

# VOXair

Free

CFB/BFC Winnipeg  
25 November 1987

## National Safe Driving Week December 1-7

### Base Commander's Message

Canadian Forces Base Winnipeg will again this year participate in the promotion of National Safe Driving Week. The theme for the 1987 campaign is "You Can Improve Highway Safety". It has been selected because each one of us has a role to play in reducing traffic accidents and protecting all users of the road from injuries and fatalities.

The military community has always understood social responsibilities and commitment. National Safe Driving Week is another opportunity to remind all that we have a responsibility and an obligation to take every possible precaution to ensure the safety of all motorists. There are many things we can do. For example, not driving while our ability is impaired; wearing our seat belts at all times and adjusting driving speed to the road and weather conditions.

Although the intensive portion of the safe driving campaign is December 1-7, I ask all CFB Winnipeg personnel and their families to contribute to highway safety and to apply at all times the principles of safe driving.



Both occupants of this vehicle survived a head-on crash. They were wearing seatbelts.

## Winter storms: Are you prepared? Tempêtes d'hivers: Préparez-vous!

"Blizzards, heavy snow, freezing rain..." as winter approaches we become familiar with these weather forecasts. But we are becoming blasé about the warnings issued by local weather offices? Are we, for instance, preparing ourselves properly for the hazards of winter driving?

Emergency Preparedness Canada would like to see us become more serious about winter travel. They recommend membership in the Canadian Automobile Association and, for those driving in isolated regions, having a citizen's band radio.

A self-help pamphlet has been issued by Emergency Preparedness Canada called, Winter Storms — You And Your Car, which urges drivers to

heed the weather warnings and understand the hazards.

The pamphlet offers a pre-winter checklist of the vehicle's working parts and recommends carrying a winter storm kit in the trunk of the car. There's sensible advice such as: "If the going gets tough, don't press on. Turn back and seek refuge." And there's straightforward advice offered in the paragraph: "If you get trapped, don't panic!"

Now is the time to prepare for winter driving. The information is free and can be obtained by contacting Emergency Preparedness Canada, Ottawa, Ontario, K1A 0W6. Telephone: (613) 992-9988.

«Tempêtes, fortes chutes de neige, pluie verglaçante...». L'hiver approche et, encore une fois, ces prévisions météorologiques feront partie de notre quotidien. Mais, prenons-nous au sérieux ces avertissements des bureaux locaux de météo? Nous préparons-nous adéquatement pour la conduite en hiver?

Protection civile Canada (PCC) nous dit que la conduite en hiver c'est sérieux. On nous recommande de faire partie de l'Association canadienne des automobilistes et pour ceux qui conduisent dans des régions isolées, de se munir d'un appareil de Service général de radio (CB).

Un feuillet émis par PCC, et intitulé Mesures individuelles — TEMPÊTES D'HIVER — Vous et votre VOITURE",

encourage les conducteurs à tenir compte des avertissements météorologiques et à se familiariser avec les dangers de la conduite en hiver.

Le feuillet donne une liste de préparatifs qui s'imposent avant l'hiver et recommande de garder certains articles (nécessaire de voyage en hiver) dans le coffre de la voiture. On y retrouve plusieurs bons conseils dans les paragraphes intitulés «En voyage et Si votre voiture s'immobilise — restez calme.»

C'est maintenant le temps de vous préparer pour la conduite en hiver. Procurez-vous sans tarder, et ce gratuitement, le feuillet de PCC en écrivant à : Protection civile Canada, Ottawa (Ontario), K1A 0W6. Tél: (613) 992-9988.



Winter storms.  
Tempêtes d'hivers.

### Every drop counts



Be a + blood donor

Every six seconds a Canadian citizen requires a blood transfusion. Think about it. In the time it takes you to read this, how many Canadians will receive a blood donation to the Red Cross? But of course, that Canadian who requires blood every six seconds is only a statistic, right? He could never be you or someone in your family, right? Well think about it. If you don't agree or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held (Thursday, 14 January 1988) from 0930 hrs to 1130 hrs and 1300 hrs to 1600 hrs at the Junior Ranks Mess (Bldg 61) CFB Winnipeg. Winnipeg.

# Home On The Range

## Getting Ready for OP Eval 7-11 Dec 87



MCpl Paul (BAMEO) adjusts a "Fig 11" target in the butts.

