000-1030	1100-1130	1200-1230	1300-1330	1400-1430	1500-1530	1600-1630	1700-1730	1800-1830	1900-1930	2000-2030	2100-2130	2200-2230	2300
MON	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL							CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		BAND								CLOSED
	BOWL		MIL TRNG		INTERS		MIL TRNG										CLOSED
TUE	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL	AERO	CASUAL					CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		BAND		CASUAL						CLOSED
	BOWL		MIL TRNG		INTERS		MIL TRNG										CLOSED
WED	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL							CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		BAND		SWIM CLASSES						CLOSED
	BOWL		MIL TRNG		INTERS		MIL TRNG										CLOSED
THU	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL	AERO	CASUAL					CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		BAND		CASUAL						CLOSED
	BOWL		MIL TRNG		INTERS		MIL TRNG										CLOSED
FRI	GYM		MIL TRNG		NOON TRNG		MIL TRNG										CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG										CLOSED
	BOWL		MIL TRNG		INTERS		MIL TRNG										CLOSED
SAT	GYM								CASUAL								CLOSED
	POOL								CASUAL								CLOSED
	BOWL																CLOSED
SUN	GYM								CASUAL								CLOSED
	POOL								CASUAL								CLOSED
	BOWL																CLOSED

#### BUILDING A2 SCHEDULE

0800 0900 1000 1100 1200 1300 1400 1500 1600 1700 1800 1900 2000 2100 2200 2300  
0830 0930 1030 1130 1230 1330 1430 1530 1630 1730 1830 1930 2030 2130 2230

DAY	ACTIVITY	0800-0830	0900-0930	1000-1030	1100-1130	1200-1230	1300-1330	1400-1430	1500-1530	1600-1630	1700-1730	1800-1830	1900-1930	2000-2030	2100-2130	2200-2230	2300
MON	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL	AERO	CASUAL					CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG										CLOSED
	BOWL		MIL TRNG														CLOSED
TUE	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL							CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		MANTAGE								CLOSED
	BOWL		MIL TRNG														CLOSED
WED	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL	AERO						CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		MANTAGE		CASUAL						CLOSED
	BOWL		MIL TRNG														CLOSED
THU	GYM		MIL TRNG		NOON TRNG		MIL TRNG		BASE TML	CASUAL							CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		MANTAGE								CLOSED
	BOWL		MIL TRNG														CLOSED
FRI	GYM		MIL TRNG		NOON TRNG		MIL TRNG										CLOSED
	POOL		MIL TRNG		NOON SWM		MIL TRNG		MANTAGE		CASUAL						CLOSED
	BOWL		MIL TRNG														CLOSED
SAT	GYM								CASUAL								CLOSED
	POOL								CASUAL								CLOSED
	BOWL																CLOSED
SUN	GYM								CASUAL								CLOSED
	POOL								CASUAL								CLOSED
	BOWL																CLOSED

## SINGER AUDITIONS - AIRCOM BAND

Auditions will be held in the immediate future for any DND employee, civilian or military, male or female, who would like to sing with the AIRCOM Band and/or Stage Band. Previous singing experience is not absolutely necessary but preferable. CO AIRCOM Band to make final decision. Successful applicants will be featured in local High School and public performances. Type of music includes middle-of-the-road (MOR), swing and popular selections. Please contact the Director of Music, Capt David Jones 5294 for further details.

## AUDITIONS POUR CHANTEURS (EUSES) - MUSIQUE DU COMMANDEMENT AERIEN

Des auditions auront lieu dans un avenir rapproché pour toute personne à l'emploi du MDN, civil ou militaire, homme ou femme qui désire chanter avec la Musique du Commandement aérien. Une expérience est préférable mais pas absolument nécessaire. L'officier commandant fera le choix. Les candidats ayant été choisis devront participer à quelques répétitions et seront mis en vedette dans les concerts d'écoles et les concerts publics. Le genre de musique joué comprend: Swing, musique de détente, succès populaires. Toute personne intéressée peut contacter le Directeur de Musique, Capt David Jones, 5294 pour de plus amples renseignements.

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### Car Maintenance Tips by your CANEX Service Station Manager Oil is the key to engine life

With so many moving parts, obviously the engine requires a great deal of lubrication. Without oil, the engine would very quickly destroy itself. Reasonable care and proper lubrication should maximize the life of the engine.

