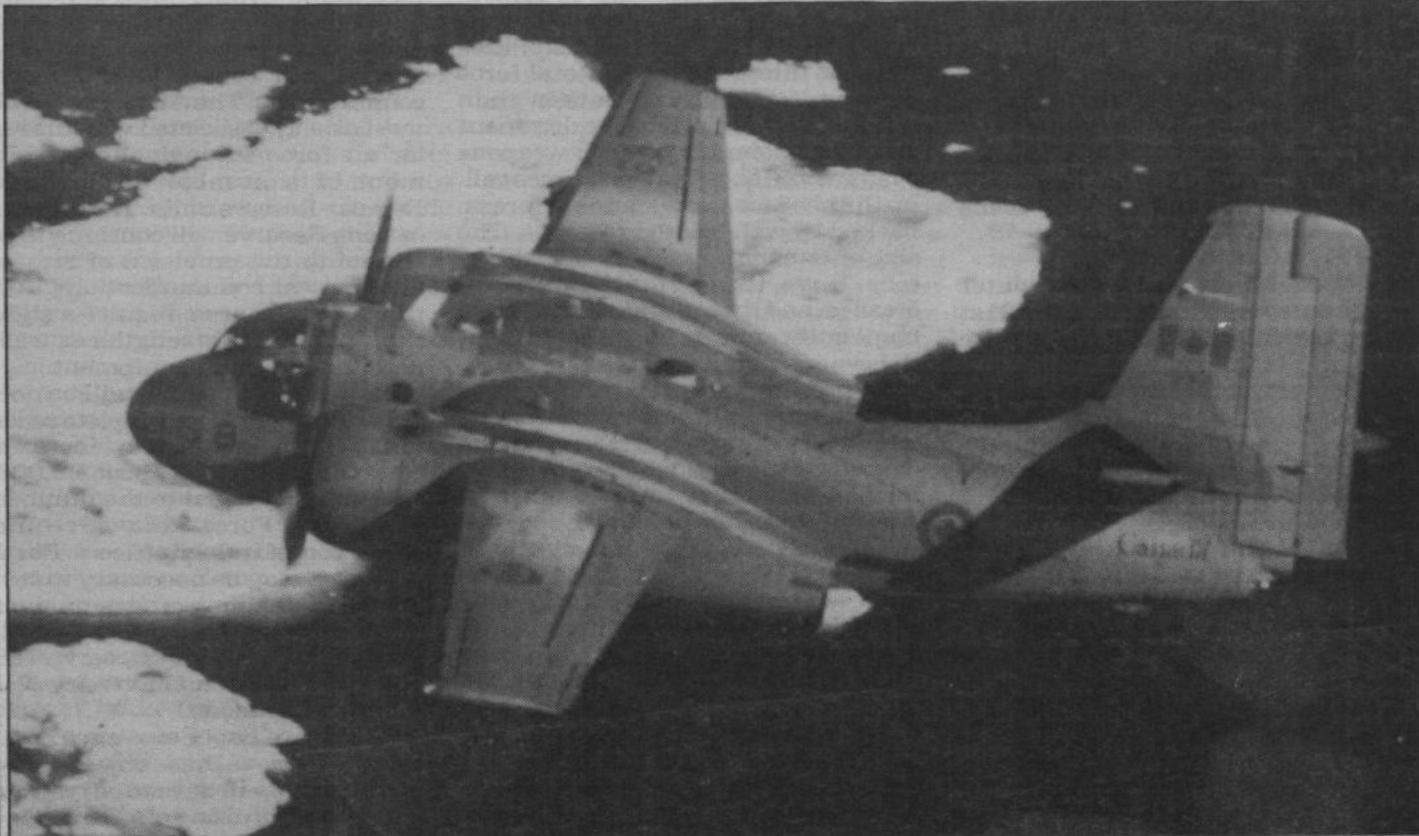


CFB/BFC Winnipeg  
2 September 1987

## 30 Years and Still Tracking



The CP-121 Tracker maritime patrol aircraft has been in service with the Canadian Armed Forces for 30 years. To mark the occasion, Maritime Reconnaissance (MR) 880 Squadron at CFB Summerside is flying two Trackers across the North to Vancouver Island and back. They left Aug 4 and are expected to return to their home base Aug 22. The aircraft first entered service with the Royal Canadian Navy in 1957, and last flew off the carrier HMCS Bonaventure in 1969. Despite three decades of service, its airframe life is expected to be another 25 years. There are now 20 operational Trackers in Canada, and they are due for a major modernization under the terms of the new defence policy. This will include turbo-prop engines, to give the aircraft better climb and speed performance, plus increased range. Les Tracker CP-121 volent au service de la Marine royale du Canada depuis maintenant 30 ans. Pour souligner l'événement, deux avions du 880<sup>e</sup> Escadron de reconnaissance maritime traverseront le Nord canadien. Les Tracker voleront jusqu'à l'île de Vancouver, puis retourneront à l'Île-du-Prince-Édouard. Partis le 4 août, ils sont attendus à la base de Summerside le 22 août. Les Tracker sont entrés au service de la Marine royale du Canada en 1957 et c'est en 1969 qu'a eu lieu de dernier décollage du porte-avion NCSM, Bonaventure. En dépit de trois décennies de service, on s'attend à ce que le fuselage de l'appareil dure encore 25 ans. Il y a actuellement 20 Tracker opérationnels au Canada. Néanmoins, la flotte d'appareils de reconnaissance maritime sera modernisée prochainement dans le cadre de la nouvelle politique de défense. Entre autres, les avions seront dotés de moteurs turbo-propulseurs qui leur permettront de prendre plus d'altitude, plus rapidement; ils leur donneront également une plus grande autonomie.

## Dependants Dental Care Plan

After lengthy negotiations Treasury Board has approved the Canadian Forces Dependants Dental Care Plan.

It is intended that this new dental care benefit be in place as quickly as possible after 1 October 1987. With the exception of some special opt-in/opt-out provisions that are necessary to meet our frequent posting requirements, the plan will parallel the coverage and the government shared premium structure that applies to the recently introduced public service dental plans.

Administrative instructions for the implementation of the dental care plan and the information booklets are being finalized and will be distributed to the field in early September 1987. In addition, the personnel newsletter will feature an article on the plan later this summer.

Every effort will be made to ensure that the implementation process goes as smoothly as possible.

## Plan de soins dentaires- personnes à charge

Le conseil du trésor a approuvé un régime de soins dentaires à l'intention des conjoints et des enfants à charge des militaires des forces canadiennes

C'est notre intention de voir à ce que ce nouveau bénéfice soit mis en place le plus tôt possible vers le 1<sup>er</sup> Octobre 1987. A l'exception de certaines dispositions spéciales fondées sur le principe voulant que l'on maintienne la

Continué à page 3

## Reserve Renewal

The Minister of National Defence believes Reserves are the most effective method of sustaining Canada's defence commitments.

Breathing new life into the reserves as Perrin Beatty announced in the defence White Paper is a big challenge. The minister often says that for too long, they have been considered poor relations to the regulars.

During the late 1950s and early '60s, the relatively robust post-Second World War reserve force in Canada commenced a steady decline. This occurred because of the lack of clearly defined and meaningful roles for reserves under a military strategy of massive nuclear retaliation. It was anticipated future wars would be short, with no time for reserve mobilization. Eventually, the primary reserve lost its capability for wartime operations, decreasing in strength from about 50,000 to its present level of some 21,000. Over the past decade, the horrors of nuclear war and the resulting reluctance to resort to the use of nuclear arms have revived the concept of sustained conventional operations. However, Canada's reserves are incapable of providing the trained man-

Continued on page 2

Le ministre de la Défense nationale croit que d'avoir recours à la Réserve est le méthode la plus efficace de répondre aux engagements du Canada en matière de défense.

Revitaliser l'actuelle armée de réserve tel qu'annoncé dans le Livre blanc sur la défense, représente un défi de taille. «Trop longtemps, nous dit Perrin Beatty, elle a été considérée le parent pauvre de la Force régulière.»

La fin des années 50 a marqué le début du déclin de la Réserve relativement robuste de l'après-guerre. À cette époque, la stratégie militaire de la dissuasion nucléaire laissait entendre que les guerres du futur seraient de si courte durée qu'elles ne permettraient pas la mobilisation de réservistes. Aussi, n'ayant plus d'objectif bien défini et ne jouant plus un rôle évident, la Première réserve a perdu peu à peu son efficacité militaire et son effectif est passé progressivement de 50 000 à 21 000 membres. Durant la dernière décennie, les horreurs de la guerre atomique et l'hésitation naturelle à utiliser les armes nucléaires ont fait resurgir le concept stratégique des opérations conventionnelles. Mais

Continué à page 3

## Revitaliser la Réserve



"The Reserve Force will be developed not only to augment the Regular Force but also to take on other specific tasks," says the new defence White Paper. Le nouveau Livre blanc sur la défense stipule que : la Réserve sera élargie, de sorte qu'elle puisse non seulement renforcer la Force régulière, mais aussi assumer d'autres tâches bien déterminées."

# Voxair



## VOXAIR VARIETY



by John Lauder

Well, the summer season finally came to an end with the noisy David Bowie concert, followed by the final show at Rainbow Stage last week. Three extra performances of "Annie" were required to keep fans happy, so the local company with the imported stars should be congratulated, and it is hoped they restore the extra 18 grand they received from the city and we taxpayers.

Broadway star Norwood Smith was brought in to act the part of "Daddy Warbucks" and as he had done this some 1600 times before, he knew his lines. However, to his credit he was not bored with the part, and sang and danced with gusto. From Sudbury, Muskoka, Hamilton and other points east came Pat Dawson to play the orphan-bashing Miss Hannigan, who was also excellent. However the real tributes should go to two local stars — 11 year old Jayne Paterson as Annie and the dog Sandy, playing the stage Sandy. (Stole every scene she was in.)

\*\*\*

But to look to the future, The Royal Winnipeg Ballet will lead off the winter season. That is they will sponsor the opening event, which will be on the 21st of September. The National Ballet will be here for four performances of "The Merry Widow", with lavish costumes, a company of 68 dancers and their own orchestra. This story of love and intrigue was for years a favourite operetta, and since 1975 has enjoyed equal status as a ballet.

\*\*\*

On the 25th the Symphony will begin its long winter grind, with two solo artists, and Maestro Koizumi conducting. Connie Gitlin will play the Copland Clarinet Concerto, while new concertmaster Gwen Hoebig14 will offer the Barber Violin concerto. To round out the program the Morawetz Carnival Overture and the Ravel Pictures at an Exhibition will be performed by the orchestra.

