

Voxair

Free

CFB/BFC Winnipeg

11 FEB 87

United Way Thanks You



LGen Ashley, Comd Air Command holds the ASTRA Credit Union Challenge Trophy plaque which was won by AIRCOM HQ for best participation in the 1986 campaign.

L to R — Capt J.P. Charbonneau, CFB Winnipeg Chairman; Mr. Cal Shermehorn, President ASTRA Credit Union; Col Reynolds, Base Commander; Maj MacArthur, DCO 3 RCR; LGen Ashley; Mr. Paul Kelly, Co-Chairman of City of Winnipeg Committee; Capt Pat Carroll, Co-Chairman CFB Winnipeg/AIRCOM HQ Co-ord.

Campaign a Success

The United Way campaign at CFB Winnipeg was once again a resounding success. The amount donated by CFB Winnipeg personnel was \$78,800, an increase of \$3530 over 1985. This achievement was the direct result of the fine work by the canvassers and the generosity of our personnel. Our donation is much appreciated by the City of Winnipeg United Way Committee and will be used to assist the many worthwhile agencies which are funded by United Way.

The Challenge Plaque was donated by Astra Credit in Aug 85 to create a friendly competition between CFB Winnipeg, 3 RCR and Air Command Headquarters. The plaque was won in 1985 by 3 RCR and by Aircom HQ in 1986. The plaque which will soon be displayed in AIRCOM HQ (Bldg 25) is a fine oak carving which symbolized the United Way, a helping hand and a rainbow of hope for our community.

Best Blood Clinic in Four Years

The Red Cross Blood Donor Clinic held at CFB Winnipeg, January 15th was the most successful in four years, according to officials of the Canadian Red Cross Society. Donations totalled 217 and many more Base personnel registered but were ineligible to give at that time.

The Base co-ordinator for the Clinic was Captain Norm Bailey of Central Flying School, to whom a great deal of the credit for the results must go (no, he didn't give more than once). Volunteer workers were provided through the kind auspices of Our Lady of the

Airways and The Good Shepherd Chapels — needless to say, they were kept busy for most of the day.

Base Fund provided coffee and donuts for donors and the Red Cross Staff was hosted for lunch at the Officers' Mess.

The Base Commander, Col Reynolds, has expressed his thanks to those involved and thanks all those who took time from their day to provide the "gift of life". Hopefully, the next clinic will capitalize on this upward swing and an even higher number of donations can be realized.

MQ

RESIDENTS

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

Phone 889-3963

Got the Midwinter Blahs?

Brighten up your own life by helping someone else.

Try working with the elderly at Deer Lodge Centre in St. James. Interesting volunteer opportunities are available, helping on the wards, serving snacks, filling menu cards, running recreation and day hospital programs, or working in the library and with chaplaincy services.

For more information call Wayne Elliott — 837-1301 — Extension 2224.

Increased Role for Women in C.F.

In a speech to the students of the University of Toronto Law Faculty, Mr. Beatty reviewed the advances for equality for servicewomen that have recently occurred in the Canadian Armed Forces and announced a new policy regarding the employment of women in those few areas in which they do not already serve.

Mr. Beatty said that Canada stands in the forefront of military forces in the world in regard to the employment of women. Nevertheless, he explained that the Government will vigorously pursue the policy of expanding the role of women in the Armed Forces and will ensure that women will be able to compete for all occupations in a manner consistent with the requirement of the Armed Forces to be operationally effective in the interests of national security.

Mr. Beatty summarized the updated policy regarding the employment of women in the Canadian Armed Forces which is built on five key components:

FIRST, the government reiterates the fundamental principle that women must have equality of opportunity for employment in the Canadian Armed Forces;

SECOND, acceptance for employment must be based on gender-free physical standards which accurately reflect the nature of the employment in the various military occupations;

THIRD, valid scientific trials will be conducted as soon as possible with the objective of determining how, when

and in which occupations remaining restrictions can be removed;

FOURTH, operational effectiveness will not be put at undue risk; and

FIFTH, the government must have the courage and wisdom to report honestly to Canadians if experience and evidence indicate that any given element of this policy does not work.

The Trials Office will examine data from trials in Canada and from those conducted by our allies. This Office's first task is to examine those few areas that currently remain closed to women. Planning for gender-free trials in fighter aircraft squadrons and tactical helicopter squadrons has already begun.

Among the other points the Minister raised were:

— Service women providing logistical support to front-line troops are in fact in a combat situation.

— The issue now is not whether servicewomen should have combat roles but rather which combat roles, whether directly involving combat or not, should become mixed-gender and what are the best ways of maximizing the operational effectiveness of these mixed-gender units.

"The important points, in all of this, are that we are committed fully to the principle of equality for women in the Forces, that the Canadian Forces are already in the forefront world-wide in this area, and that further changes will be made on the basis of solid scientific evidence," Mr. Beatty concluded.



Helen McKinnon, CWL President, presents MWO Keith Chapman with a cheque in the amount of \$960.00 as a donation to the Military Police Fund for Blind Children.

Rock-a-thon for Charity

On 16 Nov 1986, from 1200 hrs - 1700 hrs, the Catholic Women's League (CWL) of Our Lady of the Airways Chapel, held their annual Rock-a-thon to raise funds to donate to charity.

A total of 13 ladies "rocked" their way to collecting \$960.00.

Each year the CWL decides which charity they will donate the proceeds to. The 1986 charity chosen was the Military Police Fund for Blind Children.

On 12 Jan 87, the President of the CWL, Helen McKinnon, presented a cheque to the Winnipeg area Military Police Fund for Blind Children representative, MWO Keith Chapman, in the amount of \$960.00. The amount represents the second largest private donation ever made to "The Fund" in Winnipeg.

Congratulations ladies and thank you for thinking of our charity.

DND Review Pgs. 6, 7, 12

Sports Page 10

Editor's Corner

Thank-you for your support as readers and contributions as writers. A mistake was made last issue with the photos for MP donations and the Posties Watch pages. The captions belong to the other picture. If you have any beefs or bouquets, let us know. We need you to make the paper.

* * * * *

Help! Are you interested in teamwork and willing to learn? Do you have some spare time? Voxair is recruiting staff to assist in production of the newspaper. Tasks include selection and editing of articles for printing, photo cropping, proofreading, paper lay-out and paste-up. Why not give it a try? If you discover you're interested in taking on a position as production editor, you're eligible for a recognized editors' course on T.D. The position offers some monetary reward and requires a bit more time. Come out and talk with us. Call the office 889-3963 or call me at 885-2172. Capt Joy Plohman.

* * * * *

Au Secours! Voxair a besoin des articles en Français. Les sujets seraient votre choix, mais dans les domaines des règlements militaires. Par exemple, on n'accepterait pas des avis politiques. Une article décrivant des événements en ville qui intéresseraient la population Française serait fantastique. Envoyez-les au Bâtisse 13 Chambre 131.

Stepping Out

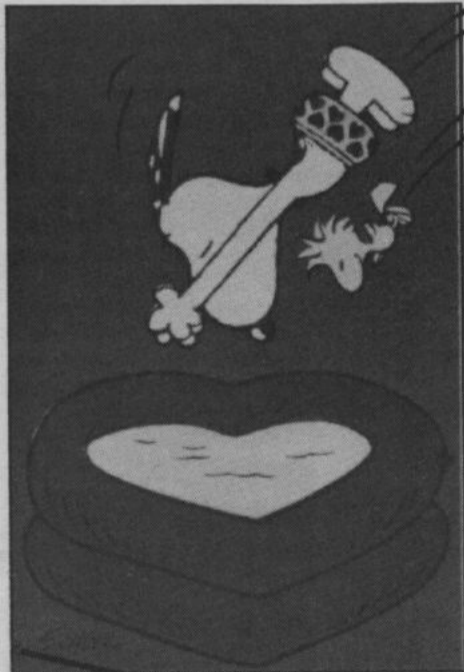


Have you tried the Mandarin Restaurant or Gallagher's Bar and Grill yet? (details in the last issue) Here are a couple more interesting establishments to add to the list:

Acropolis Restaurant — 172 Sherbrook, ph. 775-8927; featuring Greek cuisine in Mediterranean decor. The restaurant is managed by a Greek family who serve the following specialties: octopus, spanakopita (spinach & feta cheese in filo pastry), zaziki (yogurt garlic dip), egg lemon soup, arni (BBQ lamb), moussaka, gyros and souvlaki. Grilled steak and BBQ chicken are also available. On display are a variety of traditional Greek desserts, also plain & mint cheesecakes. Prices moderate.

Like cheesecake? Visit **Baked Expectations**, 161 Osborne St., 452-5176. Cafe atmosphere with b&w checkerboard floors. There are nearly a dozen flavors of cheesecake, of which white chocolate is my favorite and oreo cookie a close second. A wide assortment of cakes and pies is also on display — shmoo torte, apricot poppyseed torte and trifle to name a few. You don't want sweets? Have a surger, s/w, soup, salad or quiche. Cappuccino and herbal teas are popular. Prices "not cheap"!

Joy Plohman

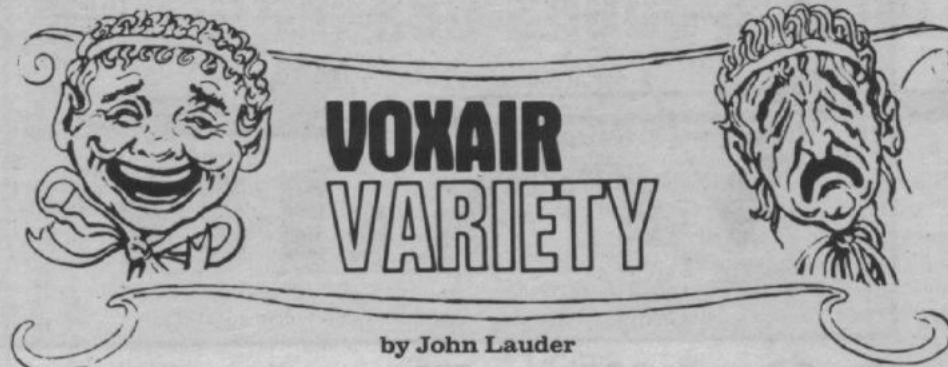


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Happy Valentine's Day R.G.!

The ancient Roman festival of Lupercalia was the forerunner of Valentine's Day. Young men drew maiden's names from urns during the festival and courted the maiden they drew for the next year.

In the 17th century, a Christian martyr named Valentinus was executed for his religious beliefs by Roman emperor Claudius. Several romantic legends are connected to this saint. He is credited with restoring the eyesight of his jailer's daughter, and of penning her a final note before his execution which he signed, "From Your Valentine".



by John Lauder

The erratic new VOXAIR deadlines are making it almost impossible to provide the services given in the past re reviews of shows while they are alive. Thus for this time no coverage of what is on this week and/or the next three weeks. Maybe such things should move over into the "Humor Hunt" column, where they may belong anyway.

