



BComd gets his buck

The Base Transportation Officer, Maj Crichton, presents Col Reynolds, Base Commander, with a silver dollar in recognition of his safe driving practices. (He was really followed.) Numerous other drivers were observed during Safe Driving Week 1-7 Dec 86 but unfortunately most did not follow all the teachings of safe and defensive driving. The most common faults observed were speeding, failure to use seat belts, not using signals when making turns and not making a complete stop at intersections controlled by a stop sign. However, MSE Safety was able to give out 20 silver dollars for safe driving habits to the following people: Col Reynolds, Mrs. Remington, Capt Turkington, Cpl Stevens, Pte Martin, Mr. Ferguson, Mrs. Haris, Mrs Corbet, Mrs Patterson, Mrs Ormsley, Cpl Lariviere, Sgt Hasselfield, MCpl Heit, Capt Darch, Cpl Gallant, MCpl O'Connell, WO Kluth, Mr Brown, Mrs Edmont, Cpl Antle.

These drivers names were put in a draw to determine the winners of 5 prizes which were donated by various outlets at CFB Winnipeg. The winners were: MCpl O'Connell — Portfolio, Mr Brown — 3 LP Records, Mrs Patterson — \$15.00 Gas, Capt Turkington — \$15 Gas, Mr. Remington — Oil, Lube, Filter change.

Congratulations to all winners and keep up the good work. Remember — when we all drive our vehicles in a safe and defensive manner, everybody is a winner.

DND/Canadian Forces Activities in 1986

The Honourable Perrin Beatty, former Solicitor General of Canada, became Minister of National Defence on June 30. Named to the post of Associate Minister of National Defence on the same date, was the Honourable Mr. Paul Dick. Mr. Beatty is principally concerned with major policy decisions, such as sovereignty, relations with our allies and key procurement decisions. While the day-to-day administration and management of the Department is Mr. Dick's responsibility.

In July, General Paul D. Manson was appointed Chief of the Defence Staff and Lieutenant-General James Fox became Commander of Mobile Command. The following month, Lieutenant-General Larry Ashley was named Commander of Air Command.

The direction of defence in 1986 has been to retain and strengthen Canada's military presence in Europe and to continue with the collective defence arrangements that Canada has with the North Atlantic Treaty Organization (NATO) and the North American Aerospace Defence Command (NORAD). These policy commitments were also confirmed for North America with the renewal of the NORAD agreement early in 1986. Northern sovereignty also remained a significant defence priority in 1986.

The review of defence policy options continued with the expectation that the results will be published during 1987 in the form of a White Paper.

CANADIAN MILITARY PRESENCE IN THE NORTH

The Canadian Forces maintain a permanent presence in the North with Northern Region Headquarters in Yellowknife, N.W.T., and a detachment in Whitehorse, Yukon. In addition, CF units based in other parts of Canada conduct periodic operations and training in the Northern region.

Maritime Command conducted naval deployments to the Eastern Arctic during 1986.

HMCS CORMORANT, a fleet diving support ship, and Canadian Forces Auxiliary Vessel QUEST, a naval research vessel left Halifax in mid-August for a northern deployment of approximately 60 days. The ships visited the four northern communities of Clyde River, Nanisivik, Resolute Bay and Pond Inlet.

Army activity in the Arctic during 1986 consisted of six company-level exercises (approximately 100 soldiers each), as well as a number of smaller-scale exercises, held north of the 60th parallel.

In addition, the Commander of The Special Service Force, Brigadier-General Kent Forster, conducted a reconnaissance in the Arctic accompanied by his principal staff officers and unit commanders. They visited several northern locations including Frobisher Bay, Pangnirtung, Hall Beach, Churchill and Rankin Inlet to ensure the army is prepared to move into the North in time of crisis.

The Militia, represented by "Les Fusiliers de Sherbrooke", underwent training at Pond Inlet, Baffin Island, in July. Land elements from Communication Command also deployed in the Arctic for annual long-range communication exercises.

On October 14, two Canadian Forces CP-140 "Aurora" aircraft took off from opposite ends of Canada (Comox, B.C., and Greenwood N.S.), to conduct northern patrols.

In June, four CF-18 fighter aircraft conducted flying operations at Frobisher Bay, N.W.T., as part of a North American Aerospace Defence Command (NORAD) exercise. This exercise allowed the Canadian Armed Forces to practice northern deployment, sustained flying operations at a northern airfield, air-to-air refuelling, air-to-surface tactics and communications between NORAD and the CF-18 detachment at Frobisher Bay. In addition, the deployment of the CF-18s from 425 Squadron at Canadian Forces Base (CFB) Bagotville, Que., tested the feasibility of operation CF-18s in the North as part of the North American Air Defence Modernization Project.

Exercises like this one, are conducted periodically to train personnel working in the radar network, fighter interceptor squadrons and regional operation control centers, all of which are a part of NORAD.

NORAD INTERCEPTS

The first airborne interception this year of unidentified aircraft occurred in June when two CF-18 fighters from 425 Tactical Fighter Squadron were scrambled from CFB Bagotville, Que. The Canadian Forces pilots identified two Tupolev-95 Bear Fs, long-range Soviet aircraft used for anti-submarine warfare activities. The aircraft were detected by radar as they entered the Canadian Air Defence Identification Zone without notification. They were subsequently escorted over international waters.

See "CF in 1986" p. 10

DDN/Forces Canadiennes en 1986

L'honorable Perrin Beatty, auparavant Solliciteur général du Canada, était nommé le 30 juin 1986 ministre de la Défense nationale, et son confrère, l'honorable Paul Dick devenait le ministre associé de la Défense. M. Beatty est maintenant responsable des grands secteurs publics comme la souveraineté, les relations avec nos alliés et les décisions ministérielles clés, alors que, de son côté, M. Dick est responsable de l'administration et de la gestion des affaires du Ministère.

En juillet, le général Paul D. Manson devenait chef de l'état-major de la Défense et le lieutenant-général James Fox était nommé commandant de la Force mobile. Le mois suivant, le lieutenant-général Larry Ashley accédait au poste de commandant du Commandement aérien.

La politique de défense en 1986 a été de sauvegarder et de renforcer notre présence militaire en Europe ainsi que de perpétuer nos ententes de défense collectives avec l'Organisation du traité de l'Atlantique Nord (OTAN) et le Commandement de la défense aérospatiale de l'Amérique du Nord (NORAD). Ces engagements vis à vis l'Amérique du Nord ont été re-confirmés avec le renouvellement des ententes du NORAD au début de l'année 1986. La souveraineté canadienne dans le Nord est aussi demeuré une priorité importante de défense en 1986.

Les différentes options quant à la politique de défense ont été étudiées et le résultat de ces études devraient être publié sous la forme d'un Livre Blanc.

PRESENCE MILITAIRE CANADIENNE DANS LE NORD

Les Forces canadiennes ont déjà une présence permanente dans le Nord, avec le Quartier général de la Région du Nord, à Yellowknife (T.N.-O.), et un détachement à Whitehorse (Yukon). De plus, des unités d'autres bases des Forces au Canada mènent périodiquement des opérations et des entraînements dans le Nord, comme en témoignent les exemples suivants.

Au cours de 1986, le Commandement maritime a effectué des déploiements dans la région Est de l'Arctique.

Le NCSM CORMORANT, un navire de soutien de plongée, et le navire auxiliaire des Forces canadiennes QUEST, un navire de recherche naval, quittaient le port de Halifax à la mi-août pour se déployer dans le Nord pendant quelque 60 heures. Les navires ont visité les collectivités nordiques de Clyde River, Nanisivik, Resolute Bay et Pond Inlet.

L'élément terrestre des Forces canadiennes a tenu, au cours de l'année qui vient de s'écouler, au moins six exercices au niveau de compagnies (ce qui équivaut à une centaine de soldats) en plus d'une série d'exercices de moindre envergure, au nord du 60° parallèle.

De plus, le commandant de la Force d'opérations spéciales, le brigadier-général Kent Foster, accompagné de son état-major et de ses commandants d'unité, a effectué une tournée de reconnaissance dans l'Arctique. Le groupe a visité plusieurs collectivités du Nord, notamment Frobisher Bay, Pangnirtung, Hall Beach, Churchill et Rankin Inlet, pour s'assurer que l'Armée est prête à se déployer dans le Nord canadien en toute situation.

La Milice, représentée par les Fusiliers de Sherbrooke, s'est entraînée en juillet à Pond Inlet (Île de Baffin) et des éléments terrestres du Commandement des communications se sont déployés dans l'Arctique pour leurs exercices annuels de communication à longue portée.

Le 14 octobre dernier, deux appareils CP-140 Aurora des Forces canadiennes décollaient des deux extrémités du Canada (Comox en C.-B., et Greenwood en N.-É.) pour effectuer des patrouilles dans le Nord.

En juin, quatre CF-18 ont mené des opérations de vol à Frobisher Bay (T.N.-O.), dans le cadre d'un exercice du Commandement de la défense aérospatiale de l'Amérique du Nord (NORAD). L'exercice a permis aux Forces canadiennes de pratiquer de déploiement d'appareils dans le Nord, d'effectuer des opérations de vol soutenues dans un aéroport nordique et de s'entraîner au ravitaillement en vol, aux tactiques air-sol et aux activités de contrôle et de communication entre le NORAD et le détachement de CF-18 à Frobisher Bay. De plus, le déploiement des CF-18 du 425e Escadron de la base de Bagotville (Qué.) a permis de tester la capacité opérationnelle de ce chasseur-intercepteur dans le Nord, dans le cadre du Projet de modernisation de la défense aérienne de l'Amérique du Nord.

See "FC en 1986" p. 10

Editorial Glen Stewart

As this is my first go at being a Production Editor, have decided to tread carefully and hope that sooner or later I will be able to fill the shoes of Linda Martin, who has departed for Saskatoon.

Prior to starting this position, I never gave any thought to how a newspaper page was laid up, who did the actual labor, and who was responsible for the finished product.

Even though I have been racking my brains trying to figure out how to spread the full labor among all the Voxair staff, it always seems to come back in some mysterious ways, so that the final decisions as to what will be in the paper is the sole responsibility of the Production Staff.

I would like to see one column or more devoted to a "Humor Hunt" where cute, corny, and maybe humorous jokes in good taste, might brighten up someone's day.

Also in the not too distant future would like to see a "Personality of the Month", section where a deserving military or Civilian person could reap a little positive publicity, before he reaches the gold watch and chain phase of his career.

As a subscriber to both daily newspapers, am often intrigued and amazed by some of the "Letters to the Editor" page, but realize that there is only so much time available for writing, reviewing, and editing a service newspaper, so had better pull in my horns, and for the present stick to the basics and turn out the paper.



It is hoped that everyone has now recovered from the overdoses of the festive season. Too much food, drink, and batteries for talking dolls, remote control cars, and multi other toys tended to load us down in recent weeks. At the same time there was a glut of live entertainment, as all sections of the performing arts tried to gain from the Christmas buck.

Thus we were blessed with good and bad shows, music, dance, theatre, new movies and even TV specials to keep us at home. In the period between Christmas and New Year's we had the Royal Winnipeg Ballet with their annual holiday show. This time the main event was "The Big Top" a circus ballet, which was a particular delight for the young folk. The eight-year old critic with me loved the clowns, barkers, animal trainers, lions, tigers and snakes, all in ingenious costumes which made them appear real. Action, the rule of the day, and a set which presented first a city, then a fairground, and finally the inside of a big top tent.

Also on the program was "The Jazz Hot", a fast dance number, and the noted Evelyn Hart with Andre Lewis in "Nuages", a new, yet classical in form pas de deux.