\*\*\*

The Manitoba Theatre Centre, which does not get going until October, tells us that Season Ticket subscriptions are up more than 14% over last year, many of them new ticket buyers. MTC also announces the appointment of not one, nor two, but **three** Associate Directors. (With this many they may not need actors) The three are Charles McFarland, who hails originally from the U.K.; Sharon Pollock, Calgary playwright of note; and Steven Schipper, from Quebec, to give us an eastern flavour. They will work at both the Main Stage and the Warehouse, and will provide opportunities for the theatre to relate to the community as a resource. This provided they are not tripping over each other and/or Artistic Director Rick McNair. Let's all watch!

Upcoming at the Centennial Concert Hall this month are Billy Connolly, direct from Scotland, but billed as a "wreck" with a healthy disregard for the strictures of Scottish Presbyterianism. This on the 14th at 8.00 p.m., and priced from \$14.50 to \$18.50. In the afternoon, at 3.30 pm on the 26th, Eric Nagler, with the Mammoth Band will give a kids show, and earlier the World Adventure Tours film season will begin. The topic on the 11th is "Mexico", while on the 29th it is "Denmark". These films are offered three times on the dates noted, at 2.00 p.m., 5.45 p.m. and at 8.15 p.m.

## Reserve Renewal

(Cont'd from page 1)

power essential to such circumstances. Although some improvements were applied in the reserves in the '70s, they have fallen far short of the requirement in terms of strength, equipment and training standards. As an illustrative comparison, based on numbers alone, Canada's reserve to regular ratio is approximately 0.3 to 1. Other NATO nations are well above that level, with most in the 1 to 1 range, and several as high as 3 to 1.

"If the Reserve Force is to be used fully and effectively, the distinction between regular and reserve personnel must be greatly reduced," says the White Paper. "Their responsibilities must be integrated into a total force concept." Readiness, rather than terms of service, will be the dominant criterion. Complex modern weapons systems and short warning times call-up the need for large standing forces, backed by well trained reserves. The size of Canada's reserves will, therefore, have to be significantly increased, and their training and equipment substantially improved to meet these new requirements.

At present, the Reserve Force is divided into a number of subcomponents. The largest of these is the Primary Reserve, which comprises formed units that train frequently. Another subcomponent, the Supplementary Reserve, is made up of former regulars and primary reservists, who may serve voluntarily or be placed on active service in an emergency, but are not required to take continuous training. The Supplementary Reserve must also be revitalized to permit it to make up most of the balance of reserve requirements beyond the Primary Reserve.

The other two elements of the reserves are the Cadet Instructor List, and the Canadian Rangers. The size and role of the Cadet Instructor List, which provides the command structure and most of the instructors for the sea, army and air cadets will remain as they are. However, while the role of the Canadian Rangers will remain basically unchanged, their significance as a surveillance force and as a visible expression of Canadian

sovereignty in the north requires expansion and an improvement in equipment, training and support.

In a total force structure, the Reserve Force will be developed not only to join with the Regular Force, but also to take on specific tasks in its own right. The Naval Reserve will have two wartime functions of its own: Naval Control of Shipping and Maritime Coastal Defence, including the clearing of mines. The Militia will contribute to defence operations in Canada and elsewhere in North America, and will train replacements for land forces deployed overseas. The Militia will also establish a relatively large force of lightly-armed guards to protect military vital points, and make a major contribution to the logistic and medical organizations required to support our consolidated European commitments. The Air Reserve will be most closely associated with the regular air force through the establishment of a number of integrated Regular-Reserve units. The communications Reserve will continue to contribute to the provision of strategic and tactical communications. All of this will, of course, require a significant increase in strengths as well as new and improved equipment.

In the longer term, it will be necessary to implement a complete reserve force development plan, increasing reserve strength to about 90,000, a level roughly equal to the number in the Regular Force. This will require a larger pool of trained officers. For this reason, it may be necessary to revive university training programs such as the Canadian Officers' Training Corps, the University Reserve Training Plan, and the University Naval Training Divisions.

The White Paper also says that, in order to achieve these objectives, pay and benefits will have to be improved, increased recruiting efforts will be required, terms and conditions of service must be altered to make it easier for members to serve, and employers will be encouraged to support reserve service by their employees.

This program of reserve rejuvenation, the minister says, "will enable Canada to meet and sustain its defence commitments, at sea and within NORAD, in Canada and in Europe."

### WARRANT OFFICERS' AND SERGEANTS' MESS

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\*\*\*\*\*

SEPTEMBER '87

\*\*\*\*\*

Friday, 4 September

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FOOD: Cooks choice 1830 to 2000 hrs.  
MUSIC: DJ Rick Enns 2030 to 0030 hrs.  
DRESS: Casual  
COST: Members Free / Guests \$2.50 per person

Friday, 18 September

**MESS CHAMPIONSHIP GOLF TOURNAMENT**  
See notice posted in the Mess for details.

Monday, 21 September

**COMMITTEE MEETING FOR MEN'S DARTS**  
TIME: 1930 Hrs.

Friday, 11 September

**MIXED T.G.I.F. & BBQ**  
FOOD: BBQ Hamburger & Hot Dogs  
MUSIC: DJ Dance Master 2030 to 0030 Hrs.  
DRESS: Casual  
COST: Members Free / Guests \$2.50 per person

Friday, 18 September

**MIXED T.G.I.F. AND DANCE**  
FOOD: Hip of Beef 1830 to 2000 Hrs.  
MUSIC: DJ Dance Master 2030 to 0030 Hrs.  
DRESS: Casual  
COST: Members \$2.50 per person  
Guests \$5.00 per person  
Come out and meet the retired Members of the P.P.C.L.I.

Friday, 25 September

**MIXED T.G.I.F. AND DANCE**  
FOOD: BBQ Steak  
MUSIC: DJ Dance Master 2030 to 0030 Hrs.  
DRESS: Casual / western  
COST: Members \$2.50 per person  
Guests \$5.00 per person

Saturday, 19 September - see other side

Sunday, 20 September

**FAMILY DINNER**  
ADULT: \$7.00  
CHILD: \$5.00

Monday, 28 September

**GENERAL MEETING FOR MEN'S DARTS**  
TIME: 1930 Hrs.

Saturday, 12 September

**MEET & GREET NEW MEMBERS**  
FOOD: BBQ Steak  
MUSIC: DJ Dance Master 2030 to 0030 Hrs.  
DRESS: Western  
COST: New Mess Members Free  
Members \$2.50 per member  
Guests \$5.00 per person  
TICKETS: Tickets must be purchased from Mess office from 1 Sept. to noon 9 Sept. New Members must also pick up their free tickets at Mess office.

Please Note

Absolutely no jeans, T-shirts, or running shoes in the Mess Lounge or the Dining Room, unless specified ex. Western Nil

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# Revitaliser la réserve

(Continue de la page 1)

la Réserve d'aujourd'hui n'est pas en mesure de fournir la main-d'œuvre entraînée qu'exige ce retour aux opérations conventionnelles.

Bien que certaines améliorations aient été apportées dans les années 70, la Réserve est quand même restée bien en deçà des besoins requis en termes d'effectif, d'équipement, et de niveaux d'entraînement. Par exemple, le rapport entre l'effectif de la Réserve et celui de la Régulière est de 1 à 3, c'est-à-dire 1 membre de la Réserve pour 3 membres de la Régulière. Les autres pays de l'OTAN font une bien plus grande place à la Réserve. Ainsi, la plupart maintiennent un rapport de 1 à 1, et certains vont jusqu'à 3 à 1.

Selon Perrin Beatty, on devra d'abord atténuer la distinction qui s'est établie entre le personnel de la Force régulière et celui de la Réserve afin de pouvoir employer efficacement toutes les ressources de cette dernière. Suivant le principe de la «force totale», les obligations de ces deux groupes seront désormais fusionnées, la Réserve venant élargir le cadre de la Force régulière plutôt que de jouer un rôle accessoire. Pour ce faire, le Livre blanc propose une augmentation importante des effectifs ainsi qu'une réelle amélioration de l'entraînement et de l'équipement.

La Réserve se compose d'un certain nombre de sous-éléments; le principal est la Première réserve dont les membres s'entraînent régulièrement. La Réserve supplémentaire, elle, réunit d'anciens membres de la Force régulière et de la Première réserve qui pourraient servir comme volontaires ou être placés en service actif en cas d'urgence, mais pour qui l'instruction continue n'est pas obligatoire. Ce sous-élément sera aussi affecté par le programme de revitalisation, ce qui lui permettra de mieux répondre aux besoins qui dépassent les capacités de la Première réserve.

Les deux autres sous-éléments constituants de la Réserve sont le Cadre des instructeurs de cadets et les *Canadian Rangers*. On ne modifiera ni l'effectif ni le rôle du Cadre des instructeurs de cadets, groupe qui fournit la structure de commandement et le gros des instructeurs pour les cadets de la Marine, de l'Armée et de l'Air. Par contre, même si les *Canadian Rangers* continuent de jouer fondamentalement le même rôle, il faudra augmenter leurs effectifs et leur fournir du matériel, une formation et un soutien meilleurs, compte tenu de leur importance comme force de surveillance et comme moyen concret d'affirmer la souveraineté canadienne dans le Nord.

La Réserve verra son rôle et ses fonctions considérablement transformés : les nouveaux programmes verront à former des réservistes qui puissent non seulement renforcer la Force régulière mais qui assumeront aussi d'autres tâches bien déterminées. La Réserve navale sera responsable de deux tâches précises de temps de guerre; c'est-à-dire, le contrôle naval et la défense maritime des côtes, qui comprend le dragage des mines. La Milice participera aux opérations de défense menées au Canada et ailleurs en Amérique du Nord et formera des remplaçants à l'intention des forces terrestres déployées outremer. Elle organisera, de surcroît, une force relativement importante de gardes légèrement armés ayant pour mission de protéger les points vitaux militaires et coopérera d'une façon importante avec les organismes de soutien logistique et de soutien médical requis pour appuyer les forces chargées de garantir le respect de nos engagements consolidés en Europe. La Réserve aérienne, quant à elle, sera associée de plus près à l'élément Air de la force régulière grâce à la création d'un certain nombre d'unités intégrées dont les effectifs seront recrutés tant dans la Force régulière que dans la Réserve. Enfin, la Réserve des communications continuera d'assurer les services de communications stratégiques et tactiques.

Afin de réaliser son programme d'expansion de la Réserve, le gouvernement prévoit porter l'effectif de cette dernière à 90 000 membres. Cette expansion exigera un plus grand réservoir d'officiers formés, on envisage donc la possibilité de relancer d'anciens programmes de formation universitaire à l'intention des officiers de la Réserve.

Pour atteindre un tel effectif, on prévoit aussi majorer le solde et les indemnités accordés aux réservistes. Des ressources seront également affectées à l'intensification du recrutement dans la Réserve et les conditions de service seront modifiées pour qu'il soit plus facile de servir dans cette force. On encouragera en outre les employeurs à appuyer l'idée que les membres de leur personnel servent au sein de la Réserve.