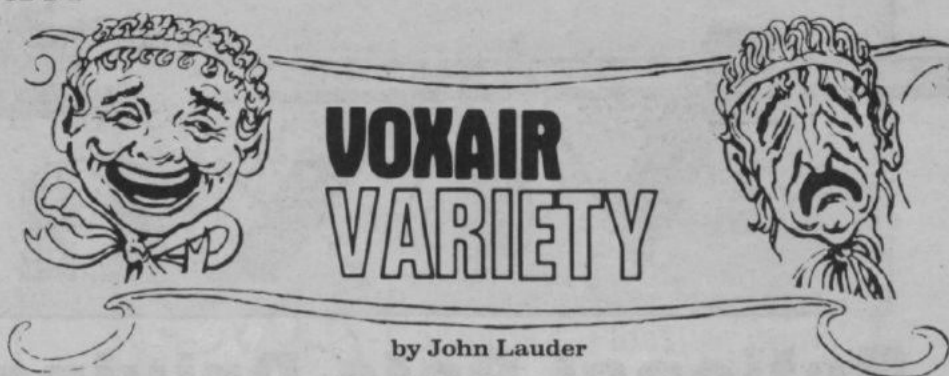
CFB Winnipeg is gearing up for another Operations Evaluation (Op-Eval) in December (7-11). As part of the build-up, 3 Platoon was called out 23 Oct.

After being briefed on their responsibilities and duties, it was off to the St. Charles ranges for Rifle Qualification. Encountering the first snowfall of any consequence this season, 3 Platoon bravely went about its tasking. When all was done, 3 Platoon prevailed as only three members failed to qualify, in spite of near white-out conditions. Let that serve as a warning to any infiltrators come December.

To fill out the day, it was back to base to thaw out, clean up the weapons, and speculate on December's weather and happenings.



Under the close scrutiny of MCpl Wade and Sgt Goguen (BDP), members of 3 Platoon take aim at the targets.



One of the big news stories on Remembrance Day was the fact that a number of Native Vets had gone back to Dieppe to honor their war dead with a spiritual ceremony. It brought out the fact that these vets were not well treated until the Legion took up their cause, and even then they did not get the same benefits as did others.

A similar message came from the Manitoba Theatre Centre Warehouse production "The Rez Sisters" which closed at the end of last week. The play, by Manitoba playwright Tomson Highway, from the Brochet Reserve, was billed as a comedy, and delivered as such, but was, as the car dealers say, much, much more. It was an eye-ful and earful to anyone who has not lived on a rez (reserve). The critic for the morning paper noted "it's scary to know that this reality exists side by side with our own". Apparently she has never walked down Main Street, nor driven through a reserve anywhere in Canada.

Writer Highway is not afraid to make fun of his people, and he shows the drabness of Indian life in many ways. The girls all like to gamble, and bingo is their game. Several spend time dreaming of what they will do with their winnings, especially if they can get half a million from the "Biggest game in the World" in Toronto. One covets a new stove, another gleaming toilet fixtures, and another a complete set of country music albums. One wants to pave all the roads in the reservation, convinced this will solve the unemployment problem, as they can drive to work on paved roads.

The actors are members on the only native troupe in the country, based in Toronto. It would be unfair to pick out any as outstanding ones, as really all were that. Some roles were more juicy than others, for example the retarded girl or the super-tough biker, but all performed with skill. The lone male role, that of Nanabush, the Great Spirit, was played with flair and agility by René Highway, the author's brother. Small wonder, with such acting, the play won many awards in Toronto.

Incidentally, the Warehouse have installed new and much more comfortable seats than those of previous years — arm rests, padding, and all kinds of good things, like more space.

\* \* \*

A local musical group, the Kildonan Community Concert Band, gave us a fine concert of military music early in the month. Billed as a Tribute of John Philip Sousa, the Band brought in guest conductor Keith Brion, who impersonates in every way the late great leader of the U.S. Marine Corps Band. In addition, guest soloist Ken Austin on the trumpet assisted in sole and group numbers. He wore a uniform showing even more medals than Col. Oliver North displays.

There were several Base people in the audience, and no doubt they were just as unhappy as I was that the show only lasted slightly over one hour. Let's hope there is a revival next year, with a longer program.

\* \* \*

The Royal Winnipeg Ballet is back from touring in the Maritimes and New England, and will at least be home for their Christmas-New Years show of Nutcracker in late December. Then they are off on the road again, to China, Japan, Thailand, Singapore, and Hong Kong. They will be gone for seven weeks, and will perform in ten cities.

\* \* \*

Luckily, other dance groups are staying at home. The Contemporary Dancers will offer Four Works at the Gas Station Theatre from November 25th to December 5th, at 8:30 p.m. Tickets and information from 452-1239.

Last Saturday dance Manitoba offer a Membership Showcase, with performances by a variety of dancers, including jazz, tap, ballet, modern, and folk/ethnic.