* * *

On New Year's Day the Manitoba Theatre Centre opened "Mirandolina" billed as a classic comedy. Local reviews have not been kind to this effort, but it had a few things going against it from the start. Something seems to have been lost in the translation from 18th century Italian (it was written by Carlo Goldini, who was born in Venice in 1707, and who wrote 200 plays between 1748 and 1762). The cast was made up of young actors attempting to portray middle aged aristocrats, wearing 18th century cloths, but talking in the current language.

Of the cast, Michael Spencer-Davis was able to talk, walk and act like a mature Count, while others who were Barons, Marquis, etc, were overly active as the old time upper crust. The play runs until January 31st, so go and judge it for yourself.

The MTC came up with a real hit at the Warehouse Theatre on January 7th. The Canadian play by Newfoundlander David French is a delight, and the two person cast exceptional. This play has won four major awards, three in Canada and one the Hollywood Drama-Logue Award. Robert Metcalfe and Leslie-Anne Sanders, the two protagonists of the love story, also deserve awards.

This one ends on January 24th, so get to see it by Saturday.

* * *

Coming to the Warehouse for four nights is the Sapavento Company presentation of "Commedia Dell'arte" which is apparently improvisation of farce in the best Italian tradition. There are ten clown characters who become involved in horse play, along with the audience. Tickets are only \$6.00 for 8 p.m. shows, so it looks fine if you want a cookie, crazy evening.

* * *

Tonight at the Concert Hall are Marie Osmond and Sawyer Brown, while on Friday and Saturday, the 23rd and 24th, the Symphony will play Debussy, Mozart and Sibelius, with guest artist Frank-Peter Zimmerman on the violin. Over at the Pantages Theatre on the 24th the "Famous People Players" will give three shows, at 2, 4 and 8 p.m.; while on the 25th at 3 p.m. there will be a Ukrainian Variety Show. At the Gas Station Theatre the Agassiz Theatre group will run "City Limits" from January 22nd to 31st. This is billed as a down to earth play for adult audiences, dealing with that old bugaboo "relationships" in the big city, so it is not one to take the children to see. More info from 942-6140.

Quality Assurance in the C.F.

The official title of our organization here is 401 Canadian Forces Technical Services Detachment (401 CFTSD), and like many others we are a Lodger Unit at CFB Winnipeg.

Our designation at DND Headquarters in Ottawa is under the command of the "Director General Quality Assurance", and our field units consist of four Agency Headquarters e.g. No. 1 Canadian Forces Technical Services Agency located in Halifax, No. 2 C.F.T.S.A. located in Montreal, No. 3 C.F.T.S.A. located in Toronto, and last but not least No. 4 C.F.T.S.A. located in Edmonton.

Each Agency has a number of Detachments and these organizations are responsible for covering the geographical areas which come under the Agencies jurisdiction.

As all of my working career has been spent under the guidance of Number 4 Canadian Forces Technical Services Agency I will stick to this geographical area.

Number 4 CFTSA is under the command of a LCol, and the area the Agency is responsible for extends from Marathon Ontario to all of the west coast, and most of the North West Territories.

Our detachment (401 CFTSD) in Winnipeg is under the command of a Major, and his personnel are a mix of civilians and military.

The sole purpose of a Technical Services Detachment is to ensure that quality assurance on all relevant contracts has been satisfactorily performed.

To give you an idea of how diverse these operations are I will list a few examples. Bristol Aerospace Limited has some of our personnel resident at this contractors facility. They are under the command of a Contract Manager who in this case is a Captain, and his personnel, with the exception of his Supply and Logistics, are helicopter and jet aircraft trained and oriented.

Our Clothing and Textiles group are a busy bunch of people as the new uniforms are coming onstream, and besides this, they carry out quality assurance on parkas, boots, shoes, tents, overcoats, prison guard uniforms and do Q.A. for all other Govern-

ment Agencies who request our services.

We have also an Itinerant group of inspectors. Their day to day activities can consist of (1) inspecting coffee designated for Canadian Forces Bases, inspecting army truck transmissions after overhaul, inspecting and accepting large and small buses, flying to Regina to inspect mobile refuelling tanks, inspecting and accepting D.N.D. fire fighting equipment, and in their spare time they complete the necessary paper work and forms which are so beloved by anyone who handles this never ending mountain of paper.

There is also an Electrical and Electronics sub-detachment at 401 CFTSD and their basic responsibilities are computer software, wire of all kinds and sizes, weapons systems, all types of electronic equipment, and they fill in their spare time by inspecting rockets, propellants, launchers and you name it.

C.F.B. Winnipeg looks after our pay accounts, military clothing, military medical and dental services, motor transport when required, so you can realize how basically dependent we are on the services provided by the Base.

The civilians who work at 401 CFTSD are classical as Technical Inspectors, and it is possible to attain a rating of Technical Inspector Six, although at the present time we only have two of these gentlemen, and the rest of our civilians are T13, T14, and T15. The military technical inspectors are all of Sgt and above rank, and to ensure equal treatment we are called "Quality Assurance Representatives".

In the aero space part of our duties, most of the civilian inspectors are ex-military, and the main reason this happens, is due to the difficulty in obtaining anyone with an aircraft background and up to date experience.

There are quite a few Quality Assurance courses available, and when it becomes necessary to upgrade your expertise in a particular discipline, sooner or later you will be sent on a course.

Glen Stewart

Humor Hunt

I just found out why Santa has a two acre garden behind his house.

"Why would Santa have such a huge garden?"

"He just loves to Ho-Ho-Ho."

No. 1 airman to his pal, "The smartest invention ever, was the wheel!"

"Pal replies "I disagree, and for your edification the Thermos Bottle is the greatest."

"What other invention knows when to keep liquids hot, and when to keep them cold'?"

Two airmen returning to their barracks, after a lengthy session with "John Barley Corn" decided to short cut through the local cemetery. About half way into the cemetery a real dead ghost jumped out from behind a tomb stone and let go with a blood curdling screech.

The two airmen stopped in their tracks, and the one said to his Pal, "What in the world was that?"

The other airman replied, "I sure don't know, but what ever it was, the darn thing just messed in my pants."



Following the Canadian Forces

Editor-In-Chief	- LCol K.W. Doerksen	- 895-5281
Managing Editor	- Capt Joy Plohman	- 895-5780
Production Editor	- Glen Stewart	- 895-5987
Assistant Editor	- Capt Tom Walls	- 895-6346
Sports Editor	- Cpl Chris Pilon	- 895-5511
Business Manager	- Capt Dave Lawe	- 895-5531
Asst Business Manager	- Sgt Dick Mugridge	- 895-5394
Accountant	- Cpl (Ralph) Young	- 895-5119
Photographer	- Cpl G. Bourbenois	- 895-5090
Office Manager	- Lt. Jane Zwaagstra	- 895-6334

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Crime Prevention Program - 1987



Constable Tim Bird and "King" do a walk through of CFB Winnipeg accommodations as part of the CFB Winnipeg Crime Prevention programme. Canine support to search work areas, vehicles, office areas and accommodations will be carried out at random to aid in the prevention of crime. The activities listed in this article are carried out annually as a normal routine with the purpose of prevention and not apprehension.

CF101 Retirement

In December 1984 the CF101 Voodoo was retired from service, as an air defence interceptor, making way for the new CF18. Since that time 414 Electronic Warfare (EW) Squadron has had the distinction of being the only squadron in the world still flying the F101 Voodoo aircraft. The Black Knight Squadron operates CF101006 a dual pilot trainer, and EF101067 the Electronic Warfare (EW) variant.

414 EW Sqn's primary role is to provide an Electronic Countermeasures (ECM) environment for the purpose of training Canada's land, sea, and air forces to operate in such a hostile atmosphere. To this end, the squadron operates the T33 aircraft equipped with ECM pods, the CC117 Falcon equipped with an integral ECM suite, and EF101067 (alias the "Electric Jet") equipped with an internal and external ECM capability.

The "Electric Jet" was the prototype for a USAF project to equip a number of F101s for the ECM training role formerly fulfilled by the EB57 Canberra which was retired in 1979. The prototype (tail no. 300) was equipped with a signal receiver, three barrage noise jammers, a deception jammer, a radar warning receiver, and the associated wiring and control boxes for external pods. This ECM suite provided the Voodoo with the ability to detect and electronically jam fire control radar

signals. The project was dropped by the USAF after only six months of flying.

National Defence Headquarters undertook to lease the single Voodoo and in September 1982 the "Electric Jet" joined 414 EW Sqn. This new addition gave the squadron a high speed, high altitude, fighter capability. Between September 1982 and December 1984 the "Electric Jet" was employed in CF101 and other NORAD interceptor ECM training, and Maritime surface ship air warfare weapons crew training. As the CF18 replaced the CF101 in Canada the primary mission for the EF101 became CF18 ECM training.

Alas, all good things must come to an end. The EF101 will be returned to the USAF 31 March 1987. In keeping with the air force tradition of paying tribute to a departing warrior, the squadron is planning a farewell parade and flypast for 3 April 1987. As well, a committee has been formed to plan an all ranks social function on the weekend 3-5 April 1987 for those interested in, or affiliated with the EF101 operation. The proposed social events include a mixed TGIF at the respective messes on Friday and an all ranks dinner dance on Saturday night. Your support on this final Voodoo farewell is encouraged. For further details contact the Voodoo Closeout Committee (AV 628-6208).

The Military Police at Bases and Stations support the mission of the Commander by providing security, policing, investigative and custodial services. At CFB Winnipeg, the Military Police Section provides these services to about 119 units located from Geraldton, Ontario, to Fort Churchill, Manitoba. The Military Police are assigned 32 separate tasks in an effort to maintain the integrity of the system. In this article, the task of Law Enforcement will be discussed. This task, if accomplished successfully, is designed to help reduce stress within the individual and the military community.

The task of law enforcement consists of enforcing laws, regulations and orders. This is accomplished by: initiating and monitoring measures to reduce crime and serious service offences; the introduction of crime prevention programs and seminars; crisis management and intervention; continuous patrols to aid in the prevention of crimes and apprehension of offenders; controlling pedestrians and vehicular traffic; investigating crimes and service offences; interviewing complainants and witnesses; and interrogating subjects and other persons suspected of committing a crime or serious service offence.

At CFB Winnipeg the task of law enforcement is achieved in two phases, prevention and apprehension. To successfully achieve the task of law enforcement the Military Police are authorized:

- lateral and vertical channels of communication between Military Police personnel at all levels; and
- access to premises, files, records, correspondence and all other information relevant to matters being investigated.

In all cases, members of the military community have rights. As a complainant or witness they have the right to be free from threats and perpetrators have the right to remain silent and to retain and instruct counsel without delay. In law enforcement, we interact with individuals, however, we must deal with the perception of the community that results from the interaction. As Military Police, we have a duty to investigate all criminal and service offences and as Peace Officers, we have obligations which must be performed or we can be prosecuted for negligence in the performance of duty.

Everyone in the military community has rights. The Military Police at CFB Winnipeg have a responsibility to ensure that those rights are protected. John Lock stated simply, "there is no freedom without laws". Eugene A. Forsey reiterated this concept in his book, "How Canadians Govern Themselves".



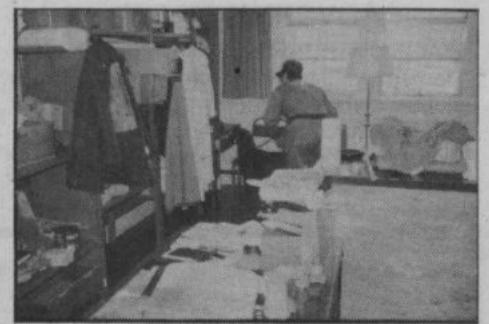
Constable Tim Bird, Winnipeg Police Department and his dog "King" are searching a CC129 Dakota. King is a police dog who is trained as a tracker. He alerts on drugs, explosives and ammunition. The Winnipeg Police Department assists the Military Police by providing police back-up, lecturing at crime prevention seminars at CFB Winnipeg and freely providing support as requested.