Grâce à ce programme de modernisation de la Réserve, le Canada sera, selon le ministre, bien plus en mesure de s'acquitter d'un bon nombre de ses engagements prioritaires, notamment en ce qui a trait aux opérations maritimes et à celles du NORAD qui sont menées en territoire canadien ainsi qu'aux missions terrestres et aériennes en Europe.

# The Old Dak Still Attracts Attention



The oldest aircraft in the Canadian airforce still attracts attention at air shows. More than fifty thousand spectators turned out to the annual Saskatchewan Air Show at CFB Moose Jaw to see the latest in jet fighters and transports and to tramp through the old Dak. Early birds to the show established squatters rights under the venerable old kite, the only shady spot on the field with a good view of centre stage. The nine remaining Dakas are based in Winnipeg and flown by 402 City of Winnipeg Squadron and the Instrument Check Pilot School. This year's show was dedicated to antique aircraft and featured static displays of the Fleet Fawn and Harvard along with a flypast of a Lockheed Electra restored by Air Canada.

# Plan de soins dentaires

(Continue de la page 1)

continuité de la couverture tout en permettant à un militaire de se retrir du régime ou d'y adhérer de nouveau au rythme des affectations, le plan sera structure et offrira des bénéfices calculés sur celui approuvé récemment pour les employés de la fonction publique.

Les modalités d'entrée en régime

du nouveau régime de même qu'un pamphlet en expliquant les points saillant seront distribués au dépôt de septembre 1987. Un article concernant le régime sera incorporé dans le bulletin du personnel et publié au cours de l'été. A tout effort afin que le processus d'exécution se déroule sans encombre.

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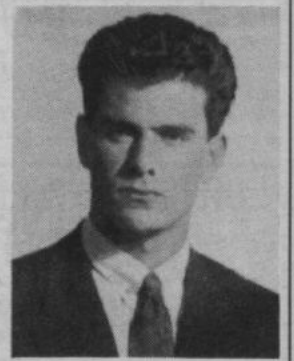
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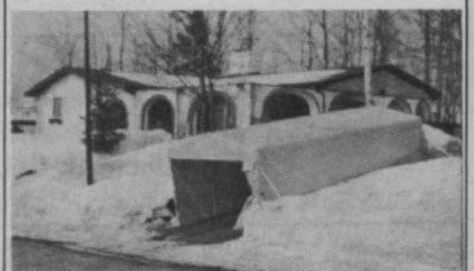
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# Enforcing Your Rights During A Separation

For a number of reasons, marriage is becoming increasingly weakened as one of the foundations of modern society. As a result, it is becoming more important for each of us to be aware of our legal rights when dealing with a separation from a spouse and proceedings that may follow thereafter.

Once spouses cease cohabitating, unless other issues must be dealt with, there is no need to formalize the separation by way of a separation agreement in writing or by resort to court proceedings. Usually, however, there are other issues to be resolved such as custody, access, division of property, or provision for the protection of either one or both spouses.

If the spouses are able to amicably resolve the various issues between themselves by mutual agreement, either personally or with the assistance of legal counsel, then such proceedings can be finalized by way of a separation agreement, in writing, which agreement will deal with the various issues which are applicable. Such an agreement is normally less expensive than resolving the various matters through court proceedings and can result in less irritation between the individual spouses. However, a separation agreement is not appropriate where either spouse has some question as to whether the other spouse will abide by the terms of the agreement as separation agreements are not easily enforced.

Should a separation agreement not be recommended under the circumstances, either spouse can make application to the Court of Queen's Bench for the resolution of any outstanding

issues. Pursuant to the Family Maintenance Act, if the necessary requirements can be shown, either spouse can obtain orders relating to non-cohabitation, custody, and sole occupancy of the marital home and maintenance for the children of the marriage and the spouse. In addition, if need can be demonstrated, either spouse can obtain an order that the other spouse should not enter upon any premises where the applying spouse is living separate and apart from the other spouse, an order that the other spouse should not molest, annoy or harass the applying spouse or any child in the custody of the applying spouse, and an order that the applying spouse receive police assistance to enforce the provisions of the order.

In dealing with the issues of custody and access, the best interests of the children of the marriage is of paramount importance. However, while the statement of the legal principle is simple enough, its application to the circumstances is much more difficult, and requires further discussion considering the facts of the individual case. It is also important to note that custody to the children of the marriage can be held jointly by the spouses, with care and control of them being divided between them. Such custody arrangements, known as joint custody, allow both parents equal responsibility and input into all decisions relating to the upbringing of the children as well as a continued interaction between each spouse and the children.

Upon a separation, each spouse has the obligation to take all reasonable

steps to become financially independent of the other spouse. However, because such steps may be either long term or impossible, both spouses have the mutual obligation to contribute reasonably to the other by way of support and maintenance. Generally speaking, in order to be successful in an application for support and maintenance for oneself, a spouse must demonstrate that his or her ability to earn an income has been impaired by the marriage. If so, the court will consider the financial needs of each spouse, the financial means, earnings and earning capacity of each spouse, and the standard of living of each spouse to effectively divide up the income of the spouses. For this purpose, the spouses have the mutual obligation to provide each other upon request information and documentation respecting their financial affairs.

Each parent has the mutual obligation to provide reasonably for the support, maintenance, education of his or her child, or for a child of his or her spouse. Pursuant to The Family Maintenance Act, such obligation continues until the child in question attains 18 years of age.

In addition, such obligation to pay child support exists even after the child is beyond the age of 18 if it can be shown that such child is unable to become independent to provide himself or herself with the necessities of life.

If a man and a woman are unmarried but have been cohabitating continuously for a period of at least five years where the applicant has been substantially dependent upon the other

spouse for support, an application may be made such that most of the above indicated types of relief are available. However, such similarity to the marriage situation does not apply in terms of the division of marital property. The application of the Marital Property Act will be discussed in a later article, but suffice to say at this point in time that a man or woman who was living in such a common-law situation will have far more difficulty in obtaining a division of assets or accounting as to their value than if the couple was married.

In such a marriage situation however, generally speaking, each spouse must account to the other spouse for those assets acquired during the period from the date of marriage until the date of separation with such accounting to be at the fair market value of such asset as of the date of separation. Each spouse is also entitled, if appropriate, to an equalization payment from the other spouse, such that the result will be that both spouses have possession of marital assets of an equal value.

The above is a general overview of the relief available to spouses upon their separation. Additional relief is available to each pursuant to the Divorce Act of 1986. More specific information and further details in relation to the Divorce Act will be discussed at a future date.

**William E. Doyle is a lawyer practising with the firm of Begin and Doyle, 427 Academy Road, Winnipeg, Manitoba, 488-3337. He is the son of a retired Career Warrant Officer with the R.C.A.F.**

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## Logistics Movers Association Reunion Oct 87

The 1987 Logistic Movers reunion will be held at the Knights of Columbus Hall in Trenton from the 02-04 October 1987.

This gala weekend is open to:

- all Traffic Technicians of the Canadian Forces or single service affiliate servicemen/women who were employed in Air Movement duties;
- Logistic Officers who are or who were employed in Air Movements units/sections or Base Traffic sections;
- Civilian personnel who are or have been permanently employed in Air Movements units/sections, Base traffic section or Traffic sections of supply depots.

Festivities get underway on Friday evening 2 Oct. with a "Meet & Greet" at 1900 hrs. On Saturday 3 Oct. at 1800 hrs, a dinner and dance which will include presentations to retiring members and draws for some very interesting prizes. On Sunday 4 Oct. at 1000 hrs., a farewell breakfast.

Note: all activities will be held at Knights of Columbus Hall, Trenton.

Cost is \$25.00 per person for associate members and \$45.00 for non-associates. Cut off date is the 15 Sept 87 so don't be disappointed... seating is limited. Registration fees are payable to: Logistics Movers Association, PO Box 369, CFG Trenton, Astra, Ont. KOK 1B0.

For more information contact your area representative or MWO Bob LLoyd at ATGHQ/CFB Trenton, local 3894.

It will be Heaven in "87", see you there.

## The Eyes Have It

The eye is the most accurate and sensitive camera in the world, but unlike the man-made version, nature's camera has to last a lifetime.

Often the simplest accidents can cause serious damage so every effort should be made to prevent them. Choosing safe toys and play areas for children, using tools only while wearing the right safety equipment and paying strict attention to eye care can prevent irreparable damage.

Eyes should be checked by a physician during the pre-school and early school years and regularly after that on the advice of your doctor, ophthalmologist or optometrist.

Because a child's eyes are not fully formed at birth, they change as a child grows. Any problems must be discovered as early as possible, especially in the case of crossed eye or "lazy eye."

Parents should beware of signs given by children whose eyes are giving them trouble. Watch to see if your child blinks, squints or frowns frequently. Often a child will tilt his or her head, or try to brush away a blur.

Red, encrusted or swollen eyelids or watery eyes may be a sign of something more serious. If a child appears to hold a book too close or stumbles

over small objects, take note. Crossed eyes, an inability to see distant objects clearly or the recurrence of styes are all conditions you should report to your doctor.

Normally, it's not necessary to have an annual eye examination if you're between 20 and 40, unless ordered by your doctor. Once you reach 40, it's a good idea to start yearly checkups. During this period, several changes can take place which effect the eye. Some of these have few symptoms, others have none at all so it is doubly important to arrange for regular checkups.

Your pharmacist or other health care professional can help if you notice a change in your vision. Headaches, eye-aches, a blurring of vision or double vision, a need for brighter reading light or glasses that don't seem to help are just a few conditions to watch out for.

We learn through our eyes and there is no substitute for the magic of sight. Remember to treat your eyes and those of your children with care. If you suspect a problem, ask your pharmacist for advice as a member of the professional health care team in your neighbourhood.

## The Most Common Cancer

Surprisingly, skin cancer is the most common cancer in Canada, with approximately 18,000 new cases detected each year. The main cause — the sun, and North Americans' obsession with getting a quick, deep tan.

There are three main types of skin cancer, classified according to the cells involved.

**Basal cell cancer** occurs most frequently but grows slowly and rarely spreads. However, if left untreated, this cancer may extend to underlying bone or adjacent tissue, causing considerable problems.

**Squamous cell cancer** occurs less often, and has been known on occasion, to spread rapidly.

These skin cancers commonly develop on exposed parts of the body — face, neck, forearms, back of hands. They show up on the skin as a pale, waxlike, pearly nodule that may eventually ulcerate and crust, or as a red, scaly, sharp outlined patch.

Both basal and squamous cell cancer are easily treated when detected early, but can be fatal if ignored.

**Malignant melanoma**, the rarest type of skin cancer, occurs in a younger age group than other skin cancers.

Melanoma is usually distinguished by a dark brown coloration mixed with areas of white, pink, blue or grey. It starts as a small mole-like growth which may increase in size, change color or shape. It may become itchy, and occasionally a minor injury may cause it to bleed.