Motor oil is added to the engine through a filter cap on top of the block and it is stored in the oil pan under the block. The dipstick will tell you how much oil is in the pan, and when more should be added. You should have the oil level checked every time you buy fuel. If you are unable to check your own oil level, we, at the service station, will gladly assist you.

The oil is circulated through the engine block by the oil pump, which forces the oil through passages in the block and through a replaceable filter. In this way, the cylinder walls and the crankshaft always receive a constant supply of filtered oil. Quality engine oils contain detergents and additives to help keep your engine clean. Dirt is held in suspension in the oil, to be removed by the filter so it won't settle on engine parts or clog oil passages. When oil is not changed regularly, the additives lose their effectiveness and their ability to hold dirt. The oil becomes thicker and will not flow freely, the result: **engine wear.**

For a smooth running engine, be sure to change the oil and filter at the intervals recommended in your maintenance manual, with the correct type of oil and filter. There are various types of oil best suited for certain times of the year and driving conditions. If you need any advice on the various types of oils, please come in and see me, or telephone anytime at local 5620. Oil is critical to your engine life, and fortunately it is one of the easiest things for any owner or driver to look after.

#### Problem signs and signals

A dark brown and black stain under the front of your car could mean an oil leak. The cause of the problem could be as simple as a gasket (washer). The consequences, if unchecked, could be serious.

An engine that sputters going up hills or keeps running after the engine is turned off usually indicates a timing problem. A simple adjustment may solve it and give you better gas mileage, too.

Excessive black or blue smoke from the exhaust of a gasoline engine is a sign that something is wrong. The engine could be burning oil or the carburetor could require adjustments. Have it checked regularly.

Warning lights on your instrument panel should not be ignored, especially the oil pressure light and the brake light. Have your car checked as soon as possible.

### MQ RESIDENTS

If a Voxair newspaper is not being delivered to your home let us know.

Phone 889-3963

#### Open house

## Base Hospital stages Health Fair

By CAPT. A.F. PIOTROWSKI

A Health Fair is in progress at the Base Hospital 13, 14 and 15 May 86. We are celebrating Canada Health Day. The theme for this year is "Helping you stay healthy."

The Base Hospital, in conjunction with other units on the base and health agencies, has organized an Open House from 0800-1600 hrs. Various demonstrations, films and booths will be set up for the base personnel's information and participation.

This is an annual event to increase awareness and promote good health. It is an ideal opportunity to come visit all the displays at the Base Hospital. Participating units and agencies are:

Heart Beat will provide information on CPR, including a video on "Heart steps."

Milk Marketing Board: information on Osteoporosis.

Canadian National Institute for the Blind will provide information on eye safety.

Manitoba Lung Association: lung disease related to the workplace.

Red Cross will be taking blood pressures.

Canadian Diabetes Association.  
CFB Employee Assistance Program.

Dental Clinic  
Butt-Out Program.  
Base Food Services.  
PERI Staff

For further information call Capt Piotrowski at 895-5780, or Mrs Evelyn Richards at 949-4194.

#### Smoking — from page 8

in-hand with quitting smoking. "In fact, among persons who give up smoking, only one-third gain weight," says Dr. Peggy Russell, a leading health educator and smoking cessation expert from the University of Pittsburgh. "Another third maintain the same weight while the remaining third actually lose weight because they feel better and exercise more."

Dr. Russell believes that smoking is one of the most difficult health habits to change — but that women may face a particularly hard challenge. "Women smoke to regulate negative effects — that is reduce anxiety and anger — while men tend to smoke for pleasure and stimulation," she says.