"Responsible government and federalism are two cornerstones of our system of government. There is a third, without which neither of the first two would be safe: The Rule of Law".

At CFB Winnipeg, the task of law enforcement will be achieved in 1987 by the introduction of a two prong Crime Prevention Program, education and enforcement. The Military Police Section Crime Prevention Program for 1987 is outlined as follows:

- Prevention Program - Security Education to Base Sections and Lodger Units, Security Surveys of Base Sections and Lodger Unit facilities, distribution of Crime Prevention Pamphlets to the military community, articles in Routine Orders in regards to Security and Crime Prevention, articles in VOXAIR regarding Military Police capabilities, Neighbourhood Watch, Block parents, Operation Identification, Security Education, impaired driving and Section activities, Crime Prevention Seminars or Workshops on problem areas affecting the military community; attendance/lectures at parent/teacher organization meetings, lectures on Drugs and Alcohol to schools, lectures and Safety Rodeos on "street proofing" dependents of military members, liaison meetings, Seminars and Workshops with provincial organizations, and fingerprint program in support of Block Parent programs;
- Enforcement Program - ALERT checks to prevent impaired driving, random searches/inspections to prevent loss/theft of public/non-public property, canine support to conduct random searches and security checks of personnel, vehicles and work areas for the prevention of loss/theft/smuggling of material, pass system to enhance security of DND facilities, random checks of F and E and of SA/SAA storage facilities, and random surveillance operations as required or as warranted by the information provided by Military Police/Counterintelligence or Civil Police/Intelligence Agencies.

The aim of this Crime Prevention Program is "PREVENTION", and not apprehension. It is hoped the education portion of the program will decrease crime in the military community and further, if a crime does occur, quick reporting could result in the early apprehension of the offenders. If the education phase of the program does not reduce crime, the enforcement portion of the Crime Prevention Program will be fully implemented.



Customs Inspector Dave Douglas and "Milow" doing a walk through of the common areas in quarters.



Col. L.H. Reynolds, Base Commander, presents the General Safety Award to Maj D.I. Tudor, Lt M.J. Armstrong and MWO G.C. McNaughton of the BAME Section "for Best Performance in Reduction of Accidents" for the second quarter of FY 86/87.



Is fitness important?
Ask any body.

National Non-smoking Week

National Non-Smoking Week starts January 15 and ends on Weedless Wednesday, January 22. This year's theme is Second Hand Smoke. Are you a non-smoker who is shy about defending yourself against inconsiderate smokers? Or are you a smoker who does not realize the distress

you inflict on non-smokers?

Find out about second hand smoke. There will be a display at the Base Hospital during National Non-Smoking Week January 15 to January 22. For further information contact Capt Piotrowski 5780.

What Happens When You Quit?



Do you know what happens to your body when you stop smoking? If you're like most people, you are well aware of the health risks of smoking but know little about the effects of quitting on your body and mind.

When you attempt to quit, you may experience changes in your body and emotions. Many of these changes are related to nicotine withdrawal and are a physical response to the absence of nicotine. According to the American Psychiatric Association, some of the more typical nicotine withdrawal symptoms include: craving for tobacco, irritability, anxiety, difficulty in concentrating, restlessness, headache, drowsiness and gastrointestinal disturbances.

If you have tried to stop smoking in the past, you know these symptoms are most intense during the first few days of quitting, but that they often linger for weeks and even months. The good news is that if you decide to quit, nicotine withdrawal symptoms need not be overpowering and don't even have to appear. However, if you are a heavy smoker, they are more likely to appear and more likely to be troublesome.

The smoker who prepares to deal with these withdrawal symptoms usually stands a better chance of quitting successfully. In other words, talk to your doctor if you've failed in the past or are a heavy smoker and think you need help. Or, call a local public health agency to find out if they offer smoking cessation programs. Hypnosis, acupuncture or group therapy can also give you support.

The health risks linked to smoking are alarming, but the simple act of quitting can increase your life span. After not smoking for one year, your risk of heart attack starts to decline. After 10 years, your chances of developing heart disease are the same as someone who never smoked. Your risk of lung cancer levels off once you stop smoking.

ADVERTISEMENT

HALIFAX/SHEARWATER — If you are posted to either and are planning to buy a house, call collect for my free package of area and housing information. I specialize in finding homes for military personnel. VAL HEUMAN 902-462-2167.

BUTTING OUT — — WHY NOT?

Soon after your stop smoking, you should notice some of the benefits of quitting. In a short time:

- Your breathing will become easier
- Your smoker's cough (hack) will disappear
- Your sense of taste will improve
- Your sense of smell will become sharper
- Your energy level will increase
- Your clothes and hair will no longer smell of smoke
- Your fingers and teeth will lose their yellow colour
- Your skin will regain its natural moisture

One of the most common factors associated with attempting to quit, particularly among women, is the fear of weight gain. Research shows that weight gain does not have to go hand-in-hand with quitting. If you stop smoking, you have a one-in-three chance of gaining weight. You may even lose weight because you feel better and are exercising more.

Thousands of Canadians have already broken the habit and overcome an addiction. Think about it. Aren't you ready to join the quitting team?

For more information, write:
Stop Smoking
 80 Bloor Street West
 Suite 1500
 Toronto, Ontario
 M5S 2V1

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Participants in the first-ever Air Reserve Group Chief Warrant Officers Seminar were (rear row, from L.) CWO G.R. Wilson of Air Reserve Group Headquarters, CFB Winnipeg; CWO G.R. Wilson (no relation!) of 402 Squadron, CFB Winnipeg; CWO K.H. Farnsworth, 420 Squadron, CFB Summerside; WO J.D. Greig, 411 Squadron, CFB Toronto; CWO J.T. Maybury, 400 Squadron, CFB Toronto; CWO R.C. Blain, 1 Air Reserve Wing, CFB Montreal; MWO M. Mainville, 438 Squadron, CFB Montreal.

(Front row, from L.) CWO R.L. Cryderman, 418 Squadron, CFB Edmonton; CWO C.E. Bailey, Air Reserve Group, CFB Winnipeg; BGen. L.T. Rowbottom, Commander Air Reserve Group, CFB Winnipeg; and CWO R.W. Wylie, 2 Air Reserve Wing, CFB Toronto.

Air Reserve Unit Chiefs Meet

A two-day meeting at CFB Toronto recently afforded a first-ever chance for the chief and squadron warrant officers of all major units of the Air Reserve to discuss their common plans and concerns.

The Air Reserve Group Chief Warrant Officers Seminar was organized at the request of CWO C.E. Bailey, Chief Warrant Officer for Air Reserve Group, and represented the fruition of an idea that had been first proposed several years earlier.

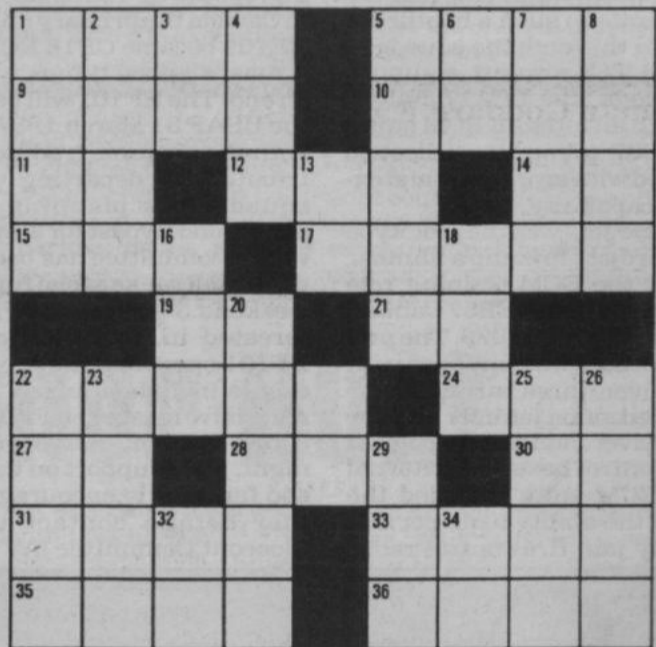
"Our discussions ranged across

numerous subjects," CWO Ron Wylie of 2 Air Reserve Wing, CFB Toronto, reported. "These included the new uniform program, unit morale, training standards, recruiting activity, and the impact of the Charter of Rights on military reservists."

The session had as its initial speaker BGen. Leslie T. Rowbottom, Commander Air Reserve Group.

The senior NCOs agreed that the seminar was a valuable tool, and plans are now being formulated to hold similar meetings on an annual basis.

LET'S SOLVE THE SMOKEWORD PUZZLE!



ACROSS

1. A flat, broad, thick piece of something, such as a _____ of concrete.
5. A stain (on clothes, for example).
9. A change in the ocean caused by the pull of the moon and sun.
10. The opposite of narrow.
11. Means the same as from: (To die _____ lung disease.)
12. Female deer
14. Located upon.
15. A dog, cat, rabbit, or other animal kept around the house.
17. Cigarette smoking damages the lungs and also the _____.
19. Initials of Alternating Current.
21. An abbreviation: what you write at the bottom of a letter as an afterthought.
22. When a non-smoker leaves a smokey environment it takes _____ or four hours for carbon monoxide, from tobacco smoke, to leave the body.
24. Egg-layer.
27. Abbreviation of anti-aircraft.
28. Abbreviation of Bachelor of Laws, the university degree you need to be a lawyer.
30. Everybody should say "_____, thanks" when offered a cigarette.
31. Cigarettes _____ many smokers.
33. The opposite of substracts.
35. Time periods in history.
36. Amount of medicine to be taken.

DOWN

1. When people _____ smoking, their bodies begin to repair the damage done by cigarettes.
2. Cigarette smoking can shorten _____.
3. Short for advertisement.
4. Many fires are caused by people who smoke in _____.
5. Cigarette smoke damages defenses in your lungs that look like little brooms and _____ out the dirt you inhale.
6. Philippine Islands (abbreviation).
7. Cigarette smoke has a bad _____ and pollutes the air.
8. What campers sleep under.
13. Sound of surprise.
16. Two dangerous things in cigarettes are _____ and nicotine.
18. Cigarettes make a mess in an _____ tray.
20. Every part of your body is made up of tiny _____ Cigarette smoke robs them of oxygen they need.
22. The opposite of give.
23. What bald people do not have.
25. The lighted parts of cigarettes.
26. The eyes and _____ of a nonsmoker are bothered by cigarette smoke.
29. Smoking is a _____ habit.
32. Musical note between sol and ti.
34. First note of the musical scale.