\* \* \*

On the Main Stage of the Manitoba Theatre Centre last week the World Premier of "The 101 Miracles of Hope Chance" opened on Thursday night. As usual, VOXAIR was in the process of going to press, so no review is possible here. Written by Canadian Allan Stratton, this is a controversial look at television evangelism and faith. A very timely topic, what with all the scandals in U.S. TV religious shows in recent months. The play will run until December 19th, tickets from 942-6537.

And opening tomorrow night, November 25th, is the comedy "Letter From Wingfield Farm" at the Warehouse Theatre. It tells of a city boy who goes looking for the tranquil life on the farm, only to find it ain't necessarily so. This one will also until December 12th.

\* \* \*

The Symphony will offer concerts on November 27th and 28th in the Concert Hall at 8:00 p.m.; and on the 29th a Concert for Kids at 2 p.m., with magician Brian Glow as the guest star. Over at the Pantages Playhouse Bob Munsch will also have a childrens show, with two times, 1:30 and 3:30 p.m.



Framed World War Aircraft Photographs for Christmas Call 775-2267

### Base Photo Club

Meeting on Thursday, Dec. 3 at 7 PM in Bldg 21, room 8. The Photo Club is for everybody. We offer:

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## Next Voxair Deadline 7 Dec 87



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# The Base Chief Said . . .

Can you picture this? The Base Chief sort of drifting off in his favourite easy chair, his faithful companion Quincy at his feet. When all of a sudden, that faithful companion starts the most ungodly barking. I came right up out of the chair, fully expecting to see an intruder, I was somewhat surprised to see a service person walking by the house. Now, obviously Quincy thought it was an animal, a skunk to be precise. So I took the time to explain to him that it was a friendly serviceman, wearing what has become known as a "skunk jacket", or jacket intermedate. I went on to explain to him that in accordance with CFB Winnipeg Dress Regulations, the "Skunk Jacket" was not to be worn outside the confines of the base, walking, in a PMV or otherwise. In other words, not to be worn outside the Sharp or Whytewold gates.

I thanked him for tipping me off, and promised him that I would be on the look-out for this type of infraction in the future, especially with the cooler weather coming on. You may consider Quincy to be a snitch, but you must understand that he is on the side of right and justice, so be on the lookout because with Quincy helping me, I'll get you.

I have heard, especially from the younger members of the Air Force, reference to the bird on the badge they wear as an albatross. I think it's about time we laid that to rest.

The breed of bird with wings spread as depicted on the badge of the air operations branch of the Canadian Forces, adapted from the insignia of the Royal Air Force is an eagle. The debate has continued for generations and surfaces in the press to this day — and this despite the clarity of the evidence. Indeed, so familiar is the topic among airmen that the focal point of the discussion is invariably termed "the bird".

It all started back in 1914 when the British admiralty issued a regulation saying that officers of the newly established Royal Naval Air Services (RNAS) would wear an eagle above the gold rank lace on the left sleeve of their uniform jackets. An eagle was also to replace the anchor on the officers' cap badges and jacket buttons. But during the war at sea, the flying sailors of the RNAS, a large number of whom were Canadians, somehow developed the conviction that no sailor worth the salt in his blood could possibly display anything but "a proper seagoing albatross".

Then, in 1918, the Royal Flying Corps (RFC) and RNAS were combined to form the Royal Air Force

(RAF). The rank insignia and the bird of the RNAS were adopted by the new RAF. In due course, the Royal Canadian Air Force (RCAF) was firmly established in 1924 and the dress regulations for the new air force made it clear that the bird was an eagle. But sure enough, RNAS veterans in the RCAF soon spread the word about the dastardly conspiracy and "the fact" that the badge of the RCAF was really an albatross. Even the official word of the College of Arms, "an eagle volant affronte, the head lowered and to the sinister" (to the left), approved by King George VI in 1943, had little effect on those who proclaimed, "it isn't an eagle at all, but — as any clot can plainly see — an albatross".

I had the pleasure of attending the Junior Ranks Mess dinner on 5 Nov 87. It was a good evening, and the junior ranks of this base have done themselves proud again. Well done! It just so happened that the 5th of Nov was my birthday, so you can imagine the ribbing I took. All those jokes about old age, senior citizens, etc, were a bit much. Look, I don't go around telling "short people" jokes, so don't you think it would be fair to lay off the elderly jokes.

I haven't touched on our leadership series lately, so I'd like to pick it up today, with something we should all call, "TO ERR IS HUMAN".