If melanoma is discovered at an early stage, there is a good chance for successful treatment. If however, melanoma has become raised and formed nodules, it may have spread to other organs.

### Detection and Treatment

You should be alert to any unusual skin condition, such a sore that does not heal, any bluish-black or dark brown oddly shaped growth, especially if it itches or bleeds. Any change in a mole, spreading skin growth or the development of a new mole over one centimeter in size should be checked right away.

Only your doctor can determine whether an abnormal growth is cancerous. A biopsy is necessary to make

a firm diagnosis.

There are four main ways of treating cancer.

**Radiation** destroys cancer cells with rays that produce only minimal damage to surrounding normal tissue.

**Surgery** cuts our cancer cells, making way for new, normal cell growth.

**Electro desiccation** destroys cancer cells by heat.

**Cryosurgery** destroys cancer cells by freezing them.

Successful treatment of skin cancer depends on the location, stage and type of cancer, and how it responds to treatment. In some cases, a combination of therapies is used.

All methods of treatment are equally effective, boasting a 95% cure rate for all skin cancers.

### Respect — the Best Protection

"Respect the sun's rays" advises the Canadian Cancer Society. No one is immune to skin cancer.

A sunburn is a sign of skin damage. The burn will go away but the damage builds up with each sunburn and can lead to cancer.

**At highest risk** are those who work or play for long periods outdoors. Fair-skinned people, blonds and redheads, are also at greater risk. They have little color pigment in their skin to stop the sun's burning rays.

**Protect yourself.** Use a sun screen containing PABA with a "sun protection factor" of at least SPF 15. Sun screens are most effective if applied an hour before you go out, and should be reapplied every three to four hours and after each swim.

**But if you stay out long enough, you'll burn,** no matter what sun screen you use. Nothing absorbs all the sun's rays. Try wearing a broad brimmed hat and loose fitting long-sleeved shirt and pants. And try to stay out of the sun between 10 a.m. and 3 p.m., when the sun is at its brightest.

Be aware that **suntanning machines** produce similar wave lengths of light as the sun, but in different quantities. The same precautions apply.

For more information about skin cancer, its prevention and detection please contact Shelley at the Canadian Cancer Society, 774-7483.

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# Canadian Forces Community College Program

## Access to Learning in the CFCCP

When you think of post-secondary education — when you think of it at all — chances are that unless there is a college in sight you can count yourself out. No college, no learning.

No so. The Canadian Forces Community College Program is mandated to assist you to achieve your post-secondary learning objectives no matter where you are serving and to this end has developed strategies to cater to the circumstances of as many CFCCP members as possible. When you register in the CFCCP therefore, the office will counsel you on the most readily accessible means for you to take the subjects which make up your program.

## If you are located in a community which has a Community College

For most people, the first step into adult learning is not an easy one and experience has shown that the classic classroom mode of learning is an excellent means of making a start on a study program. Therefore, the offerings of community colleges and universities throughout Canada have been examined and equivalencies with Seneca subjects have been determined. In the letter acknowledging your registration, a college which can serve you will be suggested as will the courses you can take which will be credited to your CFCCP study program. Up to 75% of the credits required for program completion can be taken with institutions other than Seneca. A listing of accredited courses from other colleges is contained in the CFCCP Equivalency Catalogue, available through the BPSO or BEDNO at most bases, but members can also call the CFCCP office to confirm the suitability of courses which may not be listed in the catalogue.

## If your base has a Base Learning Centre

With fifteen operating Base Learning Centres and more scheduled for opening every year, chances are in-

creasingly good that the subjects you require are offered in a self-paced, independent study mode at your base. On registering at your Base Learning Centre, you obtain your course materials right away and are assigned to a tutor who will work with you as you proceed through the course. Because it is self-paced, maximum flexibility is featured: the course is geared to your schedule, not that of your teacher. Your registration letter will tell you whether your base offers this service, and the Base Learning Centre will be alerted to the fact that you are a CFCCP member.

## If there is no Base Centre or Community College

When this situation exists, correspondence studies are the only option remaining and your CFCCP registration acknowledgement letter will offer this information and tell you how to register for your first course. Full time teaching masters at Seneca College will assist you through the course by marking your tests, grading your assignments and informing you of the progress you are making. You can also communicate with your "teacher" by telephone when and if this is needed. The credits earned are exactly as if you had attended Seneca or taken the subject through a Base Learning Centre. This mode of learning is frequently the only means available, particularly at small bases and stations where a learning centre is not feasible, or where there is a base learning centre but no tutor is available for the subject you require.

In summary, then, no matter where you are serving, there is a way to begin your program — distance from the college or the absence of a Base Learning Centre need not prevent you from pursuing post-secondary education. If you want to learn, you can.

More information on the CFCCP and application forms are available from the Base Training Offices in Room 245 Bldg 86, or by telephone at 5394.

# French Immersion Co-operative Silver Heights

Although French Immersion elementary schools in St. James-Assiniboia are starting to bulge at the doors, there is only one nursery school offering a French Immersion program. A group of parents formed the Silver Heights French Immersion Co-operative Nursery School last spring to fill a void created by the closure of a privately-run French Immersion nursery school. The Co-op Nursery started operation in April, 1987 with a bilingual, fully qualified nursery teacher, Lori Friesen, in charge.

Co-op Chairperson Rick Shirray, who has a seven-year-old in French Immersion at Bannatyne School, as well as a three-year-old in the Nursery, feels a French pre-kindergarten experience helps a child fit into regular full-time French Immersion classes.

"Our daughter went to a French Immersion pre-school before she started French Immersion kindergarten. It meant she was not only familiar with a school environment, but also with a teacher who spoke French. Her only adjustment was going on a daily basis."

Licensed under provincial Day Care legislation, the co-op nursery offers classes for three and four year olds, three days a week (Monday, Wednesday, and Friday), from 9:15 to 11:45 a.m. or 1:00 to 3:30 p.m. Fall classes will be held in Silver Heights United Church, 199 Garrioch Avenue, commencing Wednesday, September 9th.

The financial cost is \$25 non-refundable registration per family, plus \$50 per month per child attendance fee. If a younger child is ready to start by the time the older one moves

into kindergarten, the registration fee is carried over.

Because there is a maximum enrollment of 20 children in each class, Shirray suggests that parents interested in enrolling their child for September do it now. The September attendance fee is payable with registration.

Because it is a co-operative, parents volunteer their services on a rotational basis in the classroom and supply a nutritious snack for their child's class about once a month. Special arrangements can be made to assist working and single parents.

"A nature of a co-op gives parents more opportunity to be involved with their children's first educational experience," said Shirray. "Because we have the chance to actually work in the classroom, we get to see first hand how our child reacts to his or her first teacher, and to the lessons. As a parent, that's knowledge I appreciate having, both now and for the future."

In addition to participation in the classroom, the co-op holds regular general meetings to give parents a chance to discuss ways of dealing with mutual concerns, plan special events for the children, and hear speakers on topics of interest to parents of preschoolers. An elected Board of Directors provides day-to-day administration.

Anyone who has questions about registration, or who has some toys, books, or other nursery-size equipment they'd like to donate, can contact one of the following members of the Co-op's Board of Directors: Rick Shirray, 831-5252; or Kim Embury, 889-3700.

# Public Meeting St. James-Assiniboia School Division

The St. James-Assiniboia School Division is launching a review of Alexander Ross, Arthur Oliver, Buchanan, Cresview, Heritage, Lakewood, and Voyageur elementary schools at a public meeting Thursday, September 17, 7:30 p.m. at John Taylor Collegiate, 470 Hamilton Avenue.

All residents living in the catchment

area of these schools are urged to attend. During the meeting, residents will elect a committee to conduct the review over the 1987-88 school year.

The schools are being reviewed because they have experienced a steady decrease in enrolment levels over the past ten years.

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# Top Shots

OTTAWA — Two members of the Canadian Forces have been awarded the Queen's Medal as winners of the Canadian Forces Small Arms Competition held at the Connaught Ranges here July 27 through Aug. 4

Warrant Officer Rino Lévesque of the 3<sup>rd</sup> Regiment, Canadian Forces Base Valcartier, Quebec and Sergeant George West, of The Royal Hamilton Light Infantry regiment, Hamilton, Ont., representing Central Militia Area, were this year's winners. WO Lévesque's score was 624 points and Sgt. West's 598 points out of a possible 755. This was WO Lévesque's and Sgt. West's second Queen's Medal in two consecutive years.

The competition drew 355 participants from the regular and reserve forces, 20 members of the British Army, three members of the Jamaican Army, one Royal Canadian Mounted Policeman and 12 civilian members of the Dominion of Canada Rifle Association.

The Letson Trophy, awarded to the best 12-member rifle team, was won by the 3<sup>rd</sup> Battalion, Royal 22<sup>e</sup> Regiment.

The militia equivalent of the Letson Trophy, the Clarence Smith Trophy, was won by Atlantic Militia Area.

The Vanier Trophy was won by 5<sup>e</sup> Groupe-brigade du Canada which had the best four-member team in all weapon categories. The Dextraze Trophy, which is the militia equivalent of the Vanier Trophy, was won by Secteur de l'Est Milice.

This annual competition of marksmanship is held in five categories: rifle, pistol, submachine gun, light automatic rifle and sniper rifle. The finalists received a total of 25 awards, including the Queen's medal. The first Queen's medal is awarded to the top rifle marksman representing the regular force and the second is awarded to the top reserve or Royal Canadian Mounted Police member.

# Meilleurs tireurs

OTTAWA — Deux membres des Forces canadiennes ont reçu la Médaille de la Reine après avoir remporté la compétition de tir d'armes légères de Forces canadiennes qui a eu lieu au champ de tir Connaught du 27 juillet au 4 août.

L'adjudant Rino Lévesque, du 3<sup>e</sup> Bataillon du Royal 22<sup>e</sup> Régiment basé à la BFC Valcartier (Québec), et le sergent George West, du The Royal Hamilton Light Infantry, une unité du Secteur du Centre (Milice) basé à Hamilton (Ont.), ont tous deux remporté les honneurs pour une deuxième année consécutive. L'adjudant Lévesque a accumulé 624 points et le sergent West, 598 points, sur un total possible de 755.

La compétition a permis le rassemblement de 355 militaires de forces régulières et de réserve, 20 militaires de l'armée britannique, 3 militaires de l'armée jamaïcaine, un policier de la Gendarmerie royale du Canada et douze membres civils de l'Association

de tir Dominion du Canada.

Le trophée Letson, décerné à la meilleure équipe de 12 tireurs de fusil, a été remporté par le 3<sup>e</sup> Bataillon du Royal 22<sup>e</sup> Régiment. Quant au trophée équivalent pour la Réserve, soit le trophée Clarence Smith, il a été gagné par le Secteur de l'Atlantique (Milice).