(Look for answer in next issue)



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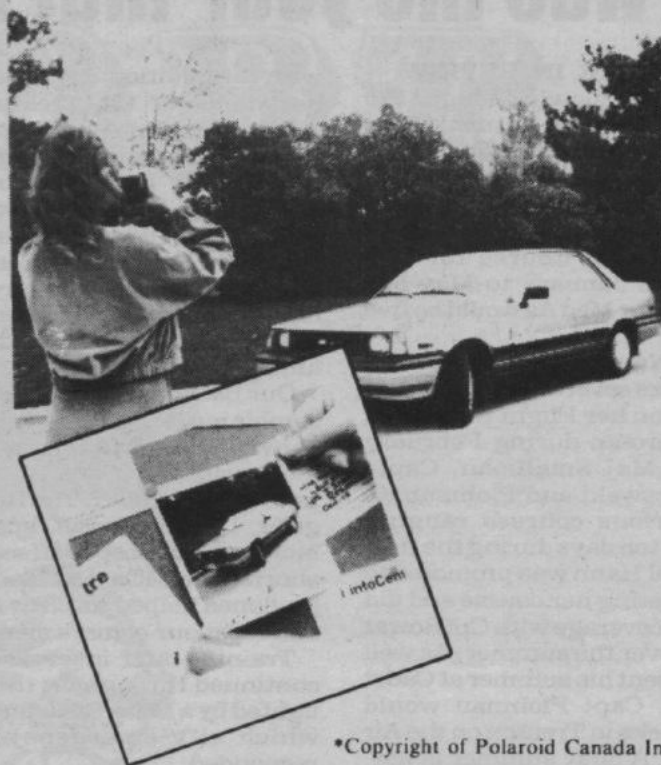
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Your paper would greatly appreciate the volunteer services of a French speaking and writing Columnist. If interested and willing to contribute articles and translations, please contact Capt Joy Plohm at Local 5780, or Glen Stewart at Local 5987.
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That was the year that was

BHOSP A YEAR IN REVIEW — 1986 started out slowly enough. Pte Henderson would be returning in April from his 5A Course. Then messages were received sending MCpls Hann and Bernier away for six months on their 6A Courses and Pte Wojcik on his 5A Course for five months. From January to May our 24/7 coverage for Med As would be five souls.

Capt MacNaughton (nee Keane) would seek less severe winter temperatures while on her Flight Surgeon's Course in Toronto during February and March. Maj Smallman, Capts Slipetz, Piotrowski and Plohman all attended various courses ranging from three to ten days during the first quarter. MCpl Hann was promoted to Sgt on completing her course and did split medical coverage with Cpl Rowat at Saskadot over the summer. As well Pte Wojcik spent his summer at Cadet Camp Gimli. Capt Plohman would spend five weeks in Trenton on the Air Evac Course. A busy summer is normally anticipated and goes with the territory. Additional medical coverage was provided at Change of Command Parades for Air Command, Base Commander, and 14 Training Group Parades. There were postings, house hunting trips, leave, recruits medicals, cadet camps, and medical responsibilities to the STEP program and the Cadet Rifle Courses. Medical care had to be provided to the 3RCR Rear Party.

Immunizations, medicals, outpatient clinics would be performed as usual, and sick parade visits would increase sharply over the course of the year.

Doctors Vaughan and Ross had fulfilled their service obligations and were released in July. Maj Smallman and Capt Keane did an admirable job

with the additional workload and the assistance of the Treatment Room Nurse and Med A.

Two new medical officers would arrive in July but would be away for BOTC and BMO at Borden and of these one would proceed to Toronto on the Flight Surgeon Course. Command surgeon assisted by approving mandays to contract civilian practitioners to perform sick parade and medical examinations.

Our Base Surgeon left us in October combining leave and terminal leave as she was taking her release for employment with Air Canada. She will be missed by the staff. The Regional Surgeon, LCol Cockerill, spent many a morning at BHosp to offset the critical shortage of MOs. His assistance and guidance helped us clear the hurdles and meet our commitments.

Training and inservice education continued throughout the year highlighted by a Mass Disaster Exercise in which city emergency resources responded.

Nellie Sharpe, our hard working cleaner and excellent baker, retired after 18 years with the civilian service.

Capt Piotrowski organized several community health projects on the base and contributed articles to the Voxair.

Capt Sutherland, Cpls Reach and Windrum all celebrated the birth of new arrivals in their households in 1986.

The Hospital Ball Team won the Silver Medal with plenty of help from 14 Dental and 1 CEU. They lost a close final game for the gold.

Unit morale remained high during the past year. This closely knit group worked hard, played hard and can be proud of their accomplishments during 1986.



WINNIPEG — EXERCISE PARCEL PUSH — Members of the Fort Garry Horse, Militia armored unit in Winnipeg, Manitoba, busy themselves preparing Christmas hampers for distribution to needy Winnipeg families.

The soldiers, put themselves and a number of the unit's vehicles to work the Saturday before Christmas assisting the local Christmas Cheer Board pack and deliver hampers during their annual funding campaign.

The Bisons Snow Ball

December was the month for parties and at 429 Squadron it was no exception. On 13 December Squadron members and guests got together for their annual Christmas bash at the Army, Navy, Air Force Association. Captain Duane Godfrey and his band reknowned, supplied the excellent entertainment. Also on the agenda was a timely visit from old St. Nick, who distributed some well deserved gifts. This year however, the tables were turned on the good old boy by Captain Duane Godfrey, WO Rick Cooke, and Sgt Earle Dawson. Santa wants to personally let these three know that their gift is being well used to improve his pool game and to keep their heads up next year. All in all it was a great party and many thanks go out to the entertainment committee for a job well done.

Another noteworthy event occurred on the 23rd of December. A mysterious van closely followed by a white station wagon was seen travelling indiscriminately throughout the city. Inside (with the exception of the drivers) revellers were singing songs of the season, obviously aglow with laughter and filled with the spirit (and the spirits) of the season. As they travelled about, the passenger list seemed to grow and grow. Thanks to the drivers, Mrs. Dawn Dawson and captain Tom (Felix) Dressel, who both had the spirit but not the spirits, for keeping everyone on the straight and narrow and making the first annual Squadron Snowball a success. Special thanks go to Ken Barnes for volunteering as musical director for the event and to LCol. and Mrs. Barnes, who were such gracious hosts at such an ungracious hour.

One of the Squadron members had an unfortunate occurrence at his house on New Years Eve. The door to his house was severely battered and a window was broken. The next day Capt Duane Godfrey picked up his keys and let himself in properly.

Now that the festive season is over, it's time to settle down to the 1987 schedule which is hectic for January and February. LCol. Barnes and crew have just left on the 5th of January for warmer shores. SF 591 will return with stories of what spring holds for the rest of us. Numerous shorter trips are scheduled for the next two months with a Staff Navigation Trainer for both January and February.

Although personnel movements were advertised to be at a minimum for 1987, there will be a few changes at 429 Squadron. Sgt Ken Hill has his travel orders to Boeing 707's this summer and Sgt Camire from Air Command is coming to us. There will be at least three new pilots arriving at the Squadron by June, but posting messages for those leaving have not been received as yet.

That's about all the news for this issue. We've had a good year in 1986: let's look forward to having a great year in 1987. Till next time.

C.J.

Santa working at 429(T) SQN.





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Lions Telethon Facts

Lions Telethon '87 will be broadcast on Sunday, February 1, 1987 from 5 a.m. to 7 p.m. from the Pantages Playhouse Theatre.

Proceeds from Lions Telethon go to the Lions Foundation of Manitoba and Northwestern Ontario Incorporated and are used to meet some of the many requests for funding assistance that come from all parts of Manitoba and Northwestern Ontario.

In the past 12 months, the Lions Foundation has supported these organizations which provide valuable service in our community:

Lions Eye Bank	\$20,000
Manitoba Learning Centre	\$15,000
Schizophrenia Treatment and Research Foundation of Man.	\$5,000

The Foundation has also assisted individuals requiring funding to seek specialized medical treatment not available in Manitoba. Cases the Foundation has assisted include:

- 3 liver transplant patients
- 4 heart transplants
- 5 children requiring corrective

heart surgery
8 patients in need of other types of surgery or diagnostic tests in other parts of Canada and U.S.

The Foundation has assisted with the purchase of:

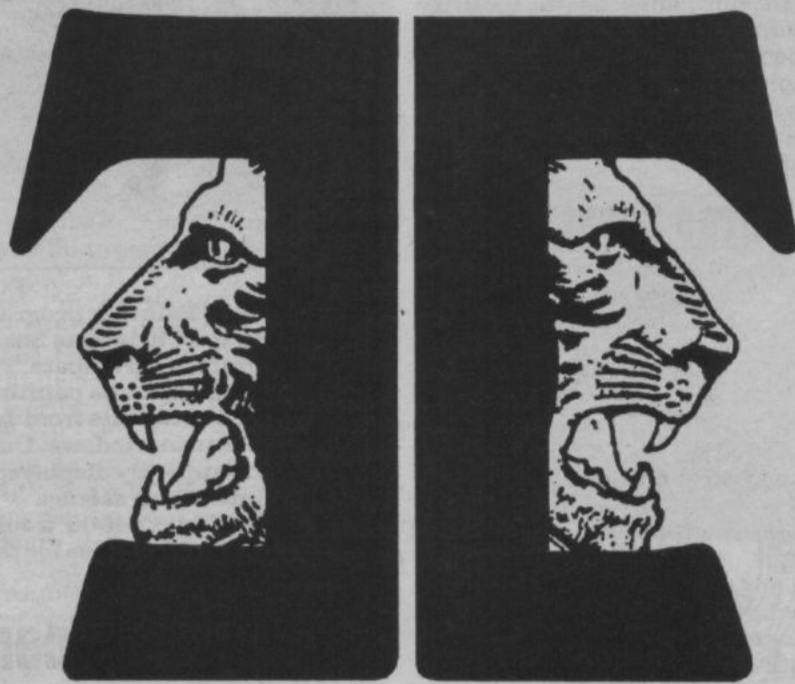
- computer for a cerebral palsy student
- special telephone for a young deaf boy
- computer for a mentally handicapped young man
- reader unit for a young blind woman
- mobile communicative device for a quadriplegic
- equipment for a summer camp for young people with special needs

For the 5th year, the Foundation has provided funding for summer camp for a group of multiply handicapped children.

Areas where funding assistance has gone include: The Pas, Flin Flon, Steinbach, Dryden, Teulon, Morris, Warren, Brandon, Hamiota, Grunthal, Pilot Mound and Winnipeg.

In 12 cases grants from the Foundation were augmented by additional funding from a local Lions Club.

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A LIONS FOUNDATION CHARITY

Supporting: Lions Eye Bank, Manitoba Learning Centre, Special Medical Treatment Fund.

733 COMMSQN is secretive

733 COMMSQN is a lodger unit at C.F.B. Winnipeg. We are one squadron of many belonging to 73 Communications Group Winnipeg and ultimately fall under the illustrious leadership of the Canadian Forces Communications Command.

New to us this summer from Edmonton's COMMSQN is Major Atkins who took over command of this squadron from Maj Mercer who is now posted to COMMGP Winnipeg.

733 COMMSQN is comprised of several sections each having many highly respected tradespersons. We have people sending and receiving messages 24 hrs a day 7 days a week;

maybe you've had your radio fixed or your computer installed by one of our radio techs; our switchboard operators answering your calls now and then I'm sure, or our teletype technicians may have had occasion to fix your teletype equipment. This list could go on and on. These are only a few of the more obvious tasks we perform.

Although at times we may seem secretive about our jobs (for security reasons), for the most part 733 COMMSQN is manned by a lot of good people of the highest calibre.

At this time we would also like to wish you all a safe, happy and prosperous New Year.

733 Communication Squadron Crest

Description:

Red River Cart superimposed on yellow equilateral triangle with black background.

Significance:

The black background represents the black soil prominent in and around the junction of the Red and Assiniboine Rivers — City of Winnipeg.

The equilateral triangle represents 733 COMM Sqn's area of responsibility. If one looks at a map, and draws a line from Churchill in the north, Portage la Prairie in the west, and Sioux Lookout in the east, (the borders of this squadrons detachment) it almost makes a perfect equilateral triangle.

The yellow within the triangle represents the 324 days on which the sun shines in Manitoba.

The Red River Cart, a copy from the Scottish, was by mid century a native vehicle with two high, deeply dished wheels, of wholly wood construction, which could move across plain and marsh, needing nothing for repair that the plains could not furnish, affording a raft when streams had to be crossed and grinding from its dry wooden axles a shriek more piercing than the howl of a coyote or the cry of a loon. Throughout the 19th century the Red

River Cart was a form of communication in two ways — one, the shriek of its wheels and two, the news that travelled with these pioneers.