To explain further — the deadline for to-day was Monday, February 2nd; yet on the 5th the MTC opened their new play "Doc", which runs until the 28th. No chance to cover it in this or the next issue. The next opera "Die Fledermaus" will be caught in the same kind of trap, as will the Warehouse play "Henry V". But enough bitching, on with what will be happening in the next little while.

In the Centennial Concert Hall the Winnipeg Symphony has three shows planned — starting on the 13th with guest conductor Gilbert Levine and guest artist Garrick Ohlsson at the piano, to play Beethoven's Concerto No. 4. Then on the 14th the Symphony will offer the ever popular Mitch Miller in a Family Pops concert entitled "Lovers and Ladies". Finally on the 28th there will be a special spring concert with Frank Mills as the guest star.

As mentioned above, grand opera returns on the 21st, 24th and 27th, when the Manitoba Opera Association will offer "Die Fledermaus" by Strauss. For a change, this one will be sung in English. Some fine local singers will join with imported stars heading the cast.

* * * * *

At the Gas Station Theatre on Osborne Street Actors Showcase will offer two plays — "Invisible Kids" at 2:00 and 3:30 p.m. on the 14th and 15th, and "Skin" at 7:30 p.m. on the 13th and 14th. Both plays are by Dennis Foom, and deal with racism, visible minorities and like problems in a way kids can understand. More info from 947-0394.

From the 18th to the 28th, Wednesdays through Saturdays, Contemporary Dancers will offer the world premier of "I'm So Fat"; billed as emotional vaudeville, it apparently demonstrates the relationship of food and drink to life, love, sex and death and anything else of value.

* * * * *

Anyone interested in music will wish to take in the Manitoba Music Festival, which opens at the Pantages Theatre at the end of the month on the 25th. That day will feature percussion ensembles, while on the 26th and 27th it will be school choral speech, and on the 28th piano concerto numbers. Events run from 9:00 a.m. to 7:30 p.m. and a festival pass is available for \$10.00.

* * * * *

If you have a child who wants a career in ballet the auditions for the Royal Winnipeg Ballet School are to be held on March 1st. Advance registration is required, along with \$20.00. For complete information, call Ross at 956-0183.

If you have a girl friend, boss, wife or other female acquaintance you consider super, then you can nominate her for one of the Women of the Year awards. There are eight categories: Arts; Public Affairs; Business; Management/Labor; Community Service; Fitness, Recreation and Sport; Professional; and Communications. Nomination forms at the YWCA, 447 Webb Place, ph 943-0381. An individual or organization may make a nomination.

LETTERS TO THE EDITOR

I am asking the readers of your newspaper to share with me any amateur weather forecasting methods known or followed by your readers. Rural Canadians, in particular, still retain that blessed affinity with nature which the city people may have lost or forgotten, and I am hoping the rural folks will be most generous in their response.

Should I receive enough replies I will then, through the assistance of the Explorations Program of the Canada Council, put all information in a book and make it available to Canadians.

To illustrate the sort of things I am looking for: on the Canadian Plains many people believe that precipitation will follow ninety days after a fog. Others believe that the length of a hog's "weather vane" (part of the pancreas?) at butchering time indicates the severity of the approaching winter. To forecast the moisture

prospects for the next year, slice a large onion in two halves and the twelve inner rings will show the moisture content of the year to come.

The tremendous advances in modern, scientific weather study are threatening to overwhelm the home-spun methods used by generations of Canadians; methods used long before the development of "high tech" weather forecasting.

In addition, the gradual passing of our senior citizens, the people most familiar with folk weather lore, will contribute to the loss of this important facet of Canadiana. With the help of the people we can prevent any further loss.

Reply directly to:
 R M. Himsl
 248 Grandview St W
 Moose Jaw, Saskatchewan.
 S6H 5K7

Voxair

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MISE À JOURS Des Uniformes

par le capitaine Chris Almey

Lorsque vous lirez ces lignes, quelque 54 000 militaires des Forces canadiennes auront déjà endossé leur nouvel uniforme. Seuls une planification méticuleuse et un travail ardu ont permis une telle réalisation.

L'effort se poursuivra jusqu'à ce que chacun ait son uniforme distinctif. On compte 18 styles différents et ce n'est qu'à l'automne 1988 que le travail sera complété.

Le responsable du projet à Ottawa, M. John Harker, dit que 220 contrats ont été accordés à une trentaine de compagnies pour la production de 2,2 millions d'articles vestimentaires et de plus de trois millions d'insignes. C'est à Montréal, où se trouve la plus grande partie de l'industrie du vêtement, que la majorité des uniformes seront confectionnés, soit près de 70 p. 100.

Cependant, le sud de l'Ontario, en particulier Toronto, a également reçu de nombreux contrats. De plus, le Nouveau-Brunswick confectionne des chemises, Winnipeg des pardessus et la Côte ouest des mitaines et des foulards de laine.

L'adjudant-chef des Forces canadiennes Gilles Turgeon porte depuis quelque temps déjà son nouvel uniforme de l'Aviation. Il dit que ce dernier a suscité un intérêt considérable chez les gens croisés dans la rue. «Bon nombre de civils à travers le pays m'ont fait des commentaires favorables concernant mon uniforme», ajoute-t-il.

Selon M. Turgeon, l'introduction de l'uniforme

distinctif avec ses nouveaux styles et ses nouvelles couleurs fera plus qu'améliorer l'image des Forces aux yeux du public. «Ça va certainement contribuer à l'esprit de corps, au moral et au sentiment de fierté, d'engagement et d'identité. Je m'attends à des résultats positifs», de confier l'adjudant-chef des Forces.

En novembre dernier, 14 bases avaient déjà commencé à distribuer les nouveaux uniformes. Elles avaient carte blanche sur la façon de procéder. La base d'Halifax, par exemple, a opté pour un système informatisé. Les pointures disponibles et les mensurations des militaires étaient mises en mémoire. Lorsque 80 p. 100 des membres d'une unité pouvait prendre possession de leur uniforme, on les convoquait.

À la section d'approvisionnement de la base d'Ottawa, l'adjudant-chef Ralph Chestnut et l'adjudant Dave McIndless ont mis sur pied une opération dans un entrepôt. Le 20 octobre, 250 des 9 000 militaires de la région essayaient leur nouvel uniforme et, deux semaines plus tard, ils retournaient le chercher. Pour donner une idée de l'ampleur de la tâche, mentionnons qu'il existe 69 différentes grandeurs de vestons, 24 grandeurs de pardessus et 12 grandeurs d'imperméables. Ceci permet d'habiller quelque 80 p. 100 du personnel sans avoir recours au fait-sur-mesure.

On rappelle à tous les militaires qui n'ont pas encore reçu leur uniforme qu'il est très important de respecter les horaires de distribution.

Uniform Update

by Capt Chris Almey

By the time you read this, about 54,000 Canadian Forces personnel will be wearing their new uniforms. How they got them is a tale of meticulous planning and hard work.

The process will be repeated over and over until everyone has what he is supposed to wear, out of 18 different styles. The job won't be finished until Autumn 1988.

John Harker, in Ottawa, is the project manager. He says 220 contracts have been let to about 30 companies for 2.2 million items of clothing and more than three million badges. About 70 per cent of the work will be done in Montreal, where the garment industry is concentrated.

Southern Ontario, particularly Toronto, is heavily involved, and New Brunswick has a shirt manufacturer working on it. Winnipeg is making topcoats, and a West Coast woollen mill is knitting mitts and scarves.

Canadian Forces Chief Warrant Officer Gilles Turgeon has been wearing his air force uniform for some time. He says it has attracted considerable attention on the street.

"I have been stopped by civilians during my travels across the country. They comment very favorably on the uniform."

Mr. Turgeon says the introduction of the new styles and colors will do more than enhance the Forces in public eyes. "It will certainly build up esprit de corps, pride, commitment, identity and morale. I expect to see some positive results."

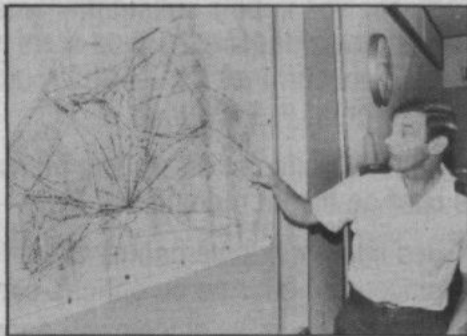
By early November, 14 bases had begun issuing the new uniforms. They were free to come up with their own methods of distribution, and CFB Halifax did it with a computer. Sizes and measurements were fed in, and when 80 per cent of a unit's issue was ready, that unit was called forward.

At base supply in Ottawa, CWO Ralph Chestnut and WO Dave McIndless set up a warehouse operation so the first 250 people out of 9,000 all ranks could be fitted on Oct. 20. They picked up their uniforms Nov. 4. Some idea of the size of the job can be given by realizing there are 60 sizes of jackets, 24 sizes of topcoats and 12 sizes of raincoats. This means that up to 80 per cent of personnel can be fitted right off the rack.

A reminder: The folks issuing the new outfits would like unit commanders to remember how important it is to keep to the schedule for fitting and issuing.

Northern Region Headquarters, Yellowknife

Among Warrant Officer Tony Hiscock's many responsibilities at Canadian Forces Northern Region Headquarters in Yellowknife, is that of coordinating northern sovereignty patrols. WO Hiscock of St. John's Nfld., and his wife Audrie, of New Waterford, N.S., have been stationed in this northern capital city since 1982. Along with other Canadian Forces service personnel and civilian employees, WO Hiscock helps coordinate Canadian Forces activities in the North and provides liaison to the territorial governments and their populations. Most northern patrols are conducted by long range maritime Aurora patrol aircraft, flying tracks like those on WO Hiscock's map, but there are many other types of military presence in the north ranging from Ranger patrols to southern based



army, airforce and navy exercises. "After four years of sovereignty patrols I'm getting pretty good at them," WO Hiscock says. "I'd recommend this posting to people who like living in a well equipped big town and who like outdoor activities." (CANADIAN FORCES PHOTO BY Capt Richard Moore)



Mr. Gordon Sampson — President of Boeing Canada presents a model Boeing 707 to Aircom HQ Commandant LCol Harvey-Clarke. LCol Forestell SSO AT/SAR (CH-113 Labrador) and LCol Zvanitajs SSO Tax Hel (CH-147 Chinook) hold models of two other Boeing products — and wishing they were back flying.

The models were presented to Aircom HQ by Boeing of Canada for exhibit in the HQ atrium display case.