Le 5<sup>e</sup> Groupe-brigade du Canada a remporté le trophée Vanier décerné à la meilleure équipe de quatre hommes dans les cinq catégories. Le secteur de l'Est (Milice) a remporté la trophée Dextraze qui est pour la Milice l'équivalent du trophée Vanier.

Cette compétition annuelle de tir comprend cinq catégories : le fusil, le pistolet, la mitrailleuse, la mitrailleuse légère et le fusil de tireur d'élite. Les finalistes se sont vus décernés 25 honneurs dont la Médaille de la Reine qui est décernée au meilleur tireur de la Force régulière et au meilleur tireur de la réserve ou de la Gendarmerie royale du Canada.



Soldiers in the sun: Marching to Parliament Hill on Canada Day. Les soldats de la Garde, par une journée ensoleillée. . . Les soldats de la Garde, par une journée ensoleillée. . . Les troupes marchent fièrement vers le Parlement, le jour de la Fête du Canada.

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For instance, your children may have reached adulthood. There have been major changes in the law, recently. Your financial picture may have changed, and you could find some tax advantages. Any of these possibilities makes it worthwhile to review your Will.

When you do, think of us. A simple sentence, "I give to the Canadian Cancer Society the sum of . . . . dollars will help us continue the promising new research made possible by the Marathon of Hope.

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## BAMEO Slow Pitch

Tudors Tartars have been busy again: on 23rd July approximately 90 personnel from BAMEO representing ARO, AVSO, ASO, AMCRO, AMSE and Support Sections participated in the annual Slow Pitch Baseball round robin tournament. There were a few worried faces as the morning greeted the anxious ballplayers with black clouds and drizzling rain. As the diamonds were being readied for play, sunny Manitoba lived up to its name. The combined team of #1 Herc & Dak and #1 TTT Servicing crews were eventually declared the SLOW PITCH CHAMPIONS after a grueling play-off game against the Support Sections team. AVSO was declared the "Best Dressed Team" and ARO won the "Most Hot Dog/Coke Consumer Cup." Our thanks to the officers and sr. NCOs for handling the umpire duties.



The Champs!!!



Capt Kirsopp presents "The Trophy" to Cpl Rienguette.



Most Hotdog/Coke Consumer Champs.

## Safety Awards



Cpl Mike Ziska and Cpl Bill Justus are shown as they receive General Safety "Well Done" awards in recognition of actions to combat a fire that occurred in 10 Hanger last January. Thanks to their quick reaction, a small electrical fire was prevented from spreading into a hanger-wide inferno.

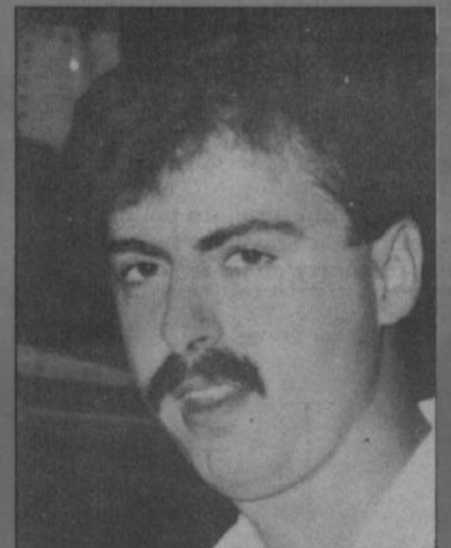
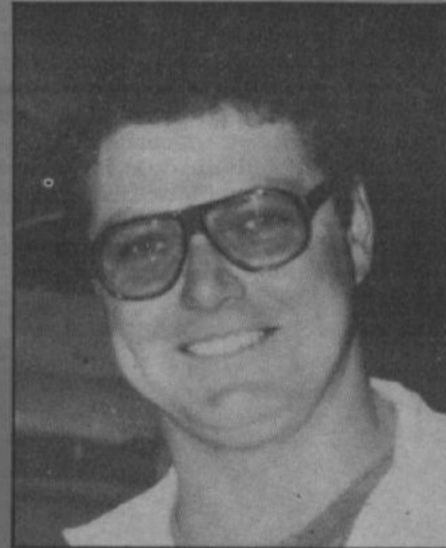


Cpl L.S. Cheffins recently received a Flight Safety Award for detecting a crimped ballistic hose from the ejection system of a T-33.



Cpl Rick Benson has received a Safety "For Professionalism" award for taking action to have a CC-130 Hercules shut down when he detected a leak in the aircraft hydraulics. Had the leak gone undetected, a serious flight incident could have resulted.

## Promotions



Congratulations to MCpl DW McNeil (left) and MCpl Wolfe on their recent promotions to that rank.



Newly promoted Cpl Colleen Capstick is shown performing one of her many duties in the Comm-Radar Systems Labs (Avionics Support). Congratulations Colleen and keep up the good work!

# Air Command's WO Smart OMM Recipient

# 1 CEU



It's all smiles as DCOS C&E, Col M. Charron congratulates WO D. Smart on his selection as a Member to the Order of Military Merit for his outstanding service record and unbending efforts towards the betterment of the military and civilian communities. WO Smart will be journeying to Ottawa in late Nov for the Medal presentation from Her Excellency Governor General, Jeanne Sauvé.



LCol D.V.B. Riddell, Commanding Officer 1 Construction Engineering Unit, proudly presents WO Larry Davenport with the first clasp to his CD (CD 1), a momentous occasion in Larry's long and successful career in the Canadian Forces. From all his co-workers and friends "good luck" in your future achievements. "Chimo."

## Base Transport Promotions & Awards



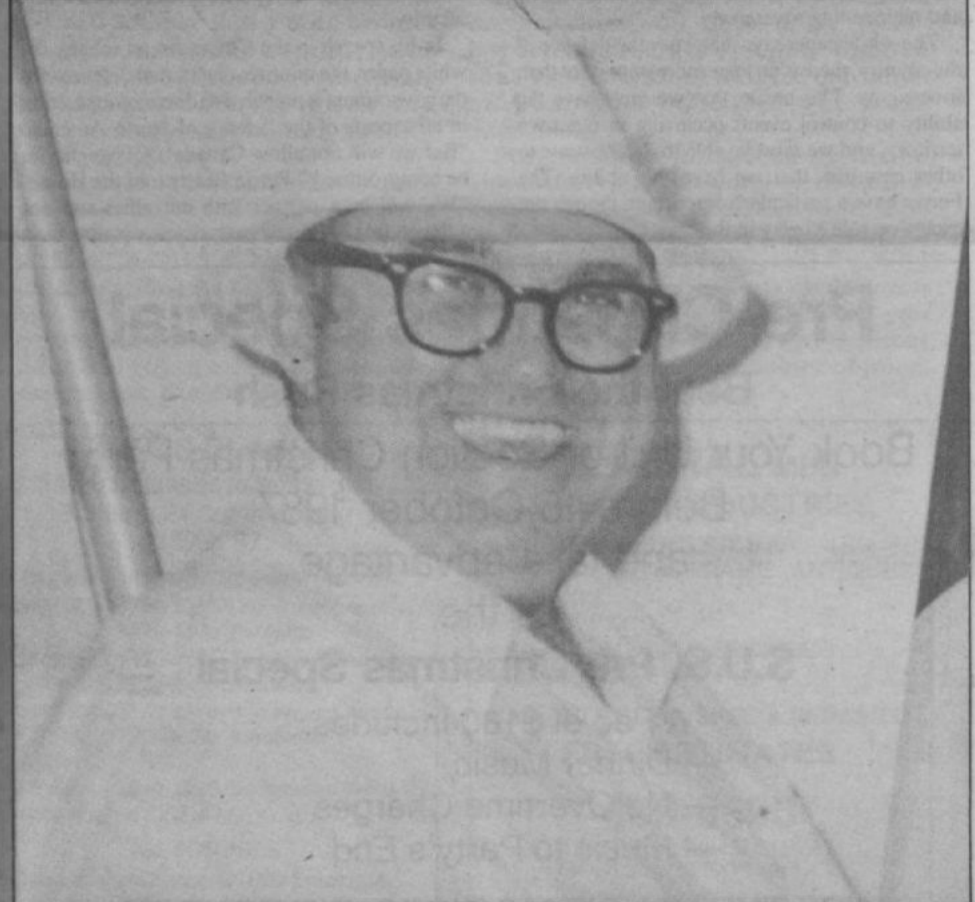
Cpl Brad Eadie of the Base Transport Refueling Section was recently promoted to MCpl. Good work, Brad! Keep Trucking . . .



Congratulations are extended to Pte MacDougall on the presentation of his first hook.



Cpl J.M. VanThournout (left) and Cpl M.G. Dostie recently received their Airfield Special Purpose Vehicle Operator certificates (TSQ 935.05). This qualification is earned after an 18 month OJT training program working in refueling and SPV Sections. Well done!

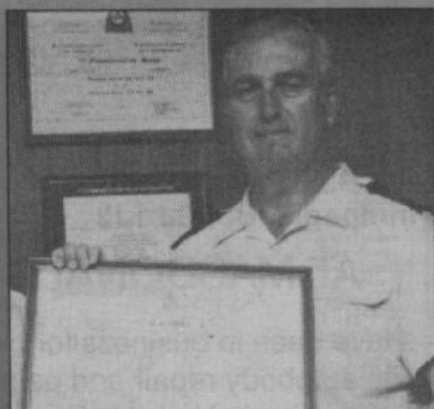


Mr. Barry has received the Driver of the Month Award for Jun 87. He has been employed as an MDO 5 in the GPV section, for the past 10 years.

### 73 Comm GP



LCol EJ Sim, CD Commander 73 Comm Gp presents CWO EA George, CD with his new rank insignia upon his promotion to CWO effective 1 Jul 87. CWO George will assume the duties of Group Chief Warrant Officer/Chief Communication Operator as of his promotion.



CWO W.T. Marshall, CD of 73 Comm GP was presented with his Commissioning Scroll on 8 Jul 87. CWO Marshall has been commissioned as a Captain as of that date and is being posted to B Sqn of CFSCE in Kingston.

### CFS Met



Promoted — WO Jean-Yves Demarbre, an instructor at the Canadian Forces School of Meteorology, was congratulated on his recent promotion to that rank by Mr. Pat Dillistone, Comdt, CFSMET.

# Sovereignty



A CF-18 from 425 Tactical Fighter Squadron flies over Baffin Island.

The federal government says it will not allow Canadian sovereignty to be diminished in any way. The white paper on defence says Ottawa will ensure that the Forces can operate anywhere within Canadian jurisdictional limits, and they will assist civil authorities in upholding the law and maintaining sovereignty.

The white paper says that, after the defence of the country, there is no issue more important than sovereignty. This means that we must have the ability to control events occurring in our own territory, and we must be able to demonstrate to other countries that we have this ability. The Forces have a particularly important, though not exclusive, role to play in this.