Motto:

Numquam tacentes (never silent) — depicts the fact that this squadron provides service 24 hours a day, 7 days a week and, historically, the wheels of the cart which were never lubricated squeaked louder and foretold of its approach from miles away.



POSTIES WATCH

The Window Painting program is fast becoming a tradition within Canada Post during the Christmas Season. Each post office is permitted to contact a school or group to participate. There were 100 Mid-West post offices 1985 who had 114 schools/groups painting their windows.

Last week 26 students from Jameswood School painted Christmas scenes on MPO 400 Westwin windows. Under the watchful direction of Mrs. Jean Hyrich, the students superbly displayed their artistic skills when they blueprinted as well as painted their scenes.

The staff of MPO 4000 would like to thank the students from Mrs Jean Hyrich's Grade 6 Art Class for their pasterpiece, and especially the 'Happy New Year' painted for us.

Warning concerning over-head fans

The Canadian Standards Association (CSA) and Regulatory Authorities have become aware of a hazard which may develop over a period of time with some ceiling-mounted fans and have issued a warning to the public of the possible danger. Several incidents have occurred over the past few months in which the motor and blades of ceiling fans have worked loose and fallen to the floor, with the accompanying risk of damage and personal injury.

Investigation of these incidents revealed that improper installation and assembly has led to excessive vibration and wear on the supporting mechanism. Modifications to the CSA standard on ceiling-mounted fans have been proposed in order to significantly reduce occurrence of the hazard,

which can be eliminated by regular inspection and maintenance.

For existing ceiling fan installations, owners, or those responsible for the operation of the fans, should inspect the installation for signs of vibration or wear in the supporting mechanism. Here's what to do:

- Operate the fan at its highest speed and check for visible vibration.
- With the power turned off, examine the support mechanism for wear by removing the top and bottom bell shaped covers.

If vibration and/or wear are noticeable the fan should be removed from service and repaired or replaced by a qualified person.

Properly installed fans which show no vibration or wear should be examined at frequent intervals.



Cpl Eric Pratte, A tel-op at 733 COMM SQN receives his long awaited Cpl Hooks from BGen Leech commander of the Communications Command.

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Beaver Tails

My ulcers flamed. My heart thundered in my ears. My hands sweated. My knees were a blur of shaking. The few remaining hairs on my head lifted. My eyes unfocused. My glasses slid down my now sweaty nose. My false teeth became unhinged and fell to the desk. The boss was smiling. "Lord, Lord", I thought. My brain had turned to jelly. "Lord, Lord, what heinous things have I done?" Things brain-wise at least were recovering. I ran through the options. Maybe promotion? Never in a million years. Maybe demotion? Possible. Oh Lord, Lord. Maybe posting? Not really. Maybe Alert? Oh Lord, Lord. Maybe my daughter's eloped? A glimmer of hope. Maybe my son's joined the Foreign Legion? The joy was spreading. Maybe my wife eloped? I started to giggle. So there we were, the boss and I; he was smiling and I was sweating, smoothing a few hairs, shoving my glasses closer to unfocused eyes, fumbling for false teeth and giggling.

"Voxair", said the boss. "Voxair needs a section rep." I stopped giggling. "So what", I thought, "let it be someone else." The boss continued, "and seeing as you don't have anything else to do, well, I guess you're it." "Huh", I said. It's not hard for me to play dumb, sort of natural. "What's Voxair?" The boss kept smiling. "The Base Paper", came from his upturned lips. "Oh", my voice was a little strained, "OK, what's a section rep?" The smile was sliding a bit. "That means you" send into the Voxair little bits, large bits, anything of interest that happens in the section", the boss answered. "You mean like at the last section get-together you and . . .", I was asking when he interrupted. The smile was definitely gone now. "No, bits like promotions, posings, things

like that." I felt I was on a roll "or how about the time when the Chief and that . . ." The boss's lips were starting to get just a tad thin. "No, no, just what I told you", his voice was starting to rise a little. Being a little dumb but not all that dumb I asked, "You really mean just promotions and postings?" The boss's eyes were dilating. "Yes, yes, that's it." Be pretty dull — not many promotions, at least not interesting ones like mine," I explained. "Do it", the boss was starting to snarl. Things were back to normal for sure now. "Yes Sir." What else could I say? The boss turned muttering and the sound of his heels digging into the linoleum on his way to the office showed he's been around the Regimental types too long.

So, that's it. I'm so happy. So pleased. I'm overjoyed. I've got a new lease on life. My myopic eyes twinkle. My nose twitches. I whistle. I skip down hallways. I'm the Construction Engineering rep for Voxair. Great. Wonderful.

Seeing as promotions, demotions, postings and all that sort of thing don't happen on a regular basis, I'll try to explain a few things in the CE world. What happens when you phone in a trouble call from your PMQ or place of work. Why, sometimes, does it seem to take forever and a day for someone to show up to make the repair. What the various trades are, do, or don't do. Everyone knows what a carpenter or a plumber does, but how about a WSPOL Teeh or a CE Tech or a CEP Tech? What happens if you get a BDSR, at least from the CE side of things.

So, there it is. Sometime there'll be something to tell you about. Sometime there won't; guess I'll wing it. Chimo.

14 TRNG GRP enjoy themselves

Salutations, dear Voxair readers and best wishes to you all for a happy and healthy 1987.

14 Training Group HQ staffers enjoyed themselves immensely during the festive season, and are experiencing that strange sensation of fuzzy warm memories mixed with the cold reality of credit card statements.

Those warm memories include an enjoyable at-home hosted by BGen and Mrs. Eichel on Saturday 13 Dec. During the afternoon, Santa paid a visit, with a few gifts for some deserving guests and lots of laughs for all. Seems old fighter jockeys will dress up in anything to grab a chance to kiss the ladies.

The holiday social whirl continued on the 16th, with an afterwork get together featuring genuine Ben's Montreal smoked meat on rye and egg nog. A kosher Christmas if there ever was one.

On Dec. 17, the annual staff Christmas Dinner Dance was held at the Assiniboine Golf Club. After a delicious buffet supper, the shoe leather hit the linoleum and the evening fairly flew by as couples sashayed to the beat of whatever was your choice.

Spies report that Capt. Bing Shearer, that hot-footed rogue, dazzled one

and all as he whirled about the dance floor, doing steps that turned the evening into a regular Cinderella's Ball. Sure enough, when Bing went out to the parking lot at midnight, he found his car had turned into a pumpkin.

Some of the things that 14 Training Groupies found under their trees this year included:

- a 10-litre bottle of Distan for a snake with the sniffles;
- spring-loaded jogging shoes that allow the wearer to leap over buses and snow plows;
- an all-expense-paid trip to Greenwood in February;
- assorted blue hats, scarves, shirts, trousers and black ties in a green garbage bag. A little of this, a little of that, but not the whole suit.

If enough beliefs weren't shattered in 1986, this one should do it:

Santa Clause for sure does not live in a little workshop at the North Pole. He lives in a corporate board room in Taiwan with four Yuppie elves (each sold separately) whose names are Coleco, Hasbro, Kenner and Mattel.

He does not drive a sleigh with eight reindeer, he drives a Mercedes with eight cylinders and (get this), the battery is included.



WHY THE BIG SMILE

After 21 years of service Capt Doug Cushman, or Flt Lt Cushman as he prefers, decided to pull the handles from the CF on 18 Dec 86. His last flight was conducted in a Tutor as part of a formation flight and judging by the smile on his face it appeared to have been a thriller and totally legal of course. A retirement luncheon was held in his honour at the Officer's Mess. Everyone who attended was entertained as Doug acted out his very last EXPEDITOR flight.

Capt Cushman is moving to Ottawa where he will be working with Transport Canada. Cheers Doug and good luck in your new job.

IN MEMORIAM



AIRCOM HQ is saddened by the untimely death of Michael FRANCHUK, long time senior member of the Canadian Corps of Commissionaires for AIRCOM HQ. Mike passed away on the 28 Dec 86, after a courageous battle with cancer.

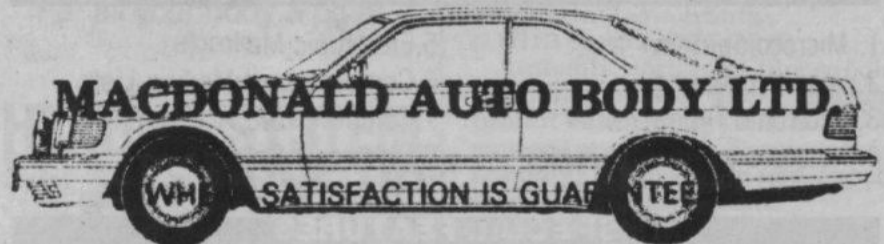
Mike is survived by his wife Jeanine, daughter Michele, granddaughter Chelsea Lee, son Michael all of Winnipeg; step daughter Jacqueline and four stepsons Gerald, John, Michael, and Marc all of Winnipeg.

Mike served with the Queens Own Cameron Highlanders of

Canada during the Second World War and saw extensive action in France and Germany, from 1944 to 1945. In 1950 Mike served with the 2nd Battalion PPCLI in the Korean Conflict and peacekeeping with the United Nations in Egypt, he remained with the armed forces until 1966. Mike was employed by a civilian Winnipeg firm until he joined the Canadian Corps of Commissionaires in 1980. In 1983 the Corps transferred Mike to AIRCOM HQ, where his dedication to duty and professionalism gained Mike the respect and friendship of all personnel.

A memorial service for Mike was held at the Bardal Funeral Home Sherbrooke St on 31 Dec 86. Lgen Ashley, Commander Air Command, many members of the AIRCOM HQ staff including Mike's fellow commissionaires, and his numerous friends from the Garry St Army and Navy Club where Mike was a member of the executive, were in attendance.

Mike will be sadly missed by us all. We extend our deep sympathy to his family.



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FOR PROFESSIONALISM

MCpl Roy Clement of 3RSU and BCWO's office received the FOR PROFESSIONALISM Award from Colonel Hugh Rose the Director of Flight Safety for the CAF. The award reads in part,

"While carrying out a pre-flight inspection on a Dakota aircraft at Aerospace Maintenance Development Unit Trenton, Master Corporal Clement detected a crack in the flap actuating torque tube. The torque

tube located in the inside pivot point of the wing flaps is very awkward to inspect and the hairline crack was extremely difficult to detect.

Had the fracture not been found it could have lead to failure of the torque tube which would have caused a dangerous split flap condition at a critical point in flight. As a result of this incident the inspection cycle for this item has been increased."

Well done, Roy!



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CF in 1986 (Cont'd from p. 1)

Two additional interceptions were made, in October and November, by aircraft from 425 Squadron. In each case, two Bear D's, which are used for electronic reconnaissance missions, were identified and escorted over international waters.

Air defence fighter interceptor aircraft are ready to be scrambled within five minutes if an incoming aircraft is detected by radar and cannot be correlated with a flight plan. The fighter intercept force, which is on a continual 24-hour alert, carries out the NORAD task of controlling access to North American airspace in peacetime. In the event of hostilities, it would provide defence against attack from bombers and cruise missiles.

CONTRIBUTION TO NATO

Among the roles of the Canadian Forces is the fulfilment of North Atlantic Treaty Organization (NATO) commitments. As a member of this alliance, Canada makes significant contributions. A prime example is the stationing of land and air forces in Europe. In addition, the Canadian Forces participate in international training exercises.

Throughout 1986 Canadian Forces Europe (CFE) continued to provide combat-ready land and air forces in accordance with Canada's commitment to conventional deterrence. The two formations stationed permanently in Central Europe, 4 Canadian Mechanized Brigade Group (4 CMBG) and 1 Canadian Air Group (1 CAG), completed challenging and realistic training programs to maintain their operational readiness at the highest possible state. Support for the two formations was provided by Canadian Forces Base (CFBs) Lahr and Baden-Soellingen.