Mr. Rich Diespecker, the Base Accommodation Officer, proudly accepts the Air Command Transient Servicing Award from BGen Scott Eichel, 14 Training Gp Commander and the Base Commander Col. Loren Reynolds. This the second year running Winnipeg has been tops in transient accommodation. (Base Photo)



Capt S.R. Russell promoted to that rank effective 25 Nov 86.

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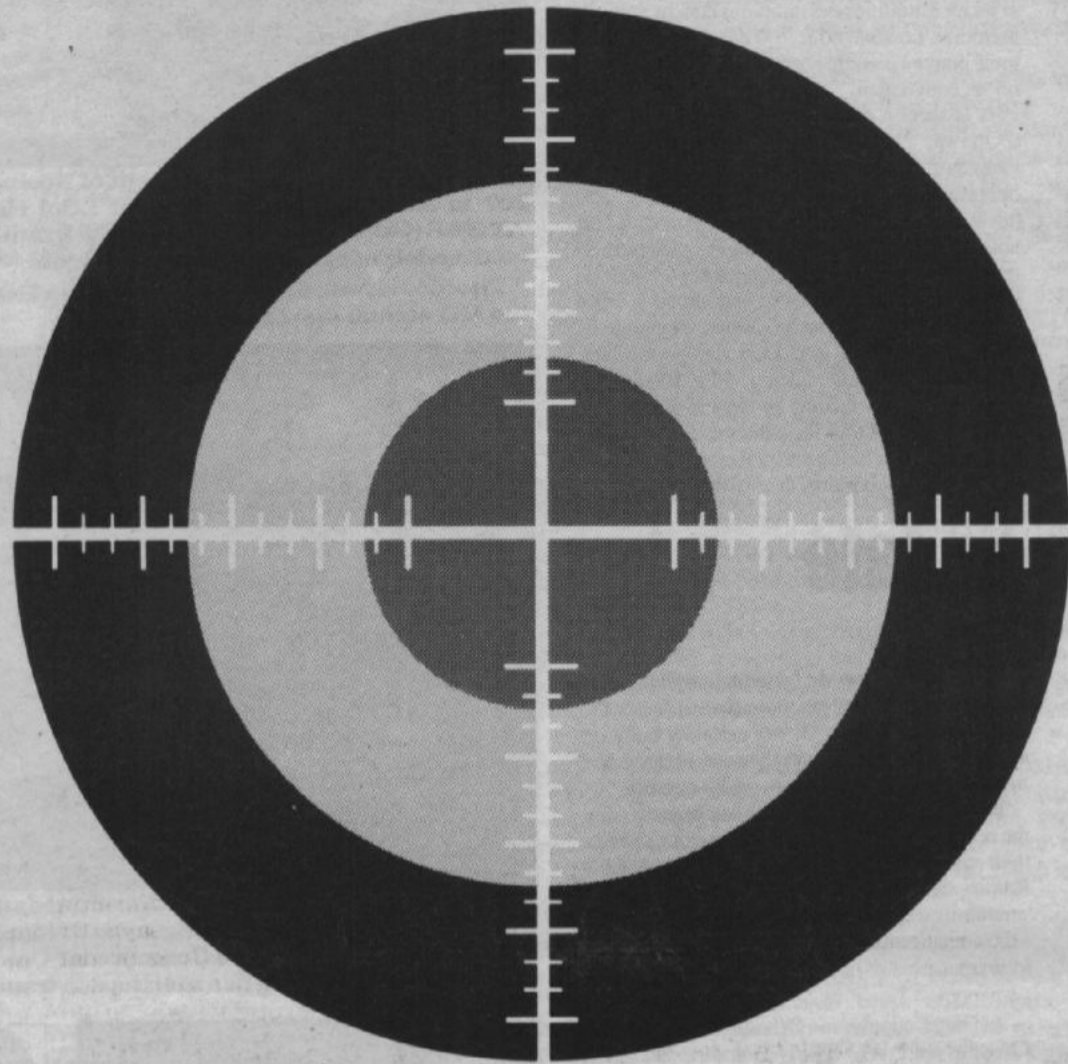
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More Prominent Role for Reserves

OTTAWA — Perrin Beatty, The Minister of National Defence, today said that revitalizing and expanding the Reserves will be major White Paper items.

In a speech to the Annual General Meeting of the Conference of Defence Associations at the Chateau Laurier Hotel today, Mr. Beatty focussed his remarks on the importance of improving Canada's Reserve Forces. The following are the key points made in his speech:

— There is a wide gap between the commitments we have undertaken to defend Canada's security and the capability of the Canadian Forces to fulfil those commitments. The Reserves will play a large role in addressing this gap;

— Canadians have a tradition of Reserve military service. A climate must be created so that a large segment of the adult population will again see military service as an honourable and attractive contribution to the preservation of Canadian sovereignty and our way of life;

— The Minister indicated that his Department will provide significant extra funding in the Defence Services Program over the next five years for a number of Reserve Modernization Programs. These naval, land and air modernization programs will form the basis of restructuring the reserves and are intended to increase the size of the Reserves by 50 to 75% over the next fifteen years;

— In order to achieve these goals, cooperation from the business community across Canada will be required. Minister Beatty would like to see large employers give Reservists who work for them fourteen days off for training in a block of time annually, without prejudice to the individual's vacation time. He would also like these employers to make up the difference between civilian and military pay during this training period; and

— Mr. Beatty will be consulting with his Cabinet colleagues to urge that Federal employees receive similar support.

CF Gets New Small Arms

So you've just been issued with the new small arms for the Canadian Forces. As your platoon hesitantly takes up their C7 rifles and C8 carbines, you march smartly out in front and draw in a deep breath.

"Platoon, attention!"

So far, so good. A little slow on the uptake, perhaps, but they are now all crisply eyes front in straight ranks.

"Platoon...Shoulder arms! General salute... present arms!"

What's that? It sounds like someone dropped the cutlery drawer in a fast-food restaurant? Well, perhaps we should go back and see what the book says.

Testing of drill movements with the new weapons has been completed at the Combat Training Centre, CFB Gagetown. A draft supplement to the Manual of Drill and Ceremonial, CFP 201, will be issued in early 1987. There will also be a short film to use as a training aid, but it is not intended to replace good old square-bashing.

There are two things to remember: the new weapons will not be modified for drill purposes alone; and only essential modification to current drill will be made.

The equipment you are now using, such as belts, slings, and bayonet carriers, will still be used. No decision has been made yet on a ceremonial sling for the carbine.

The new drill will re-introduce the "Reverse Arms" for funeral processions, and will change the "Present Arms," going back to three movements instead of the two now used. In fact, with the concurrence of all commands, the enhanced "present arms" is now being done with the current weapons.

This will all be done in such a way as to allow the rifles and carbines to be carried on the same parade. Also, it will be possible for FN rifles and the new weapons to be on parade together as well.

(EDS NOTE: The training film is now available, catalogue numbers 03235 English and 03236 French.)

Nouveaux Fusils Pour la Parade

Vous venez tout juste de prendre possession de vos nouveaux fusils et déjà c'est la parade. Votre peloton défile fièrement quoiqu'un peu inconfortable dans le maniement des C7 et des C8. Vous tenez la tête haute en avant et prenez une bonne respiration.

«Peloton, garde-à-vous!»

Jusque là, tout va bien. Peut-être un peu lent, mais tous ont l'oeil vif et sont bien alignés.

«Peloton, à l'épaule armes! Salut général, présentez armes!»

Qu'est-ce que c'est? C'est comme si quelqu'un venait de laisser tomber le tiroir d'ustensiles dans un restaurant. On devrait peut-être consulter le manuel d'exercices et voir ce qu'on y dit.

La vérification du maniement du fusil lors d'exercices a été complétée au Centre d'entraînement au combat à la base de Gagetown. Le brouillon d'un supplément au manuel d'exercices militaires, la PFC 201, sera publié bientôt. On a également produit un film qui servira d'aide à l'entraînement. Cependant, ce film n'est qu'un outil et il n'est absolument pas question qu'il

remplace la bonne vieille pratique sur le terrain de parades.

Mentionnons qu'il y a deux choses à se rappeler: on n'apportera pas de modification aux nouvelles armes pour des raisons d'exercices militaires seulement; et, seules seront faites les modifications essentielles aux exercices militaires actuels.

La version remise à jour comprendra le «Renversez armes!» lors de processions funéraires, et l'on retournera à l'ancien «Présentez armes!», c'est-à-dire à trois mouvements plutôt qu'aux deux actuels. Notons qu'avec l'accord de tous les commandements, le nouveau «Présentez armes!» est exécuté avec la FN.

Les modifications apportées au maniement des armes permettront ainsi de porter les C7 et les C8 au cours de la même parade. Il sera même possible d'y porter également les FN.

(NDR: Le film est maintenant disponible. Les numéros de catalogue sont 03236 en français et 03235 en anglais.)

Happy Retirement



Mr. Godard has retired from the Public Service Commission after 22

years of dedicated service. Gerald was presented with his retirement certificate at a ceremony conducted by Maj D.E. Harrison, BMLO. Gerald will be sorely missed by all his co-workers and the staff of BML.

Mr. Godard has long been associated with the military and the Public Service. During the period from 1948 to 1965 he was a gunner in the Militia and in 1966 he joined the ranks of the Public Service Commission. During this time, he has been employed at various positions throughout CFB Winnipeg. In 1973 Gerald became an upholsterer and in 1978 a sub-section supervisor in the Non-Tech Section of Base Supply and subsequently BML.

Congratulations and good luck is extended to Gerald by all members of CFB Winnipeg.

Canine Corner

If you don't give your dog the right amount of attention, behavioral problems can arise, says Dr. Gary Landsberg, a veterinarian from Thornhill, Ontario, with a special interest in animal behavior.

The amount of attention your dog requires depends on its breed. No two dogs are the same, says Dr Landsberg. Energetic breeds that are very active require a minimum of a half-hour of full attention each day. This means long walks, playing fetch and other fast-paced games. In comparison, dogs that are less energetic require a minimum of fifteen minutes of full attention each day. This can be in the form of a long walk as well as chasing games.

However, the amount of hugging and patting you give your dog has to be selective. "If your dog jumps on you 15 times a day and you hug him each time then you are reinforcing this negative behaviour," says Dr Landsberg. Similarly, a hug or pat when the dog barks will teach the dog that this is an appropriate way to get attention. In the long run this will lead to a spoiled and misbehaved dog.

Knowing how much attention to give your dog boils down to knowing your pet's needs. Either too much attention or too little can have adverse effects.

On the other hand, if you don't reward your dog with a pat or a hug when it is doing something right, the dog won't realize that it is behaving correctly. Not enough attention at the appropriate time will mean the dog is deprived. This will lead to stress in the dog and can result in house-soiling, barking and destructive behaviour, says Dr Landsberg.