Canada is not universally recognized as being sovereign in all the areas we claim. The United States considers the Northwest Passage to be an international strait, but we regard it as internal waters. Talks are going on in an attempt to reach a solution based on mutual respect and common security.

In his speech in the Commons on tabling the white paper, the minister of national defence said the government is prepared to discuss cooperation in all aspects of the defence of North America. "But we will not allow Canada's sovereignty to be compromised," Perrin Beatty told the House. "We will be a partner with our allies and not a dependant."

The civil authorities are responsible in peacetime to see that our laws are enforced throughout our territory. This includes navigation and pollution in ice-covered waters, game laws in the Arctic, and the regulation of fisheries and air traffic.

The white paper says the Polar 8 icebreaker will make a significant contribution to the maintenance of a Canadian presence and the exercise of sovereignty in Arctic waters. The military role is that of the ultimate coercive force when civil authority is inadequate.

An important part of sovereignty is the ability to see and hear what is happening within our territory, on land, at sea or in the air. But to have

effective control, we must also be able to respond with force against any attack or invasion. The white paper says being able to do this will show Canada's resolve to maintain her sovereignty and to deter potential violators.

As a maritime nation flanked by three oceans, Canada must have a navy which can respond to challenges within our own waters. The white paper stresses that no single system is capable of handling by itself the range of our maritime requirements. Aircraft, ships and submarines all have unique advantages which must be combined so that their strengths reinforce each other to produce a balanced, effective force.

The white paper says Canada also needs well-trained and well-equipped land forces. Additional brigades will be created, mainly from the reserves, to improve the army's capability to undertake operations in the defence of Canada. A guard force will be created to protect military locations, and the Rangers will be expanded and their equipment improved.

To protect against the air threat, the North American Air Defence Modernization Program has been undertaken jointly with the United States. This involves several new radar systems. To further improve our surveillance capabilities, the present fleet of 18 Aurora aircraft will be enlarged to allow more patrols, particularly on the west coast and over the Arctic. And the Tracker medium-range patrol aircraft also will be modernized.

## 429 Sqn Bison Bits

The end of another hot summer is approaching but the jobs at 429 Sqn are not about to end. August was a busy month for every Sqn member. We'll start first with the CO, LCol Barnes, who went on BOXTOP (Arctic resupply) from 31 Jul until 15 Aug with his crew of Lt Granley, Sgt Miller and MCpl Stubbart. Then the FE section was happy to see the return of WO Cooke and Sgt Johnston on Aug 2nd from two weeks Slip with 435 Sqn in Lahr. (429 personnel are so competent that other Sqn's require our services). Capt Jagat and crew — Capt Schofield, Lt Pichette, 2Lt Potts, Sgt Fournier, Sgt Rix, Sgt Bertrand and MCpl Sawatsky are undergoing a Staff Nav to Hawaii. They left on the 20th and should be back on the 24th of Aug if the airplane doesn't suddenly break in Hawaii for two weeks. Besides all the flying, Sqn personnel will have to get qualified on pistol this month. It should last only a day but we hope the qualification won't last more than a week for some members. Finally, our baseball team is just booming along. No losses so far in the play-offs. The finals are starting soon, so there is still time to get out and support the team. 1-2-3 and Good Luck.

## Pre-Christmas Special

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## 13th Annual Winnipeg Gun and Militaria Show

Saturday September 19, 1987

Sunday September 20, 1987

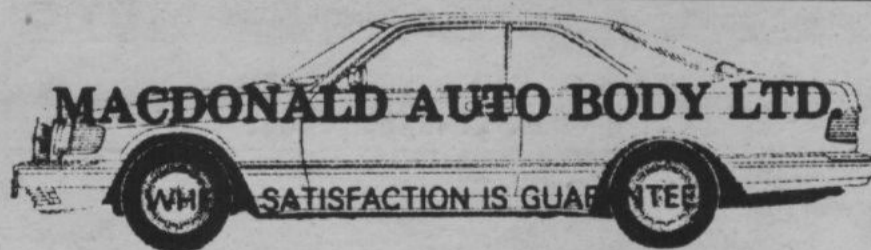
Hours: Saturday 10:00 a.m. to 8:00 p.m.

Sunday 10:00 a.m. to 4:00 p.m.

Entry: \$2.00 per person (Children under 12 accompanied by an adult free)

Over 6000 sq. ft. of exhibits and trade tables featuring all types of guns, ammunition, medals, badges and general militaria.

Place: **Fort Rouge Recreation and Leisure Centre**, 625 Osborne Street, Winnipeg, Manitoba.



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# Around CFANS

The day began much the same as any other when the students of 8702 and the remainder of the crew assembled for the met briefing prior to launching off on the F-15 of 16 Jul 87. It was only after the met briefing that the Base Flight Safety Officer, Major Boulton briefed the crew on their participation in a simulated emergency to be conducted upon their return to CFB Winnipeg later that day. Three of the students were to be casualties — the result of an explosion in the cargo compartment of a/c 370; the remainder of the crew were to evacuate the Hercules as soon as it cleared the active areas.

The emergency exercise went off as planned. Shortly after touch down the co-pilot called Tower with the exercise message; the aircraft was shut down and abandoned. Emergency response teams arrived at the scene very quickly — even before all of the crew had assembled at a safe distance from the aircraft. It was very reassuring to see such a rapid response and to know it would be available if actually required. Although the event was planned to exercise the response of the emergency teams, I think all of the aircrew participants learned from it as well.

Congratulations and best wishes go out to Capt Doram and his wife, Leona on the recent arrival of their second son, and third child, Brant. The follow-

ing day Dan was proudly passing out "fat pills" (doughnuts) to celebrate the occasion and when asked to comment about his new son he said, "We're getting better at this, Brant has hair." Right... thanks Dan?

Our congratulations are also extended to Course 8642 on the occasion of their graduation. Their wings parade took place 23 July 87 with BGen Bourgeois acting as the reviewing officer. Well done, gentlemen. By the way, the course director of 8642... Capt Doram.

Some of our "mid-season" replacements have recently joined the staff. We would like to welcome aboard Capt Nick Conway and his wife Susan, Kevin Kimpinski and his wife Nicole, Richard Leblanc and his wife Patricia, and Michel Tardif and his wife Ginette. Welcome to Winnipeg.

Finally, the summer students undergoing Phase III training had finished this portion of their Air Navigation training. We'll see you next year gentlemen, when you will have the opportunity of enjoying a refreshing Winnipeg Winter. In the interim, good luck with your final year of studies.

Did I mention winter?... oh well as one wise man once said, "I will go to Winnipeg, where there is 10-11 months of winter then all time warm..." 'Nuff said.

# Noise Pollution

Have you ever been in an extremely loud setting and asked someone who regularly works there, "How do you put up with the noise?" "I've gotten used to it," they shout.

In fact, people who are exposed to loud noise for extended periods of time become accustomed to it because of a gradual hearing loss resulting in a reduced sense of volume.

Growing "accustomed" to noise is only one symptom of hearing loss. Others are ringing ears after exposure to loud noise or the impression that other people frequently mumble as they speak. In addition to hearing loss, constant exposure to loud noise can cause high blood pressure, irritability and other symptoms of stress.

There is a difference between sound and noise. Noise is defined as sounds we prefer not to hear — an insistent horn honking or rock music blaring from a teenager's stereo.

But high-volume noise can have a dangerous impact on the inner ear's capacity for hearing. Exposure to loud noise over an extended period of time

will eventually destroy a person's hearing. This fact is especially important for members who may work daily with loud noises. However, exposure to loud noises in the home from chain saws, lawn mowers or stereo headphones, for example, can also damage hearing.

Sound is measured in decibels — units which express the relative intensity of sounds on a scale from zero, for the average least perceptible sound, to 120 for the average pain level and higher.

A whisper is about 20 decibels. A diesel truck and a power lawn-mower both register at about 95 decibels, the level at which noise can damage hearing. At 117 decibels, a pneumatic drill can cause pain to unprotected ears.

Today, millions of people are exposed to hazardous noise on and off the job. In the workplace, machinery often produces noise above 85 decibels. Employees should wear hearing protection in any area with a noise measurement that is higher than 85 decibels.



Sgt. Don Huxley, NCO I/C the Air Navigation Procedures Trainer was recently presented with his 30 year service certificate. Sgt Huxley retired this past July and will be taking up residence in B.C.

# Living with High Blood Pressure

It is estimated that some two million Canadians have high blood pressure. Most have no obvious symptoms, so it makes sense to be on the alert. It's a disease that's easily and painlessly controlled, but if allowed to go untreated, high blood pressure may lead to increased risk of stroke, heart disease or kidney failure.

Detecting high blood pressure is as simple as visiting your doctor or local health clinic. The painless test takes only a few moments. The doctor or nurse will simply put a cuff around your upper arm and monitor your pressure. If the test shows you have high blood pressure, the doctor will either prescribe medicine, modify your diet or both.

Whatever the recommendation, it's very important to follow the doctor's instructions carefully. Although you may "feel fine", high blood pressure can do great damage with no apparent signs.

Some cases of high blood pressure, perhaps 5 to 10 per cent, are caused by illnesses, but the cause of the vast

majority of cases is not known. Most experts do agree, however, that certain things contribute to a person's risk of developing high blood pressure.

First, you are likely to be a candidate for the disease if someone else in your family has or had it. Another positive risk factor is being overweight. Still another is a diet high in salt.

The good news is that there are simple, painless ways to effectively control high blood pressure. If your doctor decides that you have only "mild" hypertension, he or she may suggest that you lose some weight, cut down on your salt intake or get some exercise.

For moderate to severe hypertension, many medications or combination of medications can be used. The trick is to be diligent about taking them all the time.

Never stop taking your medication because you don't "feel sick." If you miss a day, don't "double up" the next day. Instead, call your doctor or pharmacist for instructions.

## FITNESS CLASSES

Fitness classes to be held at Building 21 commencing 21 Sep 87.

The following classes are offered:  
 Monday 1130-1210 Low Impact Aerobics  
 1220-1300 Aerobics  
 Wednesday 1130-1210 Low Impact Aerobics  
 1220-1300 Aerobics  
 Friday 1130-1210 Low Impact Aerobics  
 1220-1300 Aerobics

Tuesday/Thursday 1210-1250 Secretaries' Aerobics

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## SEPTEMBER PROGRAM

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 Sat. Morning 14:00 hrs.  
 Sun. Evening 20:30 hrs.