During 1986 CFE reached the increased manning establishment authorized in January 1985 of 1,220 personnel, bringing the total number of service members assigned to CFE to 7,160.

Canada's commitment to NATO's Allied Air Forces in Central Europe was fulfilled for the majority of 1986 by two squadrons of CF-18 aircraft and, until February, one squadron of CF-104 Starfighters. Based at Baden-Soellingen 409, 439 and 441 Tactical Fighter Squadrons trained in conventional air-to-ground and air-to-air operations. On March 1st, 441 Squadron stood down and 12 CF-104 aircraft made their last official flight as one of Canada's front-line fighters. In July, 421 Squadron, after finishing its CF-18 conversion, was reactivated and began combat-readiness training in Europe.

EXERCISE NORTHERN WEDDING

A Canadian Forces Task Group of four Maritime Command ships left Halifax, on August 19, to participate in a major NATO exercise in the North Sea and the Norwegian Sea. The destroyers HMCS ATHABASKAN, HURON and ASSINIBOINE, with the fleet replenishment ship HMCS PROTECTEUR, and assigned air support, took part in a three-week exercise dubbed NORTHERN WEDDING. HMCS SAGUENAY was also involved in the exercise carrying out her assigned task as Canada's contribution to NATO's Standing Naval Force Atlantic. In addition, Canadian Forces maritime patrol CP 140 "Aurora" aircraft and shipborne CH-124A "Sea King" helicopters carried out anti-submarine warfare and surveillance roles throughout the exercise.

The Canadian units joined with more than 150 ships, hundreds of aircraft and 35,000 personnel from ten NATO nations. This exercise was designed to test the alliance's ability to respond to a naval challenge to vital sea lanes of communication.

See conclusion in next issue.

FC in 1986 (Cont'd from p. 1)

De tels exercices ont lieu périodiquement afin d'entraîner tout le personnel du réseau radar, les escadrons de chasseurs-intercepteurs et les centres de contrôle des opérations régionales qui font partie du NORAD.

INTERCEPTIONS DU NORAD

Cette année, la première interception aérienne a eu lieu en juin, lorsque deux chasseurs CF-18 du 425e Escadron d'appui tactique ont tenu l'alerte à partir de la base de Bagotville (Qué). Les pilotes canadiens ont identifié deux Tupolev-95 Bear F, appareil soviétique à grande autonomie servant à des missions de reconnaissance et au combat anti-sous-marin. Notre réseau radar a détecté les appareils alors qu'ils pénétraient sans avis dans la zone d'identification de défense aérienne du Canada. Les CF-18 les ont escorté jusqu'au-dessus des eaux internationales.

Deux autres interceptions ont été effectuées par des appareils du 425e Escadron, en octobre et novembre respectivement. À chaque occasion, on a identifié deux Bear D, qui ont été escortés jusqu'au-dessus des eaux internationales.

Les chasseurs-intercepteurs de la Défense aérienne sont en état d'alerte permanente et peuvent décoller en moins de cinq minutes lorsqu'un appareil pour lequel il n'existe pas de plan de vol est détecté par radar. Les chasseurs-intercepteurs attachés au NORAD ont pour tâche de contrôler l'accès à l'espace aérien nord-américain en temps de paix. En cas d'hostilités, ils assureraient la défense contre les attaques de bombardiers et de missiles de croisière.

CONTRIBUTION / A L'OTAN

L'un des rôles des Forces canadiennes est le respect de nos engagements auprès de l'Organisation du traité de l'Atlantique Nord (OTAN). À titre de membre de cette alliance, le Canada apporte une contribution considérable, dont les forces terrestres et aériennes que nous maintenons en Europe constituent un excellent exemple. Les Forces canadiennes participent également à des exercices d'entraînement internationaux.

Tout au long de 1986, les forces canadiennes en Europe (FCE) ont continué de maintenir des forces d'intervention terrestres et aériennes, conformément à l'engagement du Canada en matière de dissuasion conventionnelle. Les deux formations postées en permanence en Europe centrale, le 4e Groupe-brigade mécanisé du Canada et le 1er Groupe aérien du Canada, ont mené à bien des programmes d'entraînement réalistes et difficiles pour maintenir leur capacité d'intervention à un niveau optimal. Les deux formations reçoivent l'appui des BFC Lahr et Baden-Soellingen.

En 1986, les FCE ont procédé à l'accroissement de leur effectif permanent autorisé en janvier 1985, cet apport de 1 2220 militaires porte l'effectif militaire total des FCE à 7 160 personnes.

Les engagements du Canada vis-à-vis des Forces aériennes alliées de l'Otan déployées au centre de l'Europe ont été remplis pour une grande partie de 1986 par deux escadrons de CF-18 et jusqu'à février par un escadron de CF-104 Starfighter. Cantonnés à Baden-pSoellingen, les 409e, 439e et 441e Escadrons de chasse tactique se sont entraînés aux opérations conventionnelles air-air et air-sol. Le 1er mars dernier, le 441e Escadron était dissout et 12 appareils CF-104 faisaient leur dernier vol officiel en tant que chasseurs canadiens de première ligne. En juillet, le 421e Escadron après avoir complété une conversion au CF-18, reprenait le service et débutait son entraînement au combat en Europe.

Continué 11 Feb.

Safe Driving Week



BTNO Maj Crichton presents Safe Driving Week Prize to MCpl O'Connell of Base Foods.



Mr Brown, Canex Garage, received Safe Driving Week Prize from BTNO Maj Crichton.

The CFB Winnipeg MSE Safety Section would like to extend our thanks to the following people who supported our campaign and made it a success:

Mr LW Buffie — Westport Chrysler Plymouth

Mr R. Dyck — Westport Chrysler Plymouth

Capt J. Kassun — BXO

Mr Robert Baldwinson — Baldwinson Agencies (1984) Ltd.

Due to the contributions of these sponsors the message of safe driving week was much easier to pass on and the prizes enabled us to reward our safe drivers. Once again many thanks.

MSE SAFETY

442 TRANSPORT AND RESCUE SQUADRON REUMION '87

442 Squadron will host a reunion of former members of 442 Squadron, 123 Rescue Unit, 121 Communications and Rescue Flight, and 14 Fighter Squadron in September 1987. The event will mark the first time that 442 and all its founding units have held

such a gathering, and will take place at CFB Comox, B.C., September 11-13, 1987. For information and registration, contact: Capt. D.J. Hutchison, 442 Squadron, CFB Comox, Lazo, B.C., VOR 2K0. Phone: (604) 339-2211, ext. 2422.



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Cold Lake Canex Renovation Complete



In 1971 the CFB Cold Lake Canex moved from a warehouse-setting in the Norliter to what is now its present location. In the intervening 15 years no major structural or mechanical changes were undertaken to modernize failing mechanical equipment or accommodate rapidly crowded spaces. In 1983 initial design planning with Cold Lake, D Canex, NPF CE organization and architects started. The move was pushed by a population explosion on base. The military population had grown from 1,836 personnel in 1971 to 2,543 in 1986. Base officials projected by 1988 a further increase to 2,900 military.

Food services renovations included attractive mall seating area for the cafeteria. The restaurant and bar were created with a roadhouse atmosphere complimented with brass, antiques and sand etched glass.

A 500 x 100 ft extension was added to the west end of the department store. Completely modern fixturing and new display units were installed. With all the conveniences of any modern department store the Cold Lake Canex even boasts an in-store Pharmacy.

As a result of the extension, the Supermarket gained a total of 2400 square feet. To the absolute delight of Canex customers, some of that square footage was devoted to the installation of an in-store bakery. Other major changes included all new refrigeration equipment and wide aisles. The six NCR scanning cash registers have speeded up the check out time making the Canex Supermarket the best place to shop in the area.

The Convenience Store dramatically increased in space efficiency by adding reach-in coolers and wider aisles. The Canex Video Club was moved into the Expressmart after renovation for convenience because of the extended operating hours the store has.

Only minor structural changes took place within the Beauty Salon, however the decor was changed significantly.

The mall area was completely revamped. New store fronts, flooring, ceiling tile and glazed brick were installed. Bright neon signage and plexi-glass logo discs denote the Expressmart, Restaurants and Beauty Salon and large colourful canopies cover the entranceways to the Department Store and Supermarket.

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Stepping Out



I was recently asked where one goes in Winnipeg to find a restaurant with atmosphere. Mother Tuckers and A&W not what you're looking for? Being a native 'Winnipegger' I can testify that restaurants have picked up considerably in the last few years.

Is a restaurant/entertainment column of interest to you? I will give a couple of suggestions and comments in the next few issues. Anyone wishing to send in comments on their favorite spots, please do. Include your name and local.

Mandarin Restaurants
(1) 613 Sargent 775-7819

Authentic northern Chinese cuisine including peking duck, chicken in peanut sauce (spicy) and many other sauteed specialties. Service slow but friendly. Plain decor and excellent food. Prices inexpensive.
(2) 252 River Avenue 284-8962

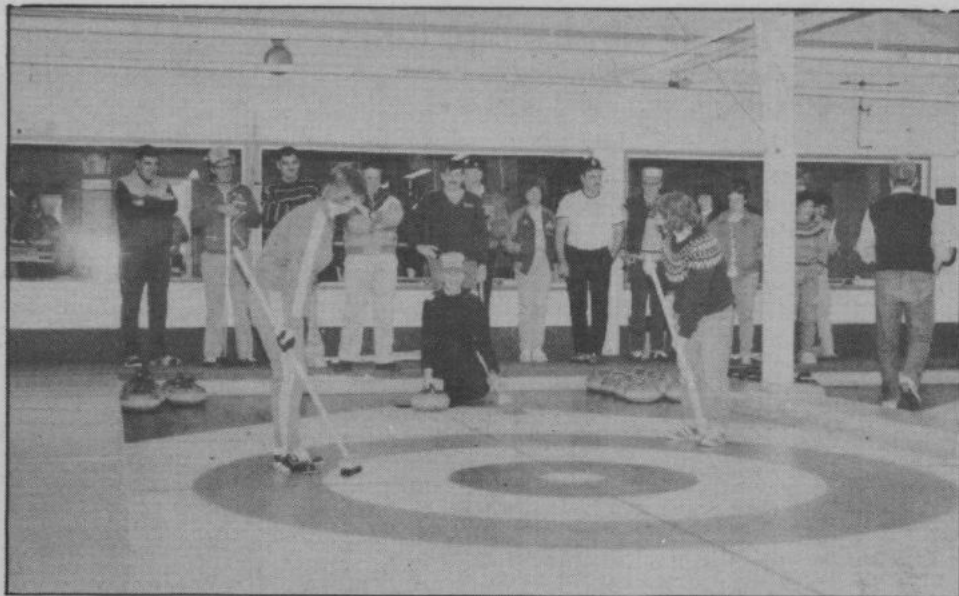
Premises recently enlarged, more decor than Sargeant. Menu includes other specialties such as wonder chicken, pork with hot black bean, and shrimp with dried hot pepper.

Reservations required.
Gallagher's Bar and Grill, Tuxedo Park Mall 453-8216

California style decor with a roadhouse menu ranging from salads and pasta, potato skins, hamburgers and a delicious veal oscar. After dinner, try a 'Hot Shot'. Prices moderate. Sunday Brunch from 11:30 to 2:00 is buffet style and a bargain for \$10.95. Reservations required.

Rumors Comedy Club, located on the lower level, brings to town many well known comedians for shows Mon-Sat. eves.

Joy Plohman



On 7 Nov 86 14 teams of Admin & Postal clerks as well as PAdm officers from Winnipeg, Portage la Prairie and Gypsumville gathered at the Fort Osborne Curling Club. LCol K.W. Doerksen (BAdmO) started things off and after all the stones were thrown the team from Portage won the 'A' division championship. Thanks is given to Sgt Paul Lelievre for the many hours it took to organize the event which went off without a hitch.