Behavior that deserves special attention should be rewarded by 'something novel and tasty, such as a food treat. Treats should be nutritional and should be given sparingly to emphasize the positive behavior, yet avoid obesity.

And what about the owner? Well, studies have shown that patting a dog has a calming effect on humans and helps lower blood pressure. So who knows, the next time you hug your dog, both you and your dog may benefit.



Carbine C8 — Shoulder arms (GN86-1746)
À l'épaule, armes. Fusil C8 (GN86-1746)



Rifle C7 — For inspection, examine arms (GN86-1735)
Pour l'inspection, portez armes. Fusil C7 (BN86-1735)

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1 medium orange	66	250 mL (1 cup) raw, shredded cabbage	44
1 lemon	39	1 baked potato	20
½ canteloupe	63	1 tomato	45
250 mL (1 cup) strawberries			

— from Nutrient value of some common foods, Health and Welfare Canada, revised 1979.

DND/Canadian Forces Activities in 1986

EXERCISE BRAVE LION

Last summer, 5,200 Canadian Forces soldiers, aviators and support personnel deployed to Northern Norway to participate in "Brave Lion". This bi-lateral Canadian/Norwegian exercise tested the mobilization of the **Cinquième Groupe-Brigade du Canada** and the Rapid Reinforcement Squadrons as part of Canada's commitment to help defend NATO's northern flank in times of crisis.

The brigade group is composed primarily of units stationed at Canadian Forces Bases Valcartier, Que., and Gagetown, N.B.

"Brave Lion" also tested plans to integrate military and civilian transport. Four civilian "roll-on/roll-off" cargo ships and a combination of Canadian Forces Boeing 707 and CC 130 "Hercules" aircraft were used in this exercise. As well, Air Canada Boeing 707 and Nation Air DH-8 aircraft transported personnel and 2,700 pieces of heavy equipment to Northern Norway. *This was the largest movement of Canadian military personnel and equipment to Europe since the Second World War.*

MULTINATIONAL AGREEMENT FOR GOOSE BAY

1986 marks the 45th anniversary of allied military aviation at Canadian Forces Station Goose Bay, Labrador. The nations currently using the flying training facilities are the Federal Republic of Germany, the United Kingdom and the United States.

In February, Canada signed a Multinational Memorandum of Understanding (MMOU) in which Canada is to standardize existing administrative arrangements for flying activities. The user-nations will pay all costs directly associated with their operations and share the costs of common infrastructure and services.

The contribution of flying training facilities at Goose Bay, Labrador, exemplifies Canada's contributions to the NATO alliance which promotes collective defence.

WILLIAM TELL 1986

For one pressure-packed week in October a team of Canadian Forces pilots and ground crew from 425 Tactical Fighter Squadron, CFB Bagotville, Que., competed against the best that the United States Air Force could offer and won second place overall. The Canadian squadron also placed first in the missile and 20 mm cannon shoot category.

The competition called the "William Tell Air Weapons Competition", is held every two years. This year, 425 Squadron, recently equipped with CF-18 aircraft, represented Canada against six United States F-15 Squadrons. This was the first time CF-18 aircraft flew in this competition.

ADDITIONAL EMPLOYMENT OPPORTUNITIES FOR WOMEN

Canada is, with a handful of other nations, at the forefront of the employment of women in military service.

The number of women serving in the Canadian Forces has risen from a controlled ceiling of 1,500 in 1971, to approximately 7,500 today, which represents 9.0 per cent of the Regular Force. Within NATO, only the United States with 9.5 per cent, has a higher percentage of women in the military.

In March, the Chief of the Defence Staff established a Charter Task Force following the Government's response to the recommendations of the parliamentary sub-committee on Equality rights. Since then, 75,000 additional positions in the Canadian Forces have been designated as mixed-gender positions.

In July, the Charter Task Force recommendations resulted in 12 military occupations being designated mixed-gender occupations. These occupations are: Pilot; Air Navigator; Flight Engineer (officer and non-commissioned occupation); Search and Rescue Technician; Steward; Weapons Technician Land; Materials Technician; Map Reproduction Technician; Meteorological Technician; Topographical Surveyor; and Intelligence Officer.

Furthermore, it was announced in October that qualified servicewomen will be eligible for employment in operational replenishment ships, service battalions, military police platoons, field ambulances, maritime patrol squadrons, maritime reconnaissance squadrons and electronic warfare (air) squadrons. As well, two previously all-male occupations, Preventative Medicine Technician and Airborne Electronic Sensor Operator, were designated as mixed-gender.

With these changes, the proportion of CF occupations in which women participate is approximately 75 per cent.

EQUIPMENT ACQUISITION

Maritime Products

The Tribal Class Update Modernization Project, or TRUMP, announced May 9th, will modernize the Canadian Forces' four Tribal Class destroyers at an estimated cost of \$1.2 billion. Under TRUMP, Litton Systems (Canada) Ltd. will upgrade HMC Ships ALGONQUIN, ATHABASKAN, HURON and IROQUOIS.

One of the most significant improvements will be the installation of a supportive air defence missile system capable of protecting ships against attacking aircraft and anti-ship missiles. New sensors will allow the ships to detect, at longer ranges, the threat generated by sophisticated weapons used in modern naval operations.

Canada remains one of the principal contributors to world peace through United Nations (UN) operations. Currently 897 personnel are serving in four areas. Canada's largest contingent is 515 Canadian soldiers serving in Cyprus. In the Middle East the CF continues to participate in the UN Truce Supervisory Organization and the UN Disengagement Observer Force. Twice yearly, Canada also provides a Hercules aircraft to assist the UN Military Observer Group in Indian and Pakistan.

Continued on Page 7

EXERCICE NORTHERN WEDDING

Une force opérationnelle de quatre navires du Commandement maritime a quitté Halifax le 19 août afin de participer à un grand exercice de l'OTAN dans la mer du Nord et la mer de Norvège. Les destroyers NCSM ATHABASKAN, HURON et ASSINIBOINE, accompagnés du navire de ravitaillement NCSM PROTECTEUR et de leur soutien aérien, ont pris part à l'exercice de trois semaines NORTHERN WEDDING. Le NCSM SAGUENAY était également de la partie, en tant que participant canadien à la Force navale permanente de l'atlantique de l'OTAN. De plus, des appareils de patrouille maritime CP-140 Aurora et des hélicoptères embarqués CH-124A Sea King remplissaient des fonctions de surveillance et de combat anti-sous-marins tout au long de l'exercice.

Les unités canadiennes se joignaient à plus de 150 navires, des centaines d'aéronefs et quelque 35 000 militaires de dix pays de l'OTAN. L'exercice avait comme objectif de vérifier l'aptitude de l'alliance à réagir à une menace navale à l'endroit de voies cruciales de liaison maritime.

EXERCICE BRAVE LION

L'été dernier, un groupe de 5 200 soldats, aviateurs et militaires de soutien des Forces canadiennes se sont déployés au nord de la Norvège pour participer à l'exercice Brave Lion. Cet exercice canado-norvégien mettait à l'épreuve la mobilisation du 5e Groupe-brigade du Canada et des Escadrons de renfort rapide, dans le cadre de l'engagement du Canada à défendre le flanc nord de l'OTAN en période de crise.

Le Groupe-brigade est composé principalement d'unités stationnées aux bases de Valcartier (Qué.) et Gagetown (N.-B.).

Brave Lion a également permis de mettre à l'épreuve des plans d'intégration des transports civils et militaires. L'exercice a eu recours à quatre cargos rouliers civils et des avions Boeing 707 et CC130 Hercules des Forces canadiennes, un Boeing 707 d'Air Canada et un DH-8 de Nation Air pour le transport des troupes et des 2 700 pièces d'équipement lourd. *Ce déploiement aura été le plus important mouvement de personnel militaire et d'équipement canadiens vers l'Europe depuis la Seconde Guerre mondiale.*

ACCORD MULTINATIONAL SUR GOOSE BAY

L'année 1986 marquait le 45e anniversaire d'activités aériennes militaires alliées à la base des Forces canadiennes de Goose Bay (Labrador). Les installations d'entraînement au pilotage sont actuellement utilisées par les aviations de la République fédérale d'Allemagne, du Royaume-Uni et des États-Unis.

En février, le Canada signait un protocole d'entente multilatéral en vertu duquel il s'engageait à normaliser les arrangements administratifs actuels régissant les activités de vol. Les nations utilisatrices des installations paieront les frais directs liés à leurs opérations et une part des frais d'infrastructure et de services communs.

La contribution par le Canada d'installations d'entraînement au vol à Goose Bay, Labrador, est un autre exemple de notre participation à l'OTAN pour le soutien de notre défense collective.

WILLIAM TELL 86

Pendant une semaine intense en octobre, une équipe de pilotes des Forces canadiennes et leur équipage au sol du 425e Escadron d'appui tactique de Bagotville (Qué.) se sont mesurés à l'élite de la US Air Force, et ont décroché un deuxième rang au classement général. L'équipe canadienne a décroché le premier rang dans les missions de missile-radar et de tir au canon de 20 millimètres.

La compétition d'armes aériennes William Tell est tenue tous les deux ans. Cette année, le 425e Escadron récemment équipé d'appareils CF-18, défendait les couleurs du Canada contre six escadrons américains de F-15. C'était la première participation de CF-18 à ces compétitions.

NOUVELLES POSSIBILITÉS D'EMPLOI POUR LES FEMMES

Le Canada fait partie du groupe réduit de nations qui donnent l'exemple au chapitre de l'intégration des femmes dans le service militaire.

Le nombre de femmes servant dans les Forces canadiennes est assés d'un plafond fixé à 1 500 en 1971 à quelque 7 500 maintenant, soit 9 pour 100 du personnel de la Force régulière. Parmi les pays de l'OTAN, seuls les États-Unis comptent une proportion plus élevée de personnel militaire féminin, soit 9,5 pour 100.

En mars 1986, le chef de l'état-major de la Défense mettait sur pied le Groupe de travail sur la Charte des droits, pour donner suite aux recommandations du Sous-comité parlementaire sur les droits à égalité. Depuis, un total de 7 500 postes supplémentaires ont été désignés mixtes dans les Forces canadiennes.

En juillet, les recommandations du Groupe de travail amenaient une désignation mixte pour 12 occupations, soit celles de pilote, de navigateur aérien, de mécanicien de bord (personnel officier et non officier), de technicien en recherche et sauvetage, de steward, de technicien d'armement terrestre, de technicien des matériaux, de dessinateur cartographe, de technicien en météorologie, de topographe et de préposé au renseignement.