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SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Get a boy friend who won't get out of the living room? <b>Take him out to the MOVIES!</b>		See 7	See 2	See 3	See 4	See 5	See 5
		EDDIE MURPHY BEVERLY HILLS Cop	NO SHOW	EDDIE MURPHY BEVERLY HILLS Cop	NO SHOW	NO SHOW	EDDIE MURPHY BEVERLY HILLS Cop
See 6	See 7	See 8	See 9	See 10	See 11	See 12	See 12
AXEL FOLEY IS BACK. BACK WHERE HE DOESN'T BELONG.	EDDIE MURPHY BEVERLY HILLS Cop	NO SHOW	NO SHOW	SPACEBALLS	NO SHOW	NO SHOW	DAN AYKROYD TOM HANKS
See 13	See 14	See 15	See 16	See 17	See 18	See 19	See 19
NERDS II Nerds in Paradise	NOTHING CAN STOP THEM. NO ONE CAN HELP YOU. THEY KNOW WHO YOU ARE. RESTRICTED ONLY!	THE BELIEVERS	NO SHOW	AN ADVENTURE OF INCREDIBLE PROPORTIONS	IN SPACE	Benji	NERDS II Nerds in Paradise
See 20	See 21	See 22	See 23	See 24	See 25	See 26	See 26
NERDS II Nerds in Paradise	If they didn't make waves... They wouldn't be Nerds!	THE STORY OF THE WAR AT HOME. And the people who lived through it.	NO SHOW	ADVENTURES OF BRAD PITT	NO SHOW	NO SHOW	THE WITCHES OF EASTWICK
See 27	See 28	See 29	See 30	COMING ATTRACTIONS			
THE WITCHES OF EASTWICK	NO SHOW	NO SHOW	NO SHOW	THE UNTOUCHABLES	ROBOCOP	ROXANNE	

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 885 Henderson — 661-3135  
 1755 Pembina — 261-9241



# SPORTS

## Aircom Slow-Pitch



The 1987 Air Command Slow-Pitch Champs — 733 COMM SQN "No-Stars".



Air Command Slow-Pitch Runners Up — DCOS Maint "Bloopers"

## No-Stars Aircom Champs

The third annual Air Command Headquarters' Slow-pitch tournament was held Friday, 26 June with 14 teams competing. The Deputy Commander, Air Command, MGen D.F. Garland officially opened the tournament by welcoming all the participants and throwing the first pitch.

On a sunny but windy day the teams took to the fields for some entertaining slow-pitch action. Split into two divisions, each team played a partial round robin consisting of three games against other teams from their respective division. In this year's final game,

the winner of the division A round robin, the 733 Comm Sqn "No-Stars", were pitted against the division B winners, the DCOS Maint. "Bloopers". A rally by the No-Stars in the late innings banished the Bloopers and allowed them to prevail with a 17-6 win to become the new Air Command Headquarters Slow-Pitch champions.

Congratulations are extended to the 733 Comm Sqn team and to all other participants in this year's tournament. Special thanks are also extended to the umpires — for a job well done.

## Ladies Bowling

Westwin Ladies Tuesday Night Bowling League. Registration and general meeting Tuesday, 8 September 1987 7:00 p.m. Bldg. 90. Any inquiries call S. Scott 885-2987.

## Volleyball

All interested service personnel who wish to try out are requested to contact Capt Caz Oreziak Loc 5145 for the mens team or Sgt Kathy Cox Loc 5080 for the service womens team. Practices for men will be in Bldg 90 Tues 1630-1800 and the service women will be in Bldg 90 Tues 1630-1800. Give it a shot, improve your fitness and your skills. Practices start Sep 15.

# SWIMMING LESSONS

**REGISTRATION:** DATE: 8, 9, 10 SEP 87  
**PLACE:** WESTWIN REC CENTRE BLDG. 90  
**COST:** \$15.00  
**START:** 19 SEPT 87  
**TIME:** 0900-1200 HRS

<p>YELLOW, ORANGE, RED, MAROON 1630-1730hrs MON-WED</p>	<p>GREEN, BLUE, GREY, WHITE. 1630-1730hrs THURS-THURS.</p>
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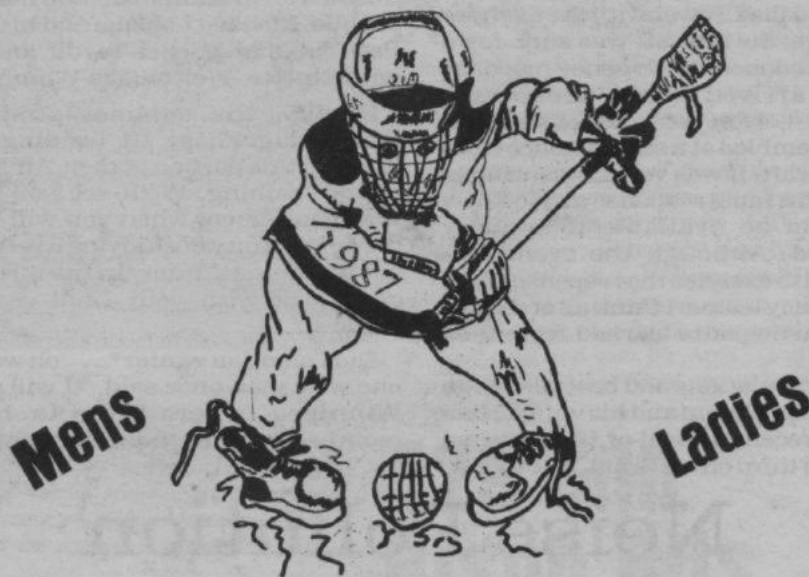
## Get Involved Old Timers Hockey

It's that time of year again! The CFB Winnipeg Geriatric Jets Old-timers Hockey Team will be conducting tryouts commencing in late September. This year's schedule includes participation in a very competitive local civilian league, the Base Intersection Hockey League, the Prairie Region Championship as well as some tournament play. Members must be 35 years of age by 1 Jan 88 to be eligible for the team. Should there be more than 25 interested

members, a roster will be determined based on playing ability and commitment to the team. Members not included on the roster will be encouraged to join another intersection team as directed by the Intersection League President.

Interested members are to forward their name, rank, SIN, section, work/home phone number and preferred playing position to either Capt. Gil Goodman, loc1 5937 or Capt Sandy Kirsopp, local 5411.

## Broomball



CFB Winnipeg Flyers broomball team requests your support. The talent here at CFB Winnipeg this year could produce a strong regional and national contender.

Team management realizes a number of good players play with civilian teams which is fitting for a high level of competition. The base team this year could be a very strong contender with all available player support. You are requested to support the base team by attending a meeting on Thurs. 3 Sept. 87 at Bldg. 90 rec centre 1500 hrs, for more info contact Sgt Wiseman Loc 6183 or 6185.

Lets get something started ladies!!!! Bored of sitting around, doing nothing athletically or recreationally. Well give broomball a whirl. My name is MCpl Bryan Pearce just posted in from CFB Cornwallis, where I have been coaching the ladies team for the past three years, and the mens team for the past two years, the results were two championships for the ladies and one second, for the men one championship and one second. Both these teams were 70% 1st and 2nd year players. No experience is necessary if you want to have fun, learn some broomball and go to the regionals come to the meeting 2 Sept. 87 at 1400 hrs Bldg 90 Base Theatre. For more info contact MCpl Bryan Pearce at Loc 5511 Rec Centre.

## Base Team Basketball

Are you interested in trying out for the base men's basketball team? We're looking for new blood. The team plays in the Winnipeg mens league every Sat. morning at Lipsett Hall (south side) from Oct 87-Mar 88. We also practice once a week at Lipsett Hall Wed. nights from

1630-1800 hrs. All this leads to the prairie regionals in Edmonton in Feb 88. If you're interested, be at the meeting Mon 7th Sept 87, 1500 hrs at the base theatre (Bldg 90). If unable to attend contact MCpl Pearce Loc 5511 rec centre.

## WESTWIN MIXED 5 PIN BOWLING LEAGUE



### BOWLERS THURSDAY MIXED LEAGUE

The new bowling season is now upon us so come out and register as a team, couple or individually. This is a great opportunity for new people to meet and get to know others. So come out and enjoy an evening of fun and recreation.

There will be a meeting and registration night at the bowling alley Bldg 90 at 1930 hrs. on the 10 Sep 87.

### YOUTH BOWLING YBC

**MUST BE A MEMBER OF THE REC ASSOCIATION**

#### Registration:

Bowling Alley, Bldg 90  
12 Sept 87 — 1:00-4:00  
Cost — \$4.00

#### Divisions:

Pee Wees — Ages 5, 6, 7  
Bantams — Ages 8, 9, 10  
Juniors — Ages 11, 12, 13  
Seniors — Ages 14-18  
**Cost per week:**  
Pee Wees — \$2.25 (2 games)  
Bantams — \$3.00 (3 games)  
Juniors — \$3.00 (3 games)  
Seniors — \$3.00 (3 games)

Bowling takes place on Sat.

Bowling commences 19 Sep 87

Pee Wees — 10:00  
Bantams — 12:00  
Jr/Sr — 2:00

For further information, contact Jackie Gallagher, 837-6729 after 5:00 PM

# Intersection Slow Pitch League

The intersection slow pitch league is rapidly drawing to a close with the finals being played as this is being submitted. It has been a very successful season featuring many excellent games, plays and comraderie. It was especially pleasing to note spouses and families cheering their loved ones on. Some of the players antics and the wierd and wonderful plays were truly memorable and made for good stories in the Herc Lounge.

The regular season finished with BTNO being the top team, losing only 1 game, that to the 14th place team DCOS Maint, which was a sign of things to come. Thus far in the playoffs the top seeds of each division have been knocked off and the underdogs have been advancing quite well thank you. Memorable games include Roads and Grounds going 10 innings

with BAMEO and DCOS Ops and BSupply slugging it out in 8 innings. Thus far 429 Sqn is the team to beat in "A" div with DCOS OPS and B Supply left to do battle. "B" Div sees the MPs, surprisingly strong, go against DCOS Maint who have a good team albeit inconsistent.

The league is fairly long and teams did well throughout the year attendance wise although one can see by the results that courses, leave, postings and operational commitments drastically alter teams performances, noticeably that league and playoff results are at different ends of the spectrum.

Well done to all who participated throughout the year and good luck to those who remain, may you do as well next year. Results from regular season are as follows:

TEAM	W	L	T	Pts	Place
BTNO	13	1		26	1
CFANS	11	2	1	23	2
BFOODS	10	4		20	3
BSUPPLY	10	4		20	4
BENG	7	4	3	17	5
429 SQN	7	6	1	15	6
DCOS OPS	7	7		14	7
BASE HQ	6	8		12	8
733 SQN	6	8		12	9
ROADS & GROUND	5	8	1	11	10
MPs	5	9		10	11
BCOMPT	5	9		10	12
BAMEO	5	9		10	13
DCOS MAINT	3	11		6	14
BHOSP.	2	12		4	15

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## 4th Annual Commando Challenge Run



Members of the CFB Winnipeg PERI staff recently participated in the 4th Annual Commando Challenge Race.

The team successfully completed the mile and a quarter, 18 obstacle challenging course with an excellent time of 7 minutes 34 seconds placing third out of 180 teams.