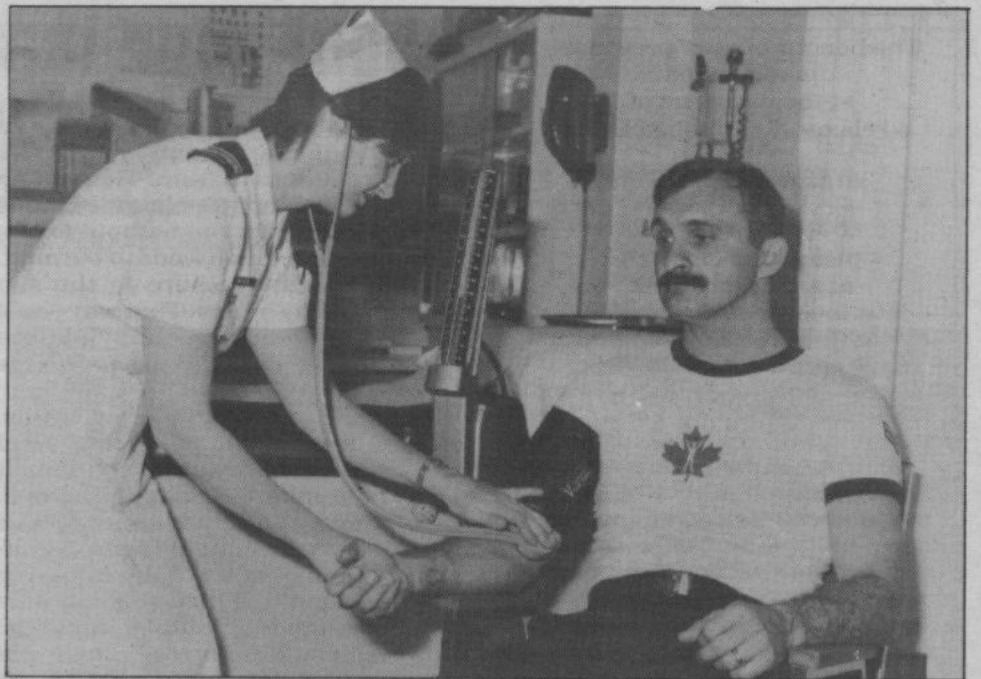
#### Overcoming Nicotine Addiction

Numerous smoking cessation treatments are available but Dr. Russell feels they do not address a central issue for many smokers — nicotine dependence.

"Few people realize that cigarette smoking is considered a form of addiction and that nicotine is an addictive substance, the addictive nature of cigarettes can cause considerable difficulty for heavily dependent smokers trying to quit," she explains.

The solution for heavily dependent smokers is to slowly wean themselves away from nicotine without developing withdrawal symptoms. Smokers can then deal with the psychological problems associated with their smoking habit.

If you have difficulty in quitting, consult your family physician. He or she can advise you on the best smoking cessation treatment to suit you. Or, contact your local cancer society, lung association or heart foundation. They each have programs designed to help people quit smoking.



Capt. K.M. Martinsen tests blood pressure of a participant during Canada Health Day. (BASE PHOTO SECTION).

## New uniform update

OTTAWA — The formal transition for a "new look" for the Canadian Forces will begin on schedule with the issue in September of new winter-weight distinctive environmental uniforms to 50 per cent of CF personnel. If production proceeds as planned, the transition will be complete by January 31, 1989.

"Right now, everything is on time and on budget with the main uniform items," said project director LCol R.G. Edwards (ret'd). Fabric is being produced and manufacturers across the country are cutting, stitching and trimming to meet the fall target for the beginning of the second phase of the new uniform project.

First phase of the program coincided with the staging in the summer of 1985 of the CF Tattoo. Military tattoo participants, and a small number of CF personnel from various commands and National Defence Headquarters, wore the new uniforms during this demonstration phase.

During the second phase, half of all CF personnel will receive their initial issue of service dress. The winter-weight issue in September will be followed by the issue of the summer-weight uniform, beginning in April, 1987.

Remaining half of CF personnel will begin to receive winter uniforms in September, 1987, and summer uniforms the following April.

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Tickets may be purchased from any student or at the door on performance nights.

## Are you certified?

If so, please contact any of the four men listed at the end of this notice.

The Base Scuba Club (GOLDEYES) can help you. Your membership (\$40 Regular — \$50 Associate and Ordinary) entitles you to:

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- Subscription to MUC newsletter.
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- Basic Scuba courses starting in the fall.

Contact:  
Ronn Cooper 5841 or 489-8785  
Barry Abram 5964  
Terry Lazaroff 5872  
Don McLeod 5082

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Linda 888-7451  
Caroline 889-0684

**About your tan**

The best way to get a good tan without burning is from short, repetitive exposure to the sun. This stimulates the melanocytes (pigment cells of the skin) to darken without excessive radiation which leads to burning. Increase your exposure to the sun gradually, day by day. That way you'll have a tan to be proud of when you come home. Far better to have it fade away than peel away.