Continued on Page 12



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Facts from Base OPS

Here it is the second month of the new year and spring is just around the corner. Ha ha. Everybody knows that this has been an unusually warm winter for Winnipeg. We had thirty-one (31) consecutive days with above normal temperature. You are welcome.

Not much has happened in and around the BOps Branch since the last article. However these are a few things of importance.

Tom and Elaine Doucette are proud parents of 6 lb 2 oz baby girl born on the 30 Dec 86. Just made it, huh Tom!

We had two new additions to the Branch, Cpl S. Tousignant from Bagotville and Sgt Jim Fairweather from Shearwater.

The Base Ops curling team is continuing to hold her own in the intersec-

tion league, this is when we get to curl. The "Old Timers" are still #1 in their bowling league.

Here are some weather facts for the month of Feb. Normal maximum temperature for 1st of the month -14. Normal minimum for 1st of month -24. Normal maximum for end of month -7. Normal minimum -18. Highest recorded temperature was 12°C in 1958 and the lowest temperature -45°C in 1966. The average number of days with precipitations is 10 with the average rainfall of 0.8 MM and average snowfall of 19.8 CM.

We will go from 9 hours of day light from the 1st of the month to 11 hours at the end of the month.

Now that you have all those facts and figures, until next time, Happy St. Valentines and have a good one.

86 Review Continued

New command, control and communications systems, state-of-the-art propulsion and auxiliary systems will also be installed. These changes will improve the speed, power and operability of the four helicopter-destroyers. In addition, they will be easier to maintain and will be more energy efficient.

A three-year project definition phase was approved this year for the purchase of a New Shipborne Aircraft (NSA) to replace the CH-124A "Sea King" helicopter. The new aircraft will provide increased anti-submarine warfare and anti-ship surveillance and targeting capabilities for Canadian and NATO ships. The selection of the New Shipborne Aircraft takes into account many factors which are unique to the role it will fulfill in the maritime environment, such as, an all-weather operating capability and modern detection equipment to ensure protection against enemy aircraft, ships and submarines. Delivery of the New Shipborne Aircraft is anticipated to be in the early 1990's.

The Canadian Submarine Acquisition Project (CASAP) is a vital link in the overall plan to modernize Canada's naval forces. Under CASAP, the Canadian Forces will replace HMCS Submarines OJIBWA, OKANAGAN and ONONDA-GA with a minimum of four, or as many as twelve modern, conventional diesel-powered submarines. The first contracts for the new submarines are expected to be let in 1990 with the first submarine ready to join the fleet by 1995.

Small Arms Re-equipment Program

Manufacturing of the C7 rifle and C8 carbine by Diemaco Inc., Kingston, Ont., as part of the Canadian Forces small arms re-equipment project (SARP) began this year. Approximately 80,000 C7 rifles and nearly 1,600 C8 carbines will replace the 30-year-old FN C1 rifle with its heavier 7.62 mm ammunition. The weapons are part of a new family of small arms designed to use the 5.56 mm NATO standard ammunition, which is being produced by I.V.I. Inc., of Valcartier, Que.

Low-Level Air Defence Systems

The LLAD project was initiated to acquire modern anti-aircraft guns and low-level surface-to-air area defence missiles to provide an effective conventional air defence capability. This defensive system will provide local protection during both day and night and under all weather conditions. These weapons will defend the two Canadian airfields at Lahr and Baden-Soellingen, Federal Republic of Germany (FRG), the 4 Mechanized Brigade Group stationed in FRG, and the Cinquieme Groupe Brigade du Canada which would be deployed to Norway in time of crisis. Delivery of the LLAD systems is scheduled to begin in 1988.

MULTINATIONAL FORCE AND OBSERVERS GROUP

Canadians have been serving in the Multinational Force and Observers Group (MFO) since April, in response to requests from Egypt and Israel to replace the Australian helicopter unit. By participating in this Sinai peacekeeping force Canada demonstrates its commitment to assist in the search for peace and stability in the Middle East.

The first rotation of the Canadian contingent to the Multinational Force and Observation Group, in the Sinai Peninsula, took place in August. One hundred and twenty-nine Canadian Forces members, mainly from 427 Tactical Helicopter Squadron based at Petawawa, Ont., assumed Canada's portion of the peacekeeping role for a six-month tour. 427 Squadron replaced personnel, mainly from 408 tactical Helicopter Squadron, who returned to their home base in Edmonton.

The roles of the helicopter unit include the transportation of observers on their verification tasks, the transportation of personnel and supplies to remote areas, medical evacuation and search and rescue as required in support of the MFO. In addition, some of the Canadian personnel are employed on the MFO commander's staff.

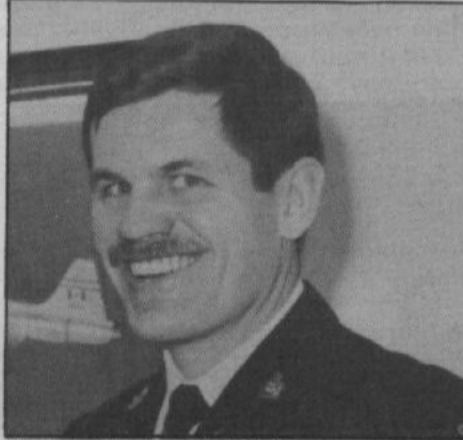
February 1987

JRC Entertainment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 GROUNDHOG DAY	3	4	Dave Gray 5 8-12 Free Admission Dress Casual	"Sound Unlimited Systems" 6 9-1 Dress: Casual Members \$2.00 Guests \$3.00	Paul Lacoursiere 7 9-1 Dress: Casual Members \$2.00 Guests \$3.00
8	9	10	11	Dave Gray 12 8-12 Free Admission Dress Casual	DAVE GRAY 13 9-1 Dress: Casual Members \$2.00 Guests \$3.00	VALENTINE'S DAY 14 9-1 Dress: Casual Members \$4.00 Guests \$5.00
15	16	17	18	Paul Lacoursiere 19 8-12 Free Admission Dress Casual	BOSSIES NIGHT 20 Paul Lacoursiere Free Admission Dress Casual	Dave Gray 21 9-1 Dress: Casual Members \$2.00 Guests \$3.00
22	23	24	25	Paul Lacoursiere 26 8-12 Free Admission Dress Casual	MIKE COOPER 27 9-1 Dress: Casual Members \$2.00 Guests \$3.00	"Sound Unlimited Systems" 28 9-1 Dress: Casual Members \$2.00 Guests \$3.00
LOOKOUT for EUCHRE, DARTS or POOL TOURNAMENTS on FRIDAYS				ENTERTAINMENT SUBJECT TO CHANGE		



LCol B.C. McKenzie, Comdt CFS, congratulates Maj M.J. (Mike) Dolan for his completion of the Officer Professional Development Program. Major Dolan has been with Central Flying School since August 1986, joining us from the fighter community. (Unfortunately two F-18 photos have to be removed to make room for the OPDP certificate in Mike's den.)



Capt T.G. (Tom) Whitburn awarded CD. Tom has been a resident Navigator at CFS since July 1984.



Capt T.G. (Tom) Inglis awarded CD. Tom has been a Jet Ranger Standards Officer with Central Flying School since June 1985.

What's Happening at the WO's & Sgt's Mess

Friday, 13 February

Mixed T.G.I.F.
— Food: Served from 1830 to 2000 hrs.
— Dress: Casual
— Dancing: DJ in the Fireside Lounge
— Cost: Members Free, Guests \$2.50

Saturday, 14 February

"Valentine Dance" — Bring your Sweetheart for this Special Evening.
— Food: Served from 1900 to 2030 hrs.
— Dress: Casual
— Dancing: DJ in the Fireside Lounge
— Cost: Members \$10/couple, Guests \$15/couple.
— Tickets on sale at Mess Office starting 30 Jan 87; members may sign the acquittance roll.

Friday, 20 February

Mixed T.G.I.F.
— Food: Served from 1830 to 2000 hrs.
— Dress: Casual
— Dancing: DJ in the Fireside Lounge
— Cost: Members Free, Guests \$2.50

Sunday, 22 February

Family Dinner
— Food: Served from 1630 to 1800 hrs.
— Dress: Casual
— Cost: Adults \$8, Children under 12 years \$5

Friday, 27 February

Winnipeg-Shilo-Portage Inter Mess Curling (Members only) — For further details see Poster in the Mess.
Mixed T.G.I.F.

— Food: Served from 1830 to 2000 hrs.
— Dress: Casual
— Dancing: DJ in the Fireside Lounge
— Cost: Members Free, Guests \$2.50

Saturday, 28 February

"Battle of the Sexes 87" — Come out for a fun evening & participate in a variety of challenging games that will determine our Mess's Superior Sex. Games to start at 1900 hrs. sharp.
— Food: 2100 hrs.
— Dancing: 2200 hrs. to DJ in the Fireside Lounge
— Cost: \$2.50 per person. Further info in the foyer of the Mess.

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Bameo Banter



Accelerated promoted Cpl L.W. Auer carries out communication checks in one of Winnipeg's CT-133 Silver Star aircraft.

The BAME section is back to full swing after an enjoyable Christmas slow-down. The celebrations and fun were widespread leading into the recent festive season. Workshops commenced the annual section gatherings by getting together way back in November (no time to waste!). All the other BAME sections followed in turn, enjoying the infrequent opportunity to gather socially with their workmates and spouses. On 26 Nov the big BAME Christmas Party was held under the stewardship of Sgt Spencer. The guest of honor, Colonel Reynolds distinguished the BAME section with the presentation of the Base General Safety Award (a rare occurrence for BAME).

A few congratulatory remarks are in order for those recently promoted in BAME. Late in 1986 WO Schneider of Quality Assurance was promoted to that rank, as was WO Klein of Tutors, T-Bird and Transient Servicing. Sgt Nye of BAME photo received her third and leaves soon for new duties at the situ in St Margarets. MCPL Rosser of

Hercules and Dakota Servicing received his MCPL appointment and Cpl Riddell of Avionics Labs received his second chevron. Cpl Auer was accelerated promoted from Pte and continues his communication/radar duties in Dakota Repair. Finally and most recently Capt Fisher, the aircraft servicing officer was presented his captain's stripes by the BTSO. Congratulations to you all!!!

The sporting events about the hangar have been rather sparse in recent months. However there is the second annual BAME Ski Day and Volleyball Competition fast approaching on the activity calendar. Watch for further details. In addition initial phases are being formulated for the 1987 edition of WINOX. It is anticipated that Comox will visit Winnipeg this spring and indulge in golf and other scheduled events.

So ends the news for this installment. I'll leave you all with a little thought as we presevere through the winter months:

How Manitoba Came to Be

Once the Devil took stock in the usual way
He cried with a grin, "It's beginning to pay,
If business keeps up I will have to expand,
So I'll see the Lord and arrange for some land."