'A' DIVISION CHAMPS

The Portage team is shown here receiving their prizes for the 'A' division championship. Left to right: WO Rick Pockett, MCpl Connie Lapointe, LCol K.W. Doerksen, Sgt Ted Mingo, Sgt Carl Tourigny.

SCOTTISH LADIES TOUR

C.F.B. Ladies curling Club entertained the Scottish Ladies tour on Nov. 23 at the F.O.B. Curling Club with curling and later to dinner, entertainment and a sing song at the Assiniboine Golf Club.

The twenty ladies on the Scottish Ladies Tour visited Quebec, Ontario and Manitoba on a three week curling tour and handily outscored the Canadians on rock count.

C.F.B. curlers held a mixed decorating and Christmas Party at F.O.B. on December 6 with fun curling and lunch.

Winners of the draw to the button for turkey and hams were: Mark Sauder, Pearl Kingsyens and Vikki Feltham — The Christmas Cheer was won by Brian Kentziger, Gord Lins and Scott Lins.

The four shot Barley Shoot was won by Pearl and Lorne Kingsyens and Vikki and George Feltham.

Ross Forbes and Arlene Leonard won the Santa Sacks and Jean Sauder the raffle. Thanks to Brian Kentziger for seeing to it that Santa arrived safely.

RCAF official history launched

In November, a reception was held at National Defence Headquarters to launch the introduction of a new book, "The Creation of A National Air Force The Official History of The Royal Canadian Air Force Volume II," by W.A.G. Douglas.

It is an examination of the air force between the two World Wars, and in the western hemisphere during the Second World War. It chronicles the rapid growth of the RCAF, the highly successful British Commonwealth Air Training Plan, and operations of the Home War establishment, with a vivid portrayal of the role of the air force in the Battle of the Atlantic. A third volume will describe operations overseas, 1939-45.

Dr. Douglas is the Director of History at NDHQ and has had a distinguished career in the Royal Canadian Navy where he was a specialist in navigation and aircraft direction. He was a contributor to the first volume on the air force, "Canadian Air-men and The First World War" and was the co-author of "Out of the Shadows: Canada in the Second World War".

The well attended reception witnessed many from the Ontario academic community, government agencies, the University of Toronto Press and the Department of National Defence. Speeches were made by both the Chief of Defence Staff, General Paul Manson and the Deputy Minister, Mr. Dewar.

In his address to those assembled, General Manson said that:

"This is an historic and historical occasion. I read Volume I and thoroughly enjoyed it and having to wait for Volume II was much like having to wait for Christmas — the book has certainly lived up to Volume I. It is well told and this proves that history does not have to be boring. The birth of the air force is very much a part of the development and assertion of Canada as a sovereign nation. On behalf of everyone in the Canadian Forces, thank you very much for the remarkable history of the Canadian Air Force".

The book is published by the University of Toronto Press and is available at book stores throughout Canada at \$39.95 or it can be ordered through:

Manager, Direct Mail Marketing
University of Toronto Press
63A St. George Street
Toronto, Ontario
M5S 1A6

Sports Hot Line

PRAIRIE REGION OLDTIMER'S HOCKEY CHAMPIONSHIP

The CFB Winnipeg Oldtimer's Hockey team is just back from CFB Edmonton where the Prairie Region Oldtimer's Hockey Championship was held. However, due to deadlines it was impossible to have the results printed in this issue. Be sure to read your next Voxair edition to see how well our team did.

Eighteen members from CFB Winnipeg, including Col L Reynolds, Base Commander, complete the coach's squad. Capt Tom Whitburn, coach, at departure time had the following comments: "Between the Sam Tafcona Winnipeg Oldtimer's hockey league (average 4 games a week), the CFB Winnipeg Inter-Section Hockey League (average 2 games a week) and tournaments in Grand Forks and Colorado Springs our team has been playing a lot of hockey and the conditioning is there. If all goes well we expect to meet Cold Lake in the finals for a second year in a row and this time we will give the powerful red and white machine a run for their money."

The team plans to wrap-up it's 1986-87 season with tournaments at Winnipeg and Roseau, Minnesota.

PRAIRIE REGION BADMINTON CHAMPIONSHIP

As you are sitting comfortably reading your first 1987 Voxair edition six members of CFB Winnipeg are defending their last year's regional championship title at CFB Cold Lake, Alberta from 18 to 23 Jan 87. The members of our team are Capt Claire Schofer (Vet), Sgt Ches Bennett (Vet), Sgt Serge Camire (Open), MCpl Jim Weatherby (Open), MCpl Dan Cormier (Open), Cpl Rick Carnegie (Open).

Although the team is short 2 Vet players, team captain Sgt Chest Bennett, the 1984 Vet National champion, is very confident that our team has the potential to repeat last year's performance and bring the regional championship pennant back to Winnipeg. Do your stuff guys and good luck.

CFB WINNIPEG BASE HOCKEY TEAM VOXAIR ARTICLE

The team has been in action since the middle of September at which time the dry land training started. Since that time we have been practicing twice a week with the league activities starting the 21 October.

The team is playing in the same league we played last year, we are however in the second division of the league which regroups teams that are closer to the caliber of play of the base team. Up to now the team has played 15 games some of which were very closely disputed. Our record now stands at 1 win, 14 losses. Our best scorers are Bobby Saint-Laurent and Dave Robertson, with 9 points each. Bobby Girouard at +2 on the + and - record is our best defenceman. The 3 goaltenders have all been steady in net with a combine goals against average of 5.

The team will play next on 27 Jan 15 1800 Kirkfield Arena.

INTER-SECTION VOLLEYBALL

Please note that the Inter-Section Volleyball League will be active again at Bldg 90. Badminton players are reminded to use Bldg 21 on Mondays and Wednesdays starting 19 Jan 87.

ARE YOU DISORIENTED WHEN YOU GET UP IN THE MORNING?
FEEL LIKE YOU DID'T GET ANY REST AT ALL?
NO ENERGY FOR THE GET UP AND GO YOU KNOW YOU'LL NEED WHEN YOU GET TO THE OFFICE?



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CLASSES FOR ALL THOSE REACHING THE MAGIC "40" ARE HELD AT BUILDING 90
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TUES - THUR 0900 - 1000 Hrs
NOTE: TUE, THU TIMES WILL CHANGE TO 1045 - 1130 HRS APPROX END OF JAN 87

Protect Your Children

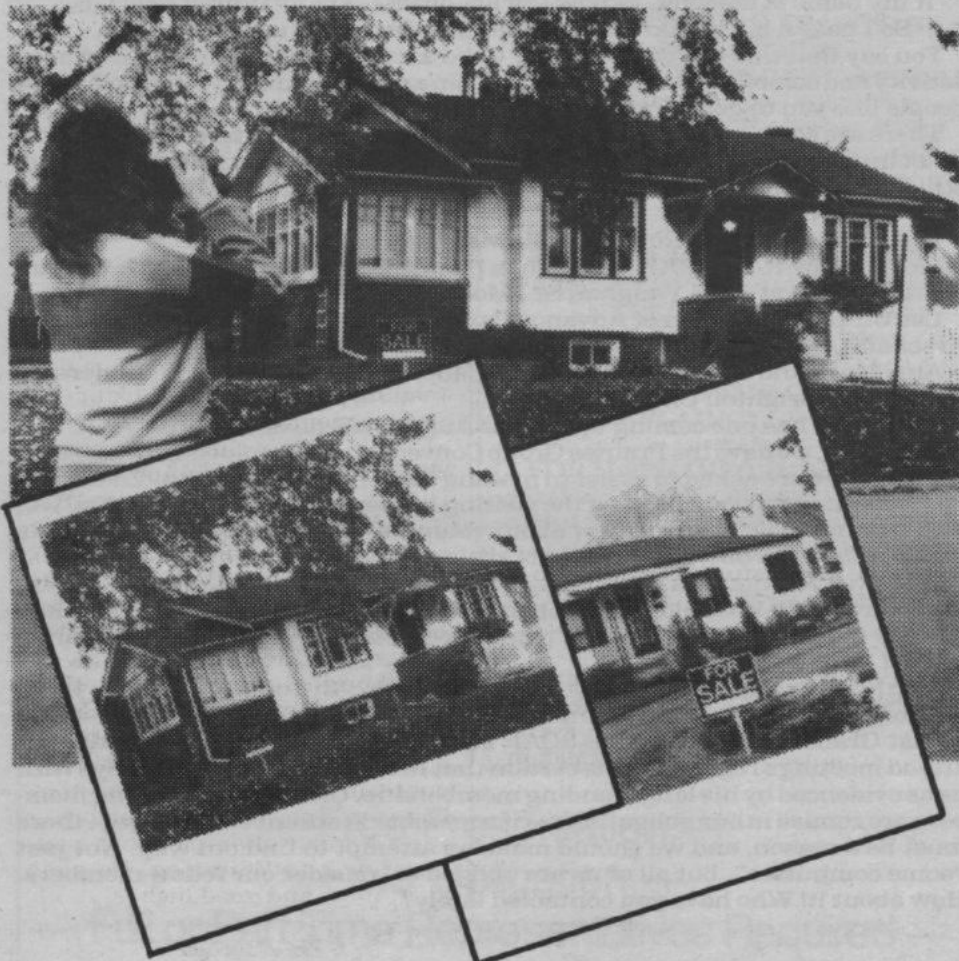
The Women's Centre has been kept busy the past few months planning a successful Craft Sale for November and a Christmas party in December. The ladies and children would all like to thank Padre Wiley for bringing his electric organ and leading us in a variety of Christmas songs. We all enjoyed the many kinds of Christmas sweets brought in by each other with our tea and coffee while the children were busy munching on decorative cookies and drinking juice thanks to Diane Thompson. A good time was had by all with our thanks to our guests who came for coffee and song.

Now with 1987 facing us we are planning a Family Drug Awareness Night for the whole family. This will be held Sunday, January 25th in the lounge at Lipsett Hall at 7:30 p.m. An interesting presentation will be given by the Military Police on the abuse of drugs and how to protect our children through education and familiarity with the drug scene. On Tuesday, January 27th, we will be having Capt Langford, President, North Site community Council, dropping in to discuss

what the Community Council does on the North Site. Looking ahead to the end of February, we will have a guest discussing and demonstrating cardiopulmonary resuscitation.

Women's Centre is available for all military dependents every Tuesday and Thursday mornings from 9:30 to 11:00 a.m. We meet in the St. Andrew's Chapel Annex (side door) on the corner of Kenaston and Grant. We have a playroom and toys for the little ones with a break for juice and cookies. There is tea, coffee and treats available for the ladies while they enjoy relaxing conversation and trade ideas. Everyone is welcome regardless of rank, unit, religion and whether you bring children or come alone. For an enjoyable break make a New Year's effort to come out and try us and make friends. We would like to thank 3RCR, South Site Community Council, Padre Wiley and all the dependants for their support.

If you need a drive or want more information, please call Mary Lou Allard at 489-7796 any afternoon or evening.



Instant pictures help with house hunting

Keep the Record Straight

As a garden guide, use Polaroid shots to record flower bed arrangements and special settings. Take the guesswork out of next year's planting.

Half the fun of a do-it-yourself project is telling about it afterwards. Keep the thrills fresh and visible with a step-by-step series of Polaroid pictures that tell the story.

Where household insurance is concerned, take a tip from professional appraisers and others in the insurance industry. Don't just cover it, take a picture of it. File your pictures with a written description in a safe place and make a claim adjuster's job easier. You'll get faster, more satisfactory service.

Buying, building or renovating? Don't forget your Polaroid camera. An instant picture can be worth a thousand words when it comes to real es-

tate. Why not take a picture of that property you are considering purchasing? It will save hours of driving back and forth.