Sunscreens are formulated as oils, lotions, creams, and gels. Creams and gels generally provide you with a bit more protection than oils and lotions. You must apply your sunscreen smoothly and evenly and reapply it after swimming, or if you are sweating heavily. This will help you continue your sunscreen's initial protection; however, *continuous reapplication of the same product will not lengthen the time you can be out in the sun before burning.* You simply cannot double

your SPF factor by applying the same sunscreen twice.

SPF factor? You've probably noticed that most products today are marked with an SPF number. The SPF number is the "sun protection factor" number. It represents the ratio of time for sunburning unprotected skin as opposed to protected skin. For example, if you usually burn in one hour of sun exposure, you can, theoretically, remain in the sun for 6 hours before you will burn if you use a product with an SPF of 6. In theory, that is. Some products vary in the accuracy of their ranked SPF values. SPF numbers are drawn from a scale of 2 to 17. Err on the side of caution; choose a higher SPF number rather than a lower one.

Choose your SPF number by the type of skin you have.

What type of skin do you have? You'll have to answer that one by yourself by considering your previous sun-tanning history. Don't forget: Your skin's sensitivity to the sun can change. Have you been badly burned before? You will burn more easily now.

Are you taking any medications? Birth control pills, for example. Tetracycline for acne? Your skin may be more sensitive to the sun than usual. This includes winter or summer sun. Your pharmacist can tell you what medicines may have this effect. Be sure to ask.

One more thing. A sunburn does not show for 2 to 6 hours after leaving the sun.

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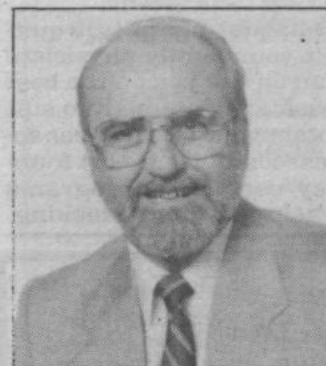


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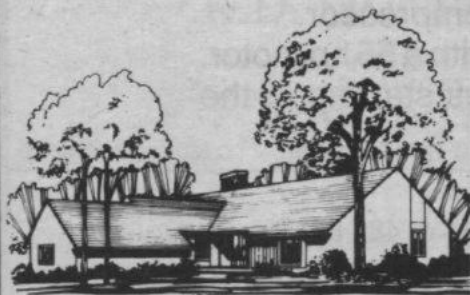
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## MISCELLANEOUS ARTICLES FOR SALE

2 single beds — Box spring and mattress \$30.00 set. 1 Queen Size bed — box spring and mattress \$100. Phone 589-8650.

Electric lawn mower, 18-inch, excellent condition, \$25. Call 837-6266.

Bontempi organ, excellent condition, two key boards, automatic rhythm includes waltz, slow rock, disco, Latin, also flute, strings, trumpet, oboe, vibrato sound selection, \$500. Call Pat Clément at 489-4735.

One super single waterbed, one year old, \$100. Call 489-7081.

Female mess kit, raincoat, CF3's, parka, etc. Size 14/16. Call Capt Anderson, loc 5621 or 889-6296.

New mate's bed with mattress, three months old, paid over \$400, asking \$200 OBO. Humidifier, \$35; old marble arbutite-top kitchen table, only \$35; beige & brown davenport couch, only \$55; older hostess occasional chair, \$10. All in good condition. Call 837-4040.

Posted overseas, must sell Filter Queen cleaner \$50; RCA 26" colour tv cabinet-style maple, \$300; chrome record stand \$25; home-made child's first bed, no mattress, \$20 six-man woods tent only used one summer, \$90; battery charger, \$20; golf cart, \$30; golf bag, \$40; two school-style desks \$10 each; boys 16" bike, \$40; girls 20" bike, \$40; two tricycles, need seats, sml, \$10; lg \$15; girls 16" bike, needs chain, \$15 as is. hard plastic swimming pool \$10. Phone 832-1939.

Woods tent 10 x 7 x 6-1/2 ft. sleeps four. Used five times, \$80. self-cleaning toster over with broiler pan, \$30; rabbit jacket, size large, \$25; winter jacket, size 11, \$10; four canister/garbage can set in green, \$10; white clothes hamper/garbage can \$10; assorted luggage. Call 832-2321 after 5 p.m.