He went to the Lord and told him his tale,
Said he needed some land, part scrub and part swale.
"Don't worry about climate, "I'll fix that," said He,
And He grinned and He laughed with devilish glee,
For six months of the year folks won't dare venture forth
Cause I'll blast them down with a gale from the north,
Two months spring and fall I'll have it cold and wet,
And the other two months they boil in their sweat.

"Well now," said the Lord, "I've one piece you could take.
It's some land I left up around Winnipeg Lake."

The Devil went up and looked it over well.

Came back and reported, "That's not fit for Hell."
The Lord said He'd try to fix up the land.

So the Devil set out with the business at hand.

He took all the earth and mixed it with glue,
Then arranged a shower each day for an hour or two.

From Arctic to Equator he searched for a pest
Came back with the fish fly, well pleased with his guest.

He polluted the country from Spring until Fall,
With every insect that could fly, walk or crawl.

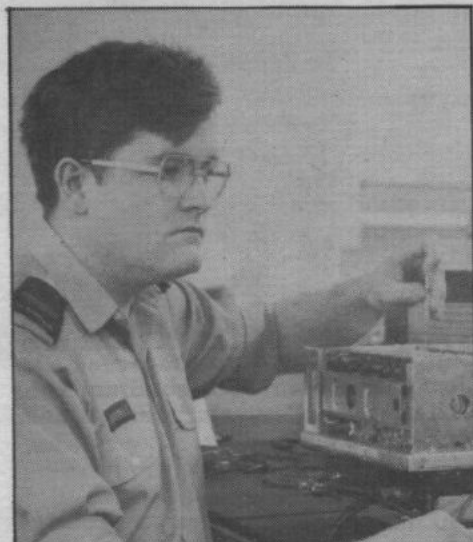
He brought in mosquitoes, ten million or more.

They crawl through the screen, some stick in the door,

Said He, "There now I'm finished, that's all I can do.

It's just Hell to me, but it's Manitoba to you."

— The Holy Archives



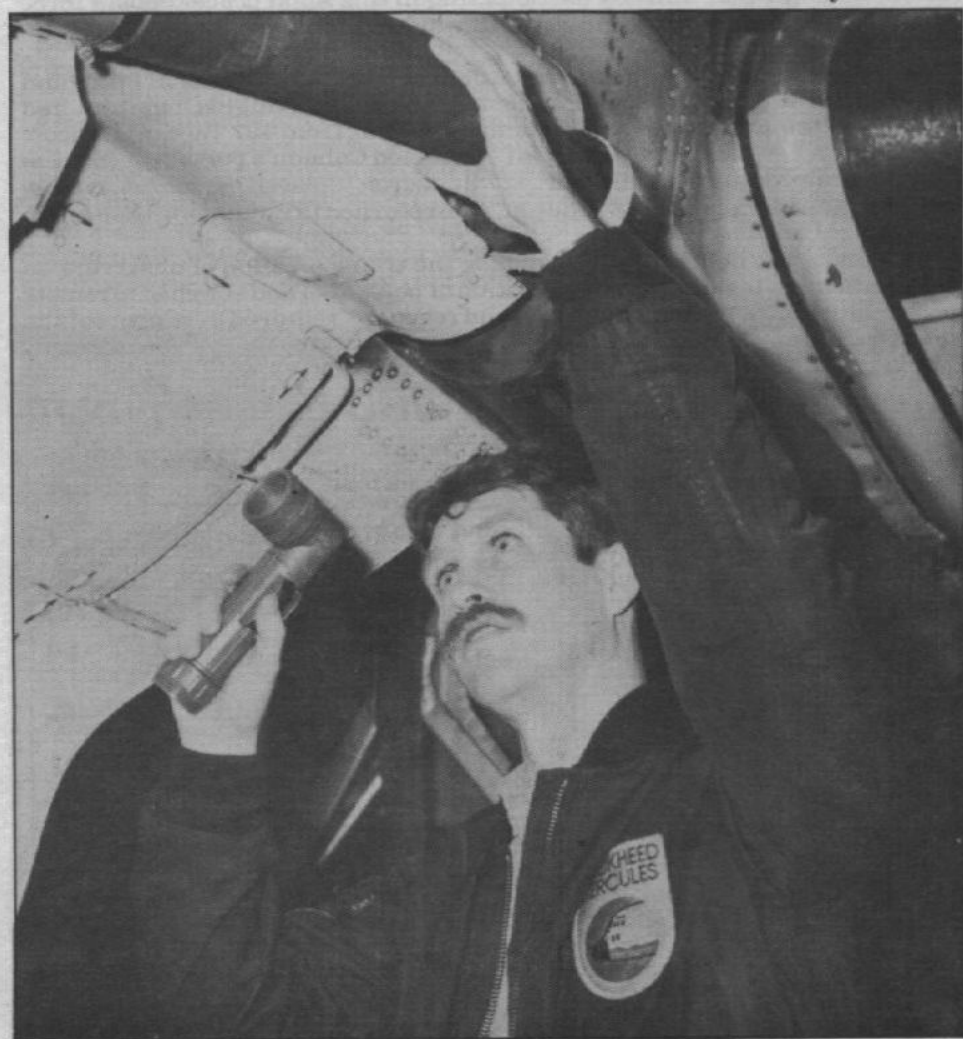
Newly promoted Cpl A.S. Riddell of Avionics Labs effects repairs to an aircraft radio.



Newly promoted Capt G.F. Fisher attends to aircraft scheduling duties in the Aircraft Servicing Section of BAME.



BAME's recently promoted WO J.C. Klein deliberating if he should grab a leg and make a wish.



Recently promoted MCpl Rosser will continue with his Aero-Engine duties in Hercules and Dakota Servicing.



LGen L.A. Ashley presents WO Gaston Demers of AIRCOM HW/SSO AF with his clasp to his CD on 26 Nov 86. WO Demers has completed 22 years of meritorious service. Congratulations Gaston.

Belt Too Tight

Time for another update from the exciting world of the AWS...

The new blue uniforms are becoming more and more popular around the squadron lately. Looking particularly dapper in his new duds is J.T. Williams. The light blue shirt really sets off J.T.'s grey hair, giving him that "distinguished" look so sought after by men of his era - you know, Socrates, Plato, Aristotle and the like.

Speaking of things grey...

What's grey, goes mach 2, and holds six screaming adults... Major Robichaud's Audi 5000. Also rapidly turning grey are all the people working in the claims section who have to work with "The Grey Bullet" ominously staring down at them all day long. It's really just a matter of time.

Speaking of time...

Clause Cloutier recently spent a lot of it writing his EW worksheet. Claude demonstrated amazing dedication to the field of EW by condensing three volumes of highly technical

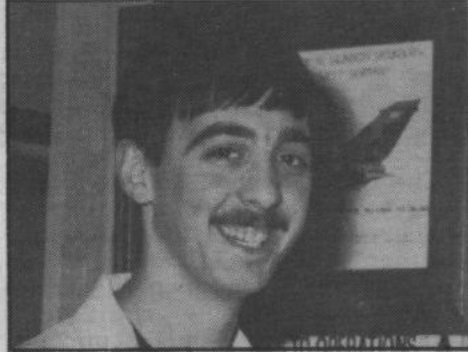
information into three pages of incoherent babbling. This however, was nothing compared to the babbling that went on in S/L Ferries' office when Claude was informed that his epic was not up to ASC standards. S/L Ferries, being the authority on incoherent babbling, threatened to remove Claude from the US tour. At this point, Rich "Poker Face" Cheek could no longer stand to see an overgrown man cry and let Claude know that he had been set up. After this, Claude explained that he really hadn't been crying, it was just that his belt was too tight and he was worried about the baby.

Speaking of babies...

Congratulations to what has become "The Bouchard Family" on the birth of their daughter Emilie on 1 February 1987. Weighing in at a strapping seven pounds, two ounces, Emilie is sure to be the giant in the family. Wait for it Bobby - you thought ASC students cried a lot. At least babies are trainable.



Sgt Nye receives new rank stripes.



Pte G. Boily received his QL3 certificate in recognition of his post secondary education Aeronautics Diploma.



Congratulations to WO S. Schneider recently promoted to that rank. WO Schneider will continue in his present duties as the Quality Assurance Supervisor for all maintenance performed in BAME.

Voodoo Farewell

With the Christmas/New Year's holidays fading into memory it's time to look ahead to spring, more specifically, to the first weekend in April. What's the occasion, you ask? It's your opportunity to partake of the festivities planned by the Voodoo Closeout Committee to help us say farewell to the venerable CF101.

The festivities will commence with a mixed all ranks Meet and Greet at each of the three messes on Friday 3 April at 1630 hrs. The dress will be dress of the day or appropriate civilian attire (no jeans). You will have an opportunity to see old friends, swap tall tales, and raise a glass of cheer. There will be something for everyone with video entertainment at the Officer's Mess, a DJ at the Junior Ranks, and entertainment TBA at the Sgt's and WO's Mess. A shuttle bus service will be available from 2000-0200 hrs.

Saturday afternoon there will be a dedication ceremony at the pedestal site, hopefully capped off by the last Voodoo flypast ever. Don't miss it! The dedication ceremony will commence at 1330 hrs and be followed by an all ranks cocktail party at the Officers' Mess for registered guests and parade participants. The dinner/dance will start at 1800 hrs on Saturday in hangar one. The dress for all events on

Saturday will be S3's or jacket and tie for the gents and appropriate attire for the ladies.

Unfortunately, due to renovations, on-base accommodation is not available. A list of local hotels can be obtained through Capt Anderson AV 628-6208.

The weekend package includes complimentary drink tickets, free cocktails on Saturday afternoon, and roast beef dinner with wine Saturday night. A shuttle bus service will be provided both nights.

Due to the overwhelming response to date, advance registration is required. The cost for the weekend is \$20.00/person or \$30.00/couple. Cheques or money orders should be made payable to the Voodoo Closeout Committee and mailed to: c/o Commanding Officer 414 Electronic Warfare Squadron Canadian Forces Base North Bay Hornell Heights, Ontario POH LPO

Attention: Capt Kyne

To ensure your reservation, payment must be received no later than 6 March. After 6 March the cost is \$25.00/person or \$35.00/couple.

We look forward to seeing you at what promises to be an historic and festive occasion.

TOTIS VERIBUS.



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Team members (L to R) back row: Cpl Richard, Sgt Sheppard, Cpl Pilon, L/S Rouleau, Sgt Wiseman, MWO Wombolt, Pte Brousseau. (L to R) front row: Cpl Rienguette, Cpl Bourbonnais, M/Cpl Boisvert, Sgt Scriver, Cpl Stevens. (Missing) Capt Lescoutre, Cpl Nadon, M/Cpl Ladouceur.