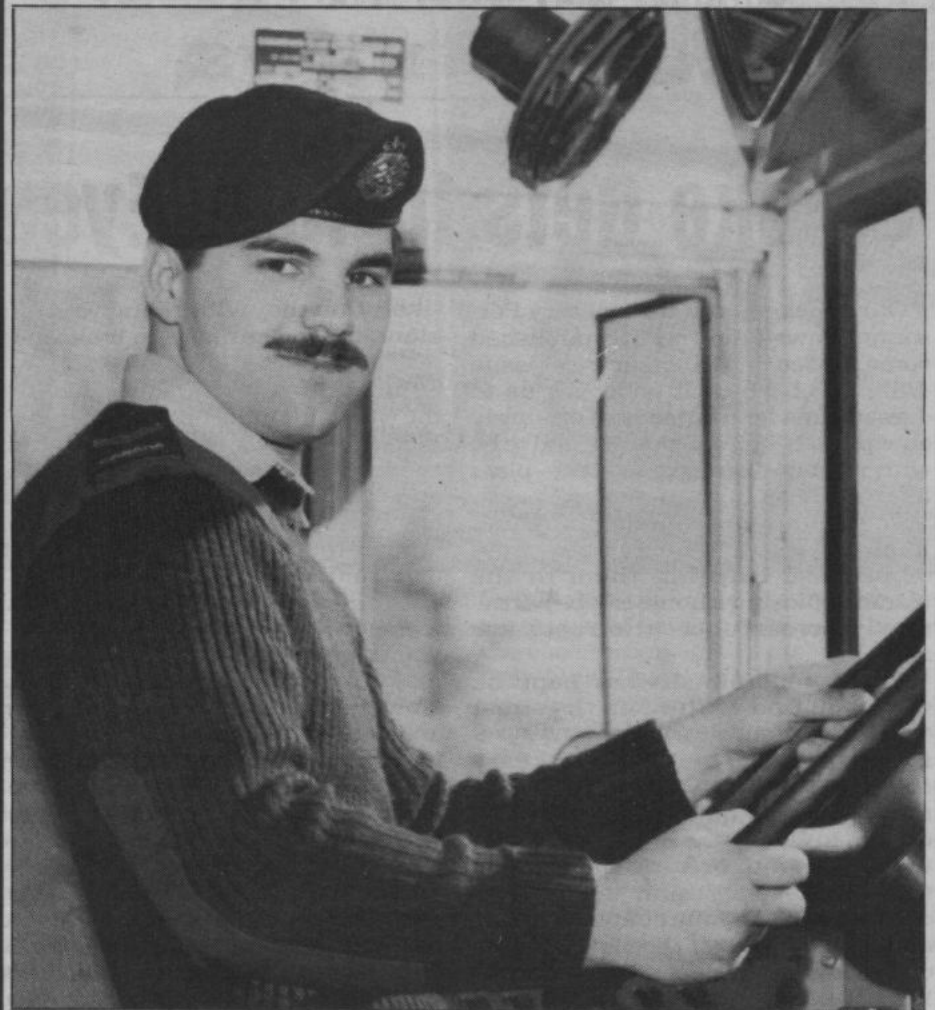
We all make mistakes. That's why they put erasers on pencils — even on the Base Commander's pencil.

But it is the hardest thing in the world for most of us to admit we've pulled a boner. When anything goes wrong, we automatically try to duck the responsibility, and we will spend hours trying to prove we were right. We can think of a million excuses. And we make others spend hours trying to convince us we were wrong. Even though we know we were wrong, we hate to admit it. Most of us have a queer idea it's shameful ever to make an error. That's why — when the finger points at us — we try to get out from under.

The funny thing is people really respect a man or woman who admits his/her errors quickly. It's the mark of a big man or woman and a capable man or woman. The person who can't admit a mistake gets known as pigheaded. The word gets around quickly.

We can't be right all the time. The man or woman who is right only 60 percent of the time can be a big success — if he/she is quick to correct his/her mistakes the rest of the time. To err is human — not to admit it is damn foolishness.

# Driver Of The Month



Cpl McIntosh is the recipient of the Driver of the Month award for Sep 87. Cpl McIntosh enrolled as an MSE Op in Winnipeg on 26 Nov 81. He is currently employed in the Bus section at Base Transportation.

# Wanted — Safe Drivers

The MSE Safety Section is gearing up for an all out promotion of National Safe Driving Week, December 1-7.

It is a time for all to reflect on their attitude and driving habits. Again this year, the MSE Safety Patrol will take this opportunity to search for drivers who apply the principles of safe and defensive driving. Those identified could be rewarded with prizes ranging from a silver dollar up to a free rental car for the weekend. Last year, the Safety staff found it very difficult to give away twenty-five silver dollars during the week. We are hoping for a complete reversal this year.