Two single box springs, two single mattresses, one small double bed with boxspring and mattress, all in very good condition. Phone 895-5449.

Utility shed, 8' x 10' on an 8' x 16' base. \$400. firm. Call 489-6029 or 895-6072.

Posted to Germany. Following items for sale: rectangular coffee table, wood, with inlay, very sturdy; solid mahogany bookcase; wooden dining room suite with six chairs; queen-size waterbed with bookcase headboard. All items in very good condition. Call 832-5539.

Captains bed with posture board and mattress. Call 489-2620 after 7 p.m.

15 cubic foot Kelvinator freezer, 8 years, \$125; 8,000 BTU air conditioner, 8 years, \$80; Westinghouse heavy-duty dryer, \$75; cabinet-style stereo, AM/FM radio, \$60; chesterfield and chair, \$70; bassinet, \$25; and crib, \$20. Call 489-4934 after 5 p.m.

## WHEELS

Truck for sale, 1984 Bronco 4X4 engine 351, modified, still on warranty, elec rear window, tinted glass, metallic brown, removable rear seat, spare tire rack on back, body in excellent condition, \$7200 OBO. Call 832-1939. Posted overseas, must sell.

1978 Dodge 1/2 ton, 318, 4sp O/D, radials, cassette stereo, power steering. With or without cap. Heavy duty towing. With hitch. Work — 895-6125. Home 885-2073.

Bicycle, unisex 16-inch wheels, c/w training wheels, red and white, for 4 to 6 year-olds, very good condition, \$45.00, J. M. Matteau, local 5871 or 889-6320.

1974 Nova Hatch Back 350V8 at PS PB. Excellent body no rust, no dents. Requires paint, good running condition. After 5 and weekends. Phone 885-2073. Also available Intake Manifold and 4 BBL Carb.

1981 Yamaha 750 Seca, 6,500 km, \$1750. Call 888-8031 after 5 p.m.

1978 Honda XL-250, dual-purpose motorcycle. Good condition, \$500. OBO. Call Cpl. Meagher at 895-9621 or 895-5307.

1976 Dodge 18-ft. motor home, 360 V-8, 40,000 miles, sleeps six, has cruise control, air, furnace, fridge with freezer, four-burner stove with oven, hot and cold water, full bathroom, \$13,750 OBO. Call 489-6363.

1980 Datsun, 210 SL model, 5-speed, 2-door hatchback, 73,000 km, \$2,500. OBO. Capt. Widdows, 895-6377 (office) or 889-1065 (home).

1981 Yamaha 750 Seca, 6500 km, \$1750. Call 888-8031 after 5 p.m.

1982 Honda CB-650, excellent condition, only 6,000 km, wind screen, engine guards and helmet included — \$1650. Call Capt. Neill, 895-5059 (office) or 489-2360 (home).

1975 Ford half-ton truck, 302 cubic inch V-8, automatic transmission and radio. \$1300. OBO. Call WO Guy, 895-5661.

1974 Honda motorcycle, ST 90. \$300 FIRM. 489-9389.

83 Yamaha XV500 Virago, 6500 km, showrm cond., well maintained. Serious inquiries only. Call Kevin 772-6189 or 885-1563 aft. 7 p.m.

1980 Mazda Pickup with cap, \$3600. OBO. 895-5898 (Office) 885-3809 (Home). Maj Pugh.

## LOST AND FOUND

Found — brand new CF forage cap in the area of Hamilton Ave. and Sonneschen. Call 895-5766.

Left at CFB Winnipeg (south) Curling Club on 24 Apr 86 LIFA ski jacket (navy with turquoise and white trim) and ladies isotoner gloves (navy). Please call Mrs. Brown at 895-5635 if you have information.

## HOUSING

Sub-let one bedroom apt. near Unicity. Fireplace, washer/dryer in suite, air conditioning, wall-to-wall carpet, \$458 per mth, includes parking. 949-3680, days. 832-6010, evenings.

Sub-let, June 1, large 2 BR apartment, pets OK, air conditioning, wall to wall carpet, dishwasher, washer and dryer in suite, 1-1/2 bath, balcony, pool, tennis court, parking, \$625 per month. In Charleswood. Call Fran at 269-1080 (days), 895-3962 (evenings).

## WANTED

One metal shed, approx 8' x 10'. Call 489-7081.

Wanted — aluminum storage shed. Call 895-5119 (office) or 837-9162 (home).