Our CFB Winnipeg Broomball Team

The CFB Winnipeg flyers are more than ready for the prairie region broomball championships.

This team commenced practices in early October 86, with a number of exhibition games being played after the new year. The team coach has selected the best possible base level players from various sections to support CFB Winnipeg. Team manage-

ment feel that this team will represent CFB Winnipeg well at the regionals. Fitness levels on the team are of a high standard. Coach Sgt Jim Wiseman sincerely thanks all sections for their support. A high fitness level will be needed for this team to win the tough prairie region. With the team at a high fitness level we'll not let you down. Thanks for the support CFB Winnipeg.

Base Team Wins

A Mini Broomball Tournament took place at Grant Park Arena on Friday, 30 Jan 87. CFB Winnipeg Flyers, under the experienced coaching of Sgt Jim Wiseman, easily defeated the less experienced Sioux Lookout and 3RCR teams. The goal of the tournament was to help both Winnipeg teams to

get ready for their respective tournament, Prairie Region Broomball Championship for CFB Winnipeg Flyers and Exercise Strong Contender for 3RCR's. Thanks to Sgt Jim Wiseman for organizing the tournament.

Intersection Volleyball

After a short seasonal break the ten teams forming the CFB Winnipeg Inter-Section Volleyball League are right back in hot, friendly competition. Games are played Mondays and Wednesdays from 1130 hours to 1330 hours at Building 90 and 1200 to 1300 hours in Lipsett Hall.

Standings as of February 3rd are as follows:

Team	Win	Lost	Points	Place
CE	14	1	14	1
1 CEU	12	3	12	3
BML	11	4	11	3
73 COM GP	10	5	10	4
733 COMM SQN	7	8	7	5
14 TRG GP	7	8	7	5
BTN	4	11	4	6
BSUP 2	4	11	4	7

BSUP 1	3	12	3	8
CFANS	3	12	3	8

If you are interested in playing volleyball contact your section representative (listed below). If your section does not have a team contact Cpl Chris Pilon, 5511. Some sections are in desperate need of players.

CE	MCpl Hrehorick	5477
14 Trg GP	HQ MWO Currie	5163
1 CEU	WO Aucoin	5660
733 Comm Sqn	Cpl Dunbar	5007
BML	Cpl Vanthournout	6067
CFANS	Capt Oreziak	5807
73 Comm GpHQ	Sgt Scriver	6341
BTN	MCpl Hachez	6054
BSUP 2	Sgt Boulay	6063
BSUP 1	Sgt Nauss	6315



Pte Tony Irving, of 14 Training Grou HQ's admin staff, recently received his Certificate of Aerobic Excellence from BGen Scott Eichel, Group Commander. Tony achieved his goal of 2000 km in 10 months. (Base Photo)

Old Timers Say Next Year

The 1987 Prairie Region Old Timers Hockey Playoffs were held in Edmonton from 12-16 Jan 87 and the Geriatric Jets from Winnipeg participated along with Cold Lake, Shilo, Edmonton, Calgary and Moose Jaw. We drew the first game — 0800 hrs Monday against the perennial favourites — Cold Lake. This game proved to be a thriller. Rick Hayes held off Cold Lake time and again while we gained a lead of 2-0 but Cold Lake fought back and went ahead 3-2. However with 21 seconds left Russ Francis batted in a rebound and we went into overtime. While we had a few breaks we spent much of the first overtime killing off penalties. The third penalty carried over into the second overtime and we were beaten by a powerplay goal. John Kamperman and Don Sanderson scored the other Winnipeg goals.

The second game was played in the afternoon against Shilo and we emerged victorious. JR Rioux scored one and four were scored by the "big salary" line with marcel Belzile and Gil Goodman each netting two goals. Rod Stewart put in a strong game.

On Tuesday morning we faced Moose Jaw and came out on the short end of a 3-1 game. Perhaps we were looking ahead to the Edmonton game but Moose Jaw came out flying, had

good goaltending and defeated us 3-1. Later that day we played Edmonton in another thriller. We were down 2-0 with two minutes to go when Loren Reynolds scored to cut the margin. We then pulled our goalie and JR Rioux tied the game with 23 seconds on the clock. For the second time in the tournament the opposition got the overtime goal and that game eventually eliminated us from the championship game. Our final game was played against Calgary and we gained our only shut-out 5-0.

Overall, we had a very respectable play-off. We scored 16 goals and gave up only 12 in five games and lost two games in overtime. We took Cold Lake, the eventual tournament winners, to two overtimes and with a little more production from our forwards we may well have come home with the "gold". We got the usual outstanding coaching from John Courtemanche, good goaltending and solid defence, even after Russ Francis was injured. Richard Parent was superb as our team manager and trainer.

All in all it was an excellent tournament with fast clean hockey the main fare. The senior citizens from Winnipeg acquitted themselves very well both on and off the ice. NEXT YEAR!

Bonnie Bonnet Bonspiel

The CFB Ladies held another successful Bonnie Bonnet Bonspiel at FOB Curling Club January 15, 16, 17 with 32 rinks participating in 3 events. Winners were:

- First Event —
 1st Kathie Ellwood, Kathie Treloar, Laurie Ellwood, Sandy Asham.
 2nd Joan Ingram, Laurie Bradawoski, Elaine James, Berna Cleghorn.
 3rd Marg Jenner, Joy Novotny, Carol Jones, Sheila Hewitt.
 4th Jackie Rintoul, Lois Fast, Anna Mae Reagh, Joyce Powell

- Second Event —
 1st Susan McRae, Vickie Mundle, Debbie Werboweski, Gail Morrison
 2nd Kathy Cox, Dorothy Sawchuk, Loraine Shepherd, Brenda Jahns
 3rd Lil Romaniuk, Marj Hamilton, Sandy Heath, Joan Johnson

4th Laurie Davidson, Jayne Kjaldgaard, Brenda Robinson, Debra Bassham

- Third Event Split
 3A1 Kathy Isaac, Loretta Barret, Joanne Leslie, Arlene Wilson.
 3A2 Gloria Frederick, Marg Stewart, Mary Tiller, Loretta Marshall
 3B1 Willa Mason, Leah Moore, Pat ARbuckle, Judy Grudeski
 3B2 Betty Duddle, Billie Kinnear, Betty Lozinski, Lois Boyne

A Banquet was enjoyed by the curlers on Saturday evening at Lipsett Hall followed by entertainment and prizes.

Four CFB Ladies, Marg Atkinson, Mel Pageot, Elsie Smart and Jody Smart won second in the second event at the Dominion City Ladies Bonspiel on Jan. 9 to 11. They tell us the hospitality there was just great.

Meet Your PERI Staff

The Base Physical Education and Recreation staff would like to use the Voxair as an opportunity to introduce the members of their staff to the personnel of CFB Winnipeg. If you are new on base or new on a fitness programme you will find that our staff offers expertise in a wide variety of physical activity. You are more than welcome to call upon that expertise for a personalized fitness program.

RENCONTREZ L'OEPL ET MEPL DE LA BFC WINNIPEG

Le personnel d'éducation Physique et de loisirs de la base aimerait, par l'entremise du Voxair, se présenter aux membres de la BFC Winnipeg. Si vous êtes nouveau sur la base où nouveau sur un programme d'entraînement physique vous pourrez profiter de l'expertise variée de notre personnel pour un programme personnalisé de conditionnement physique. Dans cette édition rencontrez l'officier d'Éducation Physique et de Loisirs de la base:

In this issue meet the Base Physical Education and Recreation Officer:

Lt Diane Charlton was born in Toronto back in the 50's and decided to join the CAF in 1974 as a Supply Technician. After basic and trades training she was posted to CFB Borden for two years. During this time her interest in fitness and sports led her to remuster to PERI in 1977. After PERI training she was posted to DFB Cornwallis to train the bodies of our fine recruits. Two years at a training base then it



was off to CFS Holberg, with her husband also a PERI, where they discovered the ways of the air environment. Upon completing three years in Holberg CFB Winnipeg was a welcomed posting. Her career went through many changes in Winnipeg. She was promoted to Sergeant and sent to CFS Alert where fortunately for her she only spent three months as she was accepted under the UPPM Program and had to commence Basic Officer Training. It was then back to school at the University of Manitoba for two years where she received a Bachelor of Physical Education degree. After graduation she was promoted to Lieutenant and was posted to her current position as BPERO. Lt Charlton's special interests are volleyball, softball, badminton, golf and running.

Be sure to read your future edition of Voxair to meet the rest of your PERI staff.

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HMCS Huron, a Tribal Class DDH-280 Destroyer appears here with a CH-124 Sea King helicopter onboard. The Huron, with two detachments of two Sea King helicopters, is scheduled to be reallocated this summer to Maritime Forces Pacific. (Canadian Forces Photo).

Le NCSM Huron, un destroyer de classe Tribal DDH-280 apparaît ici avec à son bord un hélicoptère CH-124 Sea King. Le Huron ainsi que deux détachements de deux hélicoptères Sea King seront affectés auprès de la Force maritime du Pacifique, ce etc. (Photo Forces canadiennes)

86 Review Cont'd

Continued from Page 6

En octobre, on annonçait également que les femmes militaires qualifiées dorénavant servir sur les navires de ravitaillement opérationnel, dans les bataillons de services, les pelotons de police militaires, les ambulances de campagne, les escadrons de patrouille et de reconnaissance maritimes et les escadrons de guerre électronique de l'Aviation. De plus, deux occupations auparavant réservées aux hommes, celles de technicien en médecine préventive et d'opérateur de détecteur électronique aéroporté, recevaient la désignation mixte.

Ces changements portent autour de 75 pour 100 la proportion d'occupations ouvertes aux femmes dans les Forces canadiennes.

ACQUISITION D'EQUIPEMENT

Produits Maritimes

Le Projet de modernisation des navires de classe Tribal (PMNT), annoncé le 9 mai, vise la modernisation des quatre destroyers de classe Tribal des Forces canadiennes, à un coût estimatif de 1,2 milliard de dollars. Dans le cadre du PMNT, la Litton Systems (Canada) Ltd. modernisera les destroyers ALGONQUIN, ATHABASKAN, HURON et IROQUOIS.

L'une des principales améliorations sera l'installation de systèmes de missiles antiaériens de soutien, pouvant protéger les navires contre les attaques d'aéronefs et de missiles. De nouveaux capteurs permettront également aux navires de détecter à plus longue distance la menace des armes sophistiquées utilisées dans les opérations navales modernes.