Keep a record of details you see in other homes and show the architect at your next meeting. Or, record a building in progress. Include pictures of floor and wall structures and wiring arrangements before they are concealed. You just never know when these shots might come in handy.

Attention all you "Mr. and Ms. Fix-its!" Ever take something apart and find that you can't remember the way it was put together? Next time, along with screwdrivers and wrenches, be sure to take an instant camera on the job. With pictures on hand, you won't have to wonder what was connected to what; you'll see it clearly, in color, without confusion.

Winnipeg Area Military Police make donation

On December 18th, 1986, the Winnipeg area Military Police presented a cheque in the amount of \$3,600.00 to the St Amant Centre in Winnipeg on behalf of The Military Police Fund for Blind Children.

The Military Police Fund for Blind Children raises money by sponsoring dances, bingos, telethons and the list goes on. Here in Winnipeg, the major

fund raisers are "The Big Band Ball and the Gala Concert" which resulted in \$8,000.00 being forwarded to the Fund Headquarters in NDHQ, Ottawa.

The support of all Base personnel is appreciated and the Base Military Police wish all a Happy and Prosperous 1987.



MWO Keith Chapman (MWO IC MP) presents the annual donation of \$3,600.00 to St Amant Centre Principal, Brenda Yost.

Local families needed for exchange students

ASSE International Student Exchange Programs (ASSE) is seeking local families to host Scandinavian, French, Spanish, German, Dutch, British, Swiss, Japanese, American and Australian girls and boys, 15 to 18 years of age, coming to this area for the upcoming high school year (1987/88). These personable and academically select foreign exchange students are bright, curious and anxious to learn about this country through living as part of a family, attending high school and sharing their own culture and language with their newly adopted Canadian family.

The students are fluent in English and are sponsored by ASSE, a non-profit, public benefit organization, affiliated with the Swedish and Finnish Departments of Education and cooperating with the Canadian Provincial Ministries of Education.

The exchange students arrive from their home country shortly before school begins in late August and return at the end of the school year in June. Each ASSE student is fully insured, brings his or her own personal spending money and expects to bear his or her share of household responsibilities, as well as being included in

normal family activities and lifestyle.

The students are well screened and qualified by ASSE. Families may select the youngster of their choice from extensive student applications, family photos and biographical essays. Students and families are encouraged to begin corresponding prior to the students' arrival.

ASSE is also seeking local high school students to become ASSE exchange students abroad. Students should be between 15 and 18 years old and interested in living with a European, American or Australian family, attending school and learning about the lands and people of Scandinavia, France, Spain, Germany, Holland, Britain, Switzerland, United States and Australia. Students should have a good academic record and desire to experience another culture and language through living with a warm and giving volunteer family. Academic year and shorter term summer vacation programs are available.

Persons interested in obtaining more information about becoming a host family or becoming a student abroad should contact ASSE's local representative: Donna Thain, 475-8111.

Call Boston for Home Movies.



Tune in a sizzling hot pan pizza smothered in bubbling cheese, tantalizing sauce and guest starring mouth watering topping.

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CHAPEL OF ST. ANDREW'S (SOUTH SITE)

Happy New Year from the Chapel of St. Andrew (South Site). The families of the congregation enjoyed a very active Christmas Season providing opportunity for worship; relaxation and fun for all ages. Preparations for Christmas began with a birthday celebration of the congregation. On St. Andrew's Day, the 30th of November, the church commemorated its 30th Anniversary with a special service of worship and song followed by a delicious luncheon. The Couples' Club showed off their artistic skills by decorating the sanctuary (as a warm-up to their home operations) and then 'out-bluffed' one another in a hilarious game of Balderdash. The children were not to be outdone. The Sunday School Christmas Pageant depicting the theme "Once Upon a Christmas" with shepherds, and angels, wise men and Christmas carols, generated an entertainment success. However, the

Sunday School, took time and effort to remember those who were less fortunate and donated white gift food items for the Winnipeg Harvest Food Bank. The Ladies' Guild organization planned their December meeting as a delectable Christmas Dinner which this chaplain, unfortunately, missed. In addition to social activities, the Ladies' Guild participates in fashion demonstrations, fancy stationery, crafts and sales and supports local charities and community services.

For the new year 1987, the chapel looks forward to a prosperous and rewarding expression of fellowship and growth. The Sunday School, which meets on Sundays at 10:30 am for Bible Study and crafts, will also enjoy a monthly supervised outing of sleigh rides, skating and tobogganing.

A Bible Study group is just underway on Wednesdays at 20:00 hrs following the choir's practice at 19:00 hrs. A committed group of sidesmen attempt to preserve law and order before each Sunday Service at 10:30 hrs and some of the best coffee at CFB Winnipeg is prepared for the post-service fellowship by our weekly hostess.

The chapel congregation is an alive group of committed Christian people who are quick to welcome new families as fellow members and friends. Why not pay us a visit and join in with the uplifting and soul-enriching experience of faith and worship — Sundays at 10:30, at St. Andrew's Chapel (South Site).

Padre J.E. Wiley

Royal Canadian Air Force Association

NOVEMBER SOCIAL

The social evening held in the ANAF Hall on 21 November had an attendance figure around 100 members and guests, making it one of the more successful events in some time. If you did not make it, you sure missed a great evening, with much of the credit due to Reg. Baldwin and his crew. An additional thanks to Mike Brooke and his good wife, and Al Rudolph, for devotion to duty — as the saying goes.

MEMBERSHIP

The No. 500 Wing, at last count, has 95 Regular members, 8 Associate and 1 Honourary, which means WE HAVE PASSED THE 100 MARK! Congratulations to all, and let's keep up the good work. Get those Spouse forms and cheque in right away!

WELFARE

While both Herb Ireland and Jack Bessey have had sojourns in the hospital, it is great to report that both are out again and moving under their own power. Sorry to report that long-time member A.O. Schwartz recently suffered the loss of his wife. Art Johnson has been under the weather, and reports that his wife has been in ill health lately.

HEAR & THERE

An extract from the Dodo Bird Club bulletin (ex RCAF F/S) reads:

"Now that I am retired from life's competition,
I find each day an exact repetition.
I get up each morning and dust off my wits,
Pick up the paper and read the obits.
If my name is missing, I know I'm not dead,
So I have a big breakfast and go back to bed."

You say that this fits you to a "T"? Good member you are in a rut and need activity and something to think about — join a committee now! The Wing needs people like you to get things moving, so how about it???

There are some grapevine goodies in circulation and I understand we might be let in on some great news at the January meeting. Cannot release anything still in negotiation, so will leave it to the President to break the news on TUESDAY 13 JANUARY 1987.

If you are a Reunion Buff, the following may be of interest:

Moose Jaw RAF/RCAF REunion is planned for 19-21 June 1987. contact D.J. O'Hearne at 1125 Vaughan St., Moose Jaw, Sask. S6H 5P3.

Lac St. Denis Reunion of Advance Party (Feb. 51 to Sep. 52) to contact Joe Arsenault, 306-215 Linden Ave. Summerside, PEI. C1N 2K4.

Annette Island '42, '43, and/or Tofino '43, '45; contact Norm. W. Anderson, RR3 B.G.1, Brighton Ont. K0K 1H0.

Goose Bay has one coming up July or August but no details just yet.

Of course, we have the Prairies Group Convention in Winnipeg 1-3 May 1987.

All members are asked to assist in making this one of the best yet. Ladies are needed to assist in entertaining the visiting ladies, especially. Gord McKay will welcome any help offered. How about volunteering your spouse???? Gord's phone number is 895 0369 and he is sitting there waiting for your call!

We have a few members now doing a bit of swimming off and on. If any of you are interested and would like company, phone Doug Angus — 837 8524. It is usually Centennial Pool and the price is reasonable. Especially if you are a senior!

Another Association landmark passes with the death on 17 December 1986, of George H. Sellers. A long time member of No. 500 Winnipeg Wing he was also a Past Grand President of the RCAF Association. Although George did not attend meetings regularly, it is certain that his best wishes were always with us as evidenced by his long standing membership. Once again, we Wing members are remiss in our obligations — if a member is absent consistently, there must be a reason, and we should make an attempt to find out why. Not just "some committee", but all of us are obliged to consider our fellow members. How about it! Who have you contacted lately?

AIMS & OBJECTS OF RCAFA

With a new year fast approaching, it is a good time to review the Aims and Objectives of the Association to ensure that we have not lost sight of our reason for being: "To maintain unity of purpose among the serving and former military aviation participants, and those in civil aviation; To sponsor and encourage aeronautics in all its branches; Participation in civic and community programs involving youth, and in particular Air Cadets — as well as charitable projects; Co-operation with the RCAF Benevolent Fund and veterans' organizations; to promote and encourage adequate aviation components in National Defence; and the promotion of responsible citizenship among Canadians." How do you stack up against this impressive list?

COMING EVENTS — No. 500 WING

- January — General meeting, 13 January 1987.
- February — General Meeting 10 Feb.; Valentines 14th.
- March — General Meeting 10 Mar.' No. 500 Wing Birthday, 18 Mar.
- April — Wing Garage Sale 11th; General Meeting 14th.
- May — Group Convention 1-3rd; Gen. Meeting 12th; RCAF Birthday 21st.
- June — General Meeting on 9th.

The above are subject to change, depending on membership demands, any suggestions and assistance offered the Entertainment Committee; all, of course, depending on the interest shown by the general membership, and support of activities planned for you! Even a computer's output is governed by YOUR input. Don't sit at home and complain — at least come out to the meetings and complain.

WING PROJECTS

Suggestions are required to set up Wing Projects for producing income, entertainment, or any activity to benefit the Wing's operation. For instance, how about a Video Tape of various Wing activities? The production of some form of memorial plaque to commemorate past members or even a Wing Register listing all members, present and former with date of joining? Etc. etc. How active is your mind? If you do not use it you may lose it! A Wing Photo album is in existence if you have any photos you may care to donate (with suitable caption of course as to who when, where, what, and why). Dig out those items you do not use or need any longer and keep them for the Wing garage sale in April. If the response is great enough, we can hire a hall!! Let's get active . . . you may not believe it, but it is much easier to report coming activities than it is TO REPORT NOTHING. You cannot fill a page with nothing!



Protestant Chapels

The Chapel of the Good Shepherd (North):

- Holy Eucharist (Anglican Rite) 0900 Sundays
- Divine Worship 1100 Sundays

The Chapel of Saint Andrew (South):

- Divine Worship 1030 Sundays

For information regarding Baptismal Preparation, Baptism, Church Membership Classes, Marriage Preparation, Marriage, Sunday School and Nursery, Young Peoples, and Bible Studies, please contact a Chaplain.

Chaplains:	Padre R. Baker, BChap(P)	— 895-5417
	Padre J. Jolliffe, Chap(P) (North)	— 895-5075
	Padre E. Wiley, Chap(P) (South)	— 895-6022

R. C. Chapels

	NORTH	SOUTH
TÉLÉPHONE:	895-5087	
MASSES MESSES:	Sat: 1700 hrs (Eng.) Sun: 1115 hrs	Sun: 1000 hrs
MARRIAGE: MARIAGE:	Please give the Chaplain a six month notice. Parlez à l'Aumônier au moins six mois à l'avance.	
BAPTISM:	Baptism Preparation Meeting is mandatory. Please make an appointment at 895-5087.	
BAPTÊME:	Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.	
CHAPLAINS:	Father Gaston Gagnon, - 895-5272 - Home, 888-8804 BChap(RC) Father Lindo Molon - 895-6023 - Home, 489-5654	
SECRETARY (NORTH SIDE):	Francine	- 895-5087
SECRETARY (SOUTH SIDE):	Denise	895-6024

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