## BABYSITTERS

Reliable babysitter available on north site for occasional evenings or over summer holidays. Call Anita at 837-1249.

Babysitter available on South Site. Has had babysitting course. Call 489-6363.

**Urgently required** — babysitter period 02 Jun — approx 28 Jul 86. (Arriving Winnipeg 30 May beginning work 02 June!!) Please write B. Marsh, Box 294, Vedder Crossing, BC, V0X 1Z0 or call 604-858-9804 or CFB Chilliwack 858-3311 loc 2383, in order that I may contact you upon arrival in Winnipeg.

**Wanted** — one non-smoking babysitter for very good eight-month old, starting July 1st. Hrs 845 a.m. to 530 p.m., Tues thru Fri. References required. Call 284-2983 after 6 p.m.

## GARAGE-YARD SALES

Multi-family yard sale, 38 Leicester Square 31 May - 1 Jun weekend, beginning 10 am.

Garage Sale — May 3-4, 9.30 a.m. to 3 p.m., 474 Sharpe Blvd. Ping-pong table, golf equipment, electric appliances, twin bed, kitchen range and numerous other articles.

## PETS

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## Beautify your PMQ

Many varieties of plants and shrubs available. Come early to avoid disappointment. Christ Church Plant Stand, 1735 Corydon Ave. Official opening May 14, from 9 a.m. to 9 p.m. Mon thru Sat.

## South Site Residents

Are you interested in a garden for the summer? If so, call E. Ells at 489-7680 after 1600 hrs, or 895-5472 (office)

## 407 Reunion

407 Sqn announces a reunion of all its former members to be held 1-3 August, 1986 at CFB Comox. This event includes a change-of-command parade, an informal dinner and dance, as well as the Armed Forces Day airshow to be held on the third. Come and visit your old squadron on your trip to EXPO '86. For further information, interested personnel should contact:

Lt. O. Crampton  
407 Sqn, CFB Comox  
Lazo, BC Canada  
V0R 2K0  
Tel: (604) 339-2211 loc 2204  
Autovon: 237-8204



**GRADUATE BABY SITTERS** — Twenty-six recently trained baby sitters pose for a graduation shot on completion of the baby sitters course conducted by the Base Fire Prevention staff, in conjunction with the Military Police and Base Hospital staff. Attendees, not in order as shown, are D. Harmer, N. Camplin, L. Nakashima, C. Bergen, R. Beihler, S. Frederickson, L. Gerbicki, E. Peddle, C. Johnston, J. Bertrand, J. Hodgson, L. Vens, C. Martin, S. Sinclair, K. Sinclair, K. Ferguson, A. Molon, M. Rigis, M. Jopling, A. Wambalt, J. Annis, K. Lazell, I. Noel, B. Whitehead, C. Case, J. MacDonald, A. Outingdyke.



## 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 Andrews (South):

— Divine Worship	1030	Sundays
— Bible Studies	1930	Wednesdays

Marriages — 30 Day 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	Sat: 1700 hrs (Eng.)	Sun: 1000 hrs
MESSES	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.	
BAPTÈME	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

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## New HQ - from page 1

tained behind walls formed by Manitoba-quarried Tyndal limestone panels for security, energy conservation and as a barrier to airfield noise.

Parking eventually will be situated close by for 164 cars, in addition to parking areas that currently exist.

### Planning started in 1979

Officials say the design was the most cost-effective, efficient, energy-conserving and flexible solution to emerge from several concepts.

An Air Command HQ consulting group and an NDHQ project design team, supported by an accommodation committee at Air Command HQ, started in 1979.

Approval of the project was based on two main factors. They were the current dispersed accommodation in seven buildings of Second World War vintage, which had an adverse effect on the efficient operation of the HQ; and the advanced state of disrepair of existing accommodations.

Accumulated major maintenance deficiencies included failing wooden foundations, rotting window sashes, deteriorated roofs and inefficient heating systems. Not mentioned was the non-existent summer-cooling systems.

Translated into continued maintenance costs, it was deduced beyond doubt that the old buildings did not yield value for money spent. It therefore was decided that the current aging structures had to be replaced.

The seven buildings to be demolished during and after construction of the new facility are No. 2, 4, 10, 14, 15, 16 and 17.