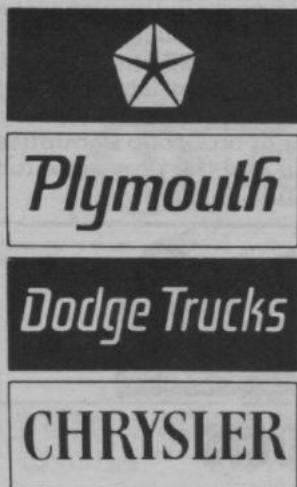
Next year with more practice and better preparation our team will give the teams ahead of them a run for their money.

Seen in the picture is Captain Michael Caron being carried (of course!) through the finish line by MCpl Ron Gallant, Cpl Dave Shirley, Cpl Don Cormier and Cpl Chris Pilon.

## Base Soccer News

On the 10th Aug 87 the base soccer team headed for CFB Portage la Prairie to compete in the 1987 Prairie Region Soccer Championships. Eight teams were entered with two divisions of four, and only the top team from each division would advance into the final. Every game was vital or you were out of the medals. Our first opponent was CFB Cold Lake defending champions from the previous year. Our inexperience, and their experience was the difference as they beat us soundly 6-0. We came right back the next game with a solid 6-1

win over Portage. Our final opponent was Moose Jaw, this game was for second place in (A) div. It was our best effort all year and we lost a close contest 1-0 as Moose Jaw scored late in the game. A good performance was turned in by all, and we promise to even better next year. The team was made up of the following people. (Coach) Sgt Collard, Capt. Macullum, Capt. Appalloni, Capt. Reid, Lt Mann, MCpl Adler, MCpl Gibson, MCpl Pearce, Cpl Carnegie, Pte Ally, Pte Grant, Pte Higgins, Pte Orourke, Pte Pickering, Pte Shave, Pte Wilson.



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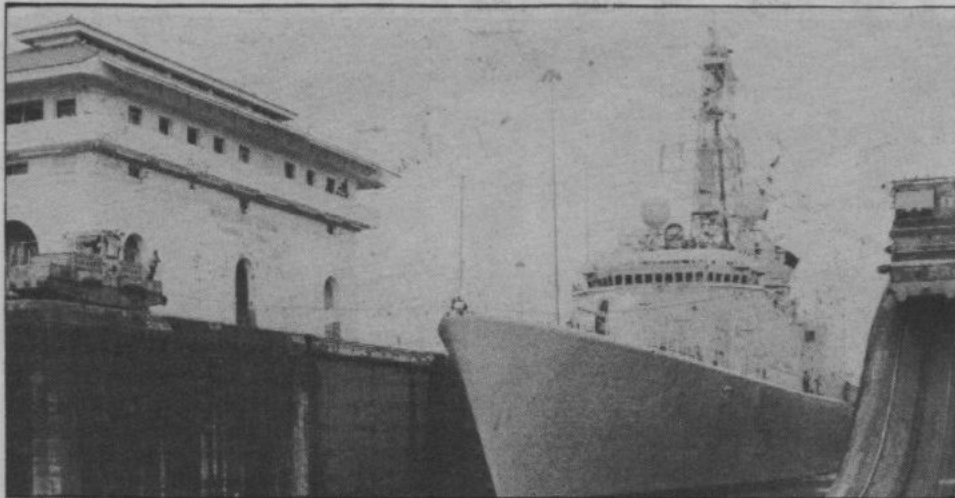
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## HMCS Huron



PANAMA . . . HMCS Huron passed through the last series of lock chambers in the Panama Canal as she transited from the Atlantic to the Pacific on July 10. The Huron and her 311 member crew are enroute to CFB Esquimalt to provide a balanced fleet for the West Coast. (Canadian Forces Photo by Sgt J.F. Smith)

### Girl Guides of Canada/du Canada Stevenson District

Ages 9-12 for Guides  
Ages 12-15 for Pathfinders  
Registration Evening Tuesday 8 September 87 7:00-8:00 p.m.  
Jameswood Public School Lunch Room  
Fee: \$25 per girl  
For further info contact:  
Guides — Mrs. Margaret Horton — 888-6487  
Pathfinders — Mrs. Tammy Brazeau — 831-0743  
NOTIFICATION OF ANY CHANGES

### 104th SCOUTS

THE 104th WINNIPEG SCOUT TROOP WILL RESUME REGULAR MEETINGS BEGINNING WEDNESDAY SEPTEMBER 2 AT LIPSETT HALL. IF YOU ARE BETWEEN 11-14 YEARS OLD AND ENJOY CAMPING, GAMES, THE OUTDOORS AND OTHER CHALLENGING ACTIVITIES COME ON OUT. JOIN US

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## CHAPLAINS CORNER



Greetings once again from the Chapels. For the more permanent residents of Winnipeg, we hope that you had a good relaxing summer and are already for a good fall programme. For new residents of Winnipeg — Greetings! — we hope you are settling in well and have most of the boxes out of the way.

Now that Labour Day is upon us most of the activities will be starting up in the Chapels. Nursery facilities have been provided during the sum-

### 10th Scouts, Cubs & Beavers 44th Guides & Brownies

The 10th Scouts, Cubs and Beavers and the 44th Guide's and Brownies will beholding preregistration meeting on the 6 Aug 1987 at 7 pm in the Lipsett Hall Lounge.

We are looking for volunteers to be leaders and group committee members. If we do not get any response the

mer but our Sunday School will be starting up next week and looking for new students to come along with the crowd from last year.

For choir practice timings on Thursday evenings, please check with the Chaplain but then come on out and enjoy the fun and lead us in song.

The St. Andrew's Women's Centre has started meeting Tuesday and Thursday mornings and is looking forward to more fun with chocolate sweets.

The Chapel Guilds will be meeting in the next two weeks as they start into their very bush schedules and are always happy to welcome new members.

#### Clothing

I would like to thank all those who donated their used winter clothing over the summer. It will be shipped to CFS Goose Bay next week for distribution to the Inuit on the Laborador shore. If you intended to drop off clothing before your holidays but ran out of time — you still have time but please phone this week. From reports of friends on the coast, they can use as much used clothing as we can send because of the poor fishing season.

Everyone at the Chapels are ready to go for another busy year. Come along and join in the fellowship. See you Sunday.

Padre R.E. Baker

### 51st Winnipeg Group Committee — Scouts, Cubs & Beavers

The 51st Winnipeg Group Committee would like to say welcome to all newcomers to Winnipeg and also invite all boys from ages five to seventeen to join the exciting world of scouting.

We had a great program last year for Beavers and Cubs and hopefully this year we will see enough boys to form a Scout troop as well. We also welcome back the boys from last year and look forward to seeing you again.

Registration for all sections will be on Thursday, Aug. 27 at 1830 upstairs at Building 21. We will also hold a second registration for any latecomers to the area on Thursday, Sept. 10 at 1830.

If you have been involved in scouting as a leader or on Group Committee or you want any further information about scouting and the programs for the different sections please call 831-5005 or 837-8158.



### 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
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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. Jolliffa, Chap(P) (North) — 895-5075  
Padre P. Day, Chap(P) (North) — 895-5087  
Padre E. Wiley, Chap(P) (South) — 895-6022

### R.C. Chapels

TÉLÉPHONE:	NORTH	SOUTH
MASSES	895-5087	
MESSES:	Sat: 1700 hrs (Eng)	Sun: 1000 hrs
	Sam: 1900 hrs (Fr.)	
	Sun: 1115 hrs	

MARRIAGE: Please give the Chaplain a six month notice  
MARIAGE: Parlez à l'Aumônier au mois six mois à l'avance.  
BAPTISM: Baptism Preparation Meeting is mandatory. Please make an appointment at 895-5087.

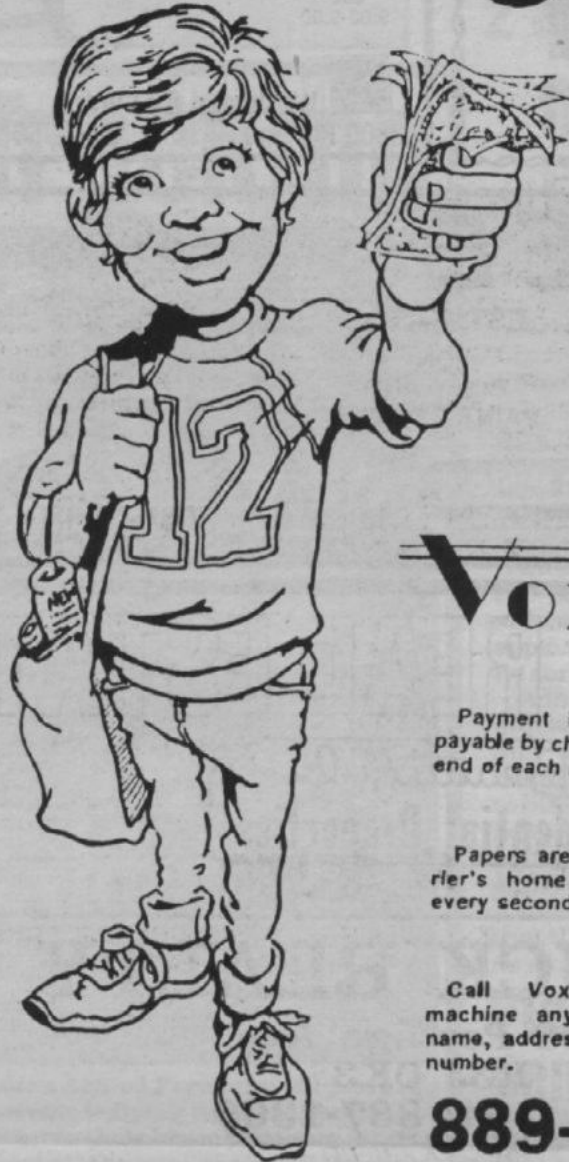
BAPTÊME: Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.

CHAPLAINS: Father Jacques Marcoux - 895-5272 - Home, 831-7291  
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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### Misc For Sale

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Babysitter — Willing to babysit in my home anytime. Whytefold Rd. area. Call 832-2711.

Will babysit in my home, North Side. Joanne 832-2411.

Mother of 2 children with child care training. Will care for your child in my home. \$12.00/day. Can supply references. Ph. 885-3076.

Reliable mother of two able to babysit Mon.-Fri. South Side — Ph. 489-5247.

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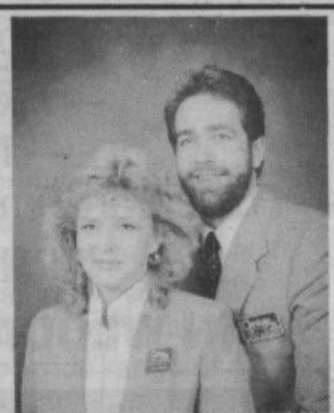
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