But prizes are not the main issue here. The responsibility lies with each and every one of us to ensure roads and highways are safe for all to use. If we don't, who will? By continually practicing all the principles of defensive driving, we can be sure we are doing everything possible to defend against the unsafe acts of others.

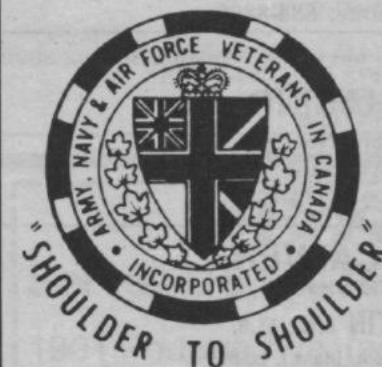
Please take the time to reflect on the need to drive safely. You may win a prize, but more importantly, you may save a life!!

**YOU CAN IMPROVE HIGHWAY SAFETY.**

Your MSE Safety Section

## Getting Married? Got a New Baby?

Tell your old UNCLE VOX and he'll tell the whole world. Free notices for all base Winnipeg members, service and civilians.



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# FIRE PREVENTION NEWS

## Smoke Gets In Your Eyes

Our colleagues on the military Personnel Newsletter recently published some advice on fire insurance (issue 4/87) all of which it behooves us to digest. This insurance is surprisingly cheap, all things considered, and to be without it is — dare we say it? — playing with fire.

There are some aspects of fire and its aftermath you should also be aware of because learning them in the trauma of losing a home can be particularly stressful as the facts are revealed.

First, understand what happens when you find yourself on the street watching firemen turning Mon Repos into a giant fish tank. Your primary concern has to be where to spend the night followed quickly by your concern as to where you're going to spend the next month or so as the home is rebuilt. Keep in mind that you're allowed 20% of your contents insurance value or 20% of the insured value of the building, depending on what kind of policy you have. The point is that if you move into the downtown Hilton and begin ordering room service, you could run out of insurance money to pay for it. Best bet is to find a furnished apartment rentable by the month and check quickly that your insurers will pick up the tab. It's very

likely that they will, giving you a substantial advance for all your expenses.

Very early in this disaster, your adjuster is going to produce a contractor who will undertake to rebuild the house. It's likely that you'll give him the job while the place is smoldering and the fireman are winding up the hoses because what you need immediately is to have the place boarded up. The contractor gets on with this at once since the last thing you need are looters picking over the wreckage. If you've got a garden shed or a garage, make sure they're boarded up, too. However, don't believe any yarns about how fast this guy is going to have you back in the house and don't let him chivvy you into taking a holiday in Florida while he does the work. Depending on how many other fires take place in the near future, your contractor might take weeks to finish your home. And you want to watch him every day to ensure that the place goes back the way it was when heat first met fuel and oxygen under your roof.

Incidentally, this is a great time to do any home improvements you've been thinking about. Small items the contractor may throw in as part of the overall repair bill; other stuff you can certainly dicker for.

A second early phase of the disaster concerns the contents of the home. If you read the fine print of your insurance policy, you'll find that the insurance company has the option of repairing or refinishing damaged items. No matter what it costs you in personal involvement, be on hand to discuss all of this with your adjuster.

Otherwise, you're going to get two very bad surprises. One, a dry-cleaning outfit will arrive on your doorstep and remove every last piece of fabric in an attempt to restore it to the pristine state in which you probably kept it. This is great if you normally would send out your dishclothes for cleaning, but it's a real bummer when everything returns with a bill that comes off the amount you might otherwise have spent on new rugs. It doesn't matter that your best clothes are permanently stained and are thus unusable. The insurance company has tried to restore them to the original condition as agreed to.

The second surprise you'll get if you're not paying attention is that a large moving truck will show up and a horde of people will remove every last object in the house. This will include the broken toaster you've been meaning to send to the Salvation Army, the magazines you've collected for the last twenty years, the empty jam jars you keep for washing paint brushes and last week's TV Guide. All of this will go to an outfit specializing in salvage and the lot will come back with the soot washed off to your satisfaction. Who pays for this? You do, again from the contents insurance. And obviously, at that price, you might have more profitably consigned much of this junk to the dumpster into which your contractor is conveying the smashed walls and windows of your home.

By this time, you don't mind that your contents insurance will also be used to pump out the water that the firemen left behind and sometime later you may find that your sewer lines have jammed up with