Dotés de nouveaux systèmes de commandement, de contrôle et de communications, d'un groupe propulseur et des systèmes auxiliaires à la fine pointe de la technologie, ces quatre destroyers porte-hélicoptères seront améliorés sur les plans de la vitesse, de la puissance et de l'efficacité d'opération. Ils seront également plus faciles d'entretien et plus efficaces énergétiquement.

Cette année, on a également approuvé la tenue d'une phase de définition de projet de trois ans en vue de l'acquisition d'un nouvel aéronef embarqué, qui remplacera l'hélicoptère CH-124A Sea King. Ce nouvel appareil donnera aux navires du Canada et de l'OTAN une performance supérieure au chapitre de la guerre anti-sous-marine, de la surveillance navale et de l'identification des objectifs. La sélection de ce nouvel aéronef embarqué tiendra compte de nombreux facteurs spécifiques au fonctionnement en milieu maritime, comme la capacité d'opérer en tout temps, et de l'équipement moderne de détection permettant de se défendre contre des aéronefs, navires et sous-marins ennemis. Les livraisons du nouvel aéronef embarqué devraient commencer au début des années 1990.

Le Programme d'acquisition de sous-marins pour la marine canadienne (CASAP) joue un rôle vital dans la modernisation des forces navales canadiennes. Dans le cadre de ce programme, les Forces canadiennes ont l'intention de remplacer les sous-marins OJIBWA, OKANAGAN et ONONDAGA par un groupe de 4 à 12 sous-marins conventionnels modernes à moteur diesel. Les premiers contrats devraient être accordés en 1990 et le premier nouveau sous-marin rejoindrait la flotte en 1995.

Programme de Remplacement des Armes Portatives

La Diemaco Inc., de Kingston (Ont.), a entrepris cette année la fabrication du fusil C7 et de la carabine C8, dans le cadre du Programme de remplacement des armes portatives (SARP) des Forces canadiennes. Les fusils FN C1 à munitions de 7,62 millimètres, âgés maintenant de 30 ans, seront remplacés par environ 80 000 fusils C7 et près de 1 600 carabines C8. Le Programme de remplacement des armes portatives donnera aux militaires canadiens une nouvelle famille d'armes utilisant les munitions plus légères de 5,56 mm, normalisée au sein de l'OTAN et produites par la I.V.I. Inc. de Valcartier (Qué.).

Systemes de Defense Aérienne à Basse Altitude

Ce projet a été mis sur pied en vue d'acquérir des canons antiaériens modernes et des missiles de défense de zone sol-air à basse altitude offrant une capacité efficace de défense antiaérienne conventionnelle, jour et nuit et en tout temps. Cet armement servira à la défense des deux aérodromes canadiens à Lahr et Baden-Soellingen, en République fédérale d'Allemagne (R.F.A.), du 4e Groupe-brigade mécanisé posté en R.F.A. et du 5e Groupe-brigade du Canada, qui serait déployée en Norvège en case de crise. Les systèmes de défense aérienne à basse altitude seront livrés de 1988 à 1991.

FORCE MULTINATIONALE ET OBSERVATEURS

En avril 1986, le Canada acceptait de prendre la place de l'unité australienne d'hélicoptères de la Force multinationale et Observateurs (FMO), à la demande de l'Égypte et d'Israël, témoignant ainsi de son engagement à contribuer au processus de paix et de stabilisation au Moyen-Orient.

La première relève du contingent canadien auprès de la FMO dans la péninsule du Sinaï a eu lieu en août. Pendant six mois, un groupe de 129 membres des Forces canadiennes, provenant principalement du 427e Escadron tactique d'hélicoptères de la base de Petawawa (Ont.), rempliront les fonctions de maintien de la paix dévolues aux Canada. Ils ont remplacé un contingent composé surtout de membres du 408e Escadron tactique d'hélicoptères, qui ont depuis regagné leur base d'Edmonton.

L'unité d'hélicoptères a notamment comme rôle de transporter des observateurs dans leurs fonctions de vérification du respect du traité, du personnel et des fournitures vers les régions éloignées et d'apporter son aide aux activités d'évacuation médicale et de recherche et sauvetage de la FMO. Certains membres du contingent canadien font également partie de l'état-major du commandant de la FMO.

Pearle de la Nutrition?

Nothing can be further from the truth. They are a healthy food that supplies vitamins and minerals, but less calories than you may think. For years, the potato has been maligned unnecessarily.

A medium-side potato supplies only about 100 kilocalories, in the form of starches and proteins. It is a fat and cholesterol-free vegetable. In addition, it is an economical source of vitamin C, contains thiamin, folic acid, iron and the peel provides dietary fibre.

The number of calories in a potato is similar to that provided by 150 mL (about 2/3 of a cup) of rice or pasta. Baked or boiled potatoes are already conveniently portioned, making it easier to control the calories. Any differences in the nutritional value between baked or boiled whole potatoes are slight. It is the extras that increase the number of calories, such as fat added during or after the preparation, or for frying.

Beware of the toppings used on potatoes. The wrong ones can often add unnecessary calories to your diet. Try one of the following on baked, boiled or mashed potatoes:

- yoghurt with chives
- whipped low fat cottage cheese
- grated parmesan cheese
- chopped onion and mushrooms
- herbs and spices such as parsley, paprika, etc.
- melted butter or margarine thinned with lemon juice
- calorie-reduced salad dressing.

CANADIAN POTATOES



Variety remains a key element to a balanced diet. As such, the potato should not be eliminated from the diet but rather should continue to be part of many meals.

Comment, la pomme de terre fait grossir? Rien n'est plus faux. C'est un aliment de santé hypocalorique qui fournit vitamines et minéraux. Depuis des années, on prête à la pomme de terre des propos erronés.

Une pomme de terre moyenne ne contient qu'environ 100 kilocalories qui nous viennent des amidons et des protéines. Elle ne contient pas de matières grasses ni de cholestérol. De plus, la pomme de terre est une source économique de vitamine C, de thiamine, d'acide folique, de fer et la pelure fournit des fibres alimentaires.

La valeur calorique d'une pomme de terre est comparable à une portion de 150 mL (2/3 de tasse) de riz ou de pâtes alimentaires. Les pommes de terre au four ou bouillies déjà portionnées; elles permettent ainsi un meilleur contrôle des quantités. Il y a très peu de différence entre la valeur nutritive d'une pomme de terre entière bouillie et celle d'une pomme de terre cuite au four. Ce sont les matières grasses, ajoutées lors de la préparation et par la suite, ou pour la friture qui augmentent le nombre de calories.

Méfiez-vous des garnitures qui accompagnent les pommes de terre, car certaines risquent d'arrondir la taille. Voici quelques exemples de garnitures hypocaloriques pour les pommes de terre au four, bouillies ou en purée :

- du yogourt avec des échalotes;
- du fromage en grain (cottage) maigre fouetté;
- du fromage parmesan râpé;
- des épices ou fines herbes telles que le persil, le paprika, etc.;
- des oignons et des champignons hachés;
- des vinaigrettes hypocaloriques
- du beurre ou de la margarine fondus, arrosés de jus de citron.

La variété demeure la clé d'une bonne alimentation. Ainsi, on ne doit pas éliminer la pomme de terre du menu, mais lui redonner la place qu'elle mérite au repas.

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TIPS TO JOIN THE QUITTING TEAM

It's time to put your good intentions and New Year's resolutions into full gear by living up to your commitment to stop smoking.

Follow these basic principles to help you kick the habit and start on the road to a smoke-free lifestyle.

1. MOTIVATION

It's the key to any goal. You must want to quit for yourself — and not for your friends, not for your family.

2. ANALYSE

Find out which situations make you crave a cigarette, write them down and look for a pattern.

3. IMAGINE

Think of yourself as a non-smoker: healthy and smoke-free.

4. SUPPORT

Enlist the aid of your family and friends. Talk to your doctor; he may recommend a smoking cessation aid, nicotine chewing gum; and with your community for smoking cessation programs offered by local health agencies.

5. PLANNING

Stay away from situations you associate with smoking such as parties or bars. Not forever — just for now.

6. ACTIVITY

Keep active. Take up a new hobby or rediscover an old one to take your mind off cigarettes.

7. LIVE

Continue to eat normally and consider starting an exercise program to help avoid weight gain. Try to enjoy life.

8. SUBSTITUTE

Keep a bowl of low calorie snacks nearby. When you crave a cigarette, substitute a carrot stick, chew sugarless gum or have a diet drink instead of a high-calorie snack.

9. REPROGRAM

Break the habit! If coffee signals cigarettes, switch to tea! An after dinner cigarette? Go for a stroll in the moonlight instead!

10. BE OPTIMISTIC

Quitting is a process, not an event. If you slip up, don't get discouraged, try again!

For more information, write:

**Stop Smoking
80 Bloor Street West
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Chaplain's Corner

Sometimes the more familiar something is, the more we take it for granted — like driving on the right side of the road, paying bills, or going to church on Sunday.

Of course, going to church isn't that common anymore. In fact, churchgoers are a minority, and if you stop to think about it, that minority must look a little strange. Why else would people choose to spend Sunday mornings, especially on a beautiful day, indoors? The language used is like a secret code. What do words like "Incarnation", "Redemption", "Transsubstantiation" mean, anyway? Even ordinary words like "lamb" and "salt" carry different meanings. The room in which these meetings are held is sometimes called a "Sanctuary". For most of us, that's a wildlife refuge! You get to the Sanctuary through a "Narthex", which sounds like a medical procedure.

During the service, people stand up and sit down. They sing songs — songs that won't get onto any hit parade. And everyone sits and listens to a sermon that would be interrupted for sure if it were delivered in your kitchen over a cup of coffee.

If churchgoing hadn't been an accepted custom for so long, if it were something new, an outsider would probably have the whole group committed!



Of course, churchgoers are already committed to Jesus, or they wouldn't be going to church, and praying, and praising God. They wouldn't be trying to be a caring community centered on God's love.

It takes time for people to become familiar with worshipping God, until it becomes a habit for them, too.

If you think you would like to know more about Jesus, and the Church, why not join us Sunday morning? Service times are given in the chapel advertisement in this paper. We look forward to meeting you.



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: 1900 hrs (Fr.) 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
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Answer to last issue crossword.

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O	F	D	O	E	O	N	
P	E	T	H	E	A	R	T
	A	C	P	S			
T	H	R	E	E	H	E	N
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To: The Editor — Voxair
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For Information Contact:
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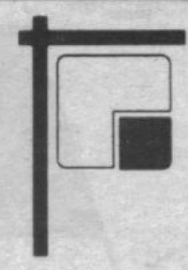


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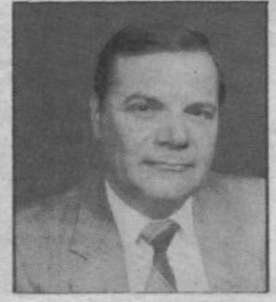


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