### Floor Layouts

#### Main Entrance

Comprises security check point; two-storey lobby with sunken area for seating and conversation; show case wall for the Air Command Colours and memorabilia; viewing ports to the runways; security controlled access to the command centre and upper levels.

Off the main lobby are the cafeteria and kitchen area; elevator access to upper floors and the conference centre, which may be divided into two areas by a sound-proof, movable partition. Each area has its own audio-visual systems. The conference area is located adjacent to the cafeteria and kitchen, permitting dining and additional conference space for special functions.

#### First Floor

Contains security control; Com-

mand Centre; Communications Squadron; and, in addition, a controlled, vertical access staircase, which augments elevators to upper floors. Two other fire-escape staircases are located in the east and west wings of the building.

#### Second Floor

Contains Commander's suite of offices; Commander's gallery to the operations centre; automatic data-processing centre; Operations Room; projection room; board room; communications workshop and garage; and a pneumatic tube internal delivery system.

#### Third Floor

Contains a board room; meeting rooms; open landscaped offices and closed offices for senior staff members; duplicating rooms; lounge areas; washrooms; and miscellaneous facilities.

#### Fourth Floor

Contains office layouts and work stations.

Furniture layouts will be governed by users' needs, location and flexibility of power outlets and lighting modules in the ceiling grid.

Working spaces are minimum within the DND policy requirements, but have added areas for filing cabinets.

Dividing screens between work areas are ducted to take electrical power and telephone wiring, serviced from the ceiling outlets by means of flexible service tubes suspended from the ceiling system in any direction from each ceiling module.

### Building Budget Breakdown (April, 1984)

Construction	- \$19,610,000
Furnishings	- 1,546,000
Equipment (command and control areas, consisting of communications equipment, closed-circuit TV, video monitors, facsimile equipment and communications antennae)	- 588,000
Telecommunications (telephones, cabling, intercom and public address system)	- 523,000
Contingency	- 1,164,000
Design and project management	- 1,710,000
Escalation	- 3,215,000
<b>Total</b>	<b>- \$28,356,000</b>

prime minister during the absence in the Far East of Prime Minister Brian Mulroney.

Commenting on Air Command's new acquisition, the defence minister, a Second World War member of the RCAF, said "I am most pleased to be able to comment on these Official Opening Ceremonies Air Command has been in existence for over 10 years with its Headquarters housed in temporary, World War II accommodation and the time for change has arrived. It is a significant occasion for all of us.

"The construction of this highly attractive building is an essential step forward for the staff of the Headquarters and the members of Air Command. That it should be located in Winnipeg is only fitting, given this city's proud historical association with military and civil aviation.

"I see this impressive structure not only as the Headquarters of Air Command, but also as the repository of air force tradition in Canada. It is, indeed, a proud tradition and one with which I am pleased to be associated."

## Commander's Address Opening of New Air Command Building

Your Honour, Mr. Minaker, General Thériault, distinguished guests, ladies and gentlemen. On behalf of all members of Air Command, it is with great pride that I welcome you here to the official opening of our new Air Command Headquarters building.

We are especially honoured to have with us the Lieutenant-Governor of Manitoba, the Honourable Pearl McGonigal, George Minaker, Member of Parliament for Winnipeg-St. James, representing the federal government, and the Chief of the Defence Staff, General Gerard Thériault.

Other special guests include three former commanders of Air Command, Lieutenant-Generals Bill Carr, Ken Lewis and Paul Manson; Mr. Len Evans, representing the Premier of Manitoba and His Worship Bill Norrie, Mayor of the City of Winnipeg. I would also like to recognize the presence of the Honourable James Richardson, who, as Minister of National Defence, authorized the formation of Air Command.

It goes without saying that this is a very significant day for Air Command. Since the formation of Air Command in 1975, the headquarters has been housed in the old Second World War buildings which you see around you. The 629 military and civilian personnel who make up the Headquarters staff were located in seven different buildings which made communication and good staff work very difficult — not to mention the inefficiency of the buildings in the climatic extremes sometimes encountered in Winnipeg.

The requirement for a new building to consolidate the number of personnel associated with Air Command Headquarters was recognized very early on and concepts were developed, but it was not until March, 1984, that funding was available and the proposal was approved by the federal Treasury Board. After plans and specifications were prepared by the Winnipeg architectural consortium of Aircor Consultants, Defence Construction Canada Limited called tenders and later awarded the contract to PCL Construction. PCL began construction in July of 1984 and progress has been steady ever since. While some work remains to be done on the building and, as you can see, to complete the landscaping and removal of the vacated buildings, the new building is occupied by most of our staff now and is meeting or exceeding our expectations. The building is a wedge concept of four levels with a gross area of 158,000 square feet. The building form represented is a direct result of a response to environmental siting factors whereby specialized windowless, shielded and service core facilities were located as a screen to north-westerly and northern winds and whereby the large flexible office areas were focussed around the catchment of sun angles to the south.

This distinctive new building represents an important milestone in the evolution of Air Command. We now have our new home, a practical structure from which we can direct the activities of our air forces from coast to coast. As the largest command in the Canadian Forces, the headquarters staff oversees some

33,000 military and civilian personnel who are organized into six groups, 17 bases and 21 stations across Canada. They support the operations of some 650 aircraft, flying over 1/3 of a million hours each year, plus radar stations, training schools and other units which make up the fabric of Air Command. This new building is a tangible symbol of Air Command's maturity and a remarkable edifice from which leaders now and in the future will meet the challenges that will undoubtedly arise in ensuring the security of our great nation.

I would like to take this opportunity to thank the many agencies and individuals who have worked so hard to bring about the realization of this event. To all of those involved in the planning, financial administration, project management, design and construction, I offer our heart-felt thanks and congratulations for a job well done.

It is also appropriate that I extend thanks, on behalf of Air Command, to the community of Winnipeg. The city has become "home" to thousands of air force personnel over the years and this magnificent new building is proof positive that Winnipeg is now home for Air Command. Over the past decade, Winnipeg has proven to be an excellent location for this Command and I know that the support that we have received from both the City of Winnipeg and the Province of Manitoba have contributed in no small way to the Command's effectiveness and morale.

As I have already mentioned, we are honoured to have with us today, the Chief of the Defence Staff, General Thériault. As a founding member and a former Deputy Commander of Air Command, Gen. Thériault no doubt remembers the Command's original somewhat humble headquarters. It is particularly appropriate therefore, that he should be here with us on this occasion so that we can thank him for his significant part in making our new headquarters a reality.

Later on in the program we will be moving inside the new building. You will note that one of the features of this Headquarters is the main foyer where the Air Command Colours will be displayed. The foyer will also contain a bronze statuette, which is a smaller scale replica of the statue which stands on Memorial Boulevard here in Winnipeg. The statuette was most graciously donated to Air Command by the Wartime Pilots and Observers' Association. I am pleased to say that Jack Brown, president of the Wartime Pilots and Observers' Association, will make the presentation later in the programme.

We are also very fortunate to have with us today, George Minaker, our Member of Parliament for Winnipeg-St. James, who is representing the Federal Government on this occasion.

It is a great pleasure to introduce the Honourable Pearl McGonigal, Lieutenant Governor of Manitoba. Her honour has been a staunch supporter of Air Command and the Canadian Forces in this province, and indeed, wherever military personnel serve. She officiated at the sod-turning ceremony which took place in 1984 to mark the beginning of construction of this building, so I was especially delighted to learn that the Lieutenant Governor would be able to attend these ceremonies and cut the ribbon officially opening the finished building.

## Uniforms - from page 1

base/garrison dress to personnel of all three environments is scheduled to begin in the spring of 1988. Issue will be on an "as available" basis.

Officials say that the time between the end of the user trial and the beginning of issue of the new base dress may seem long, but it is time that is essential. Not only are there budgetary considerations, but there are other considerations as well, such as the need to produce patterns and technical data, acquire materials and contract for manufacture.

The current green CF work dress is authorized for wear until January, 1987 and the issue of the new

types meet all requirements for which they are designed.

Officials say that user trials can be very complicated. The questionnaire that each wearer is expected to complete when the trial ends is extensive and each person has his own fixed ideas of how a uniform should fit and what needs it should fill. They add that "rather than simply meeting the needs of one individual, we must produce something that will, as much as possible, satisfy all of the people all of the time."

The user trial will end in January, 1987 and the issue of the new



Defence Minister Erik Nielsen, PC, DFC

Defence Minister Erik Nielsen, PC, DFC, was unable to attend official opening ceremonies for Air Command's new HQ building because of commitments in Ottawa as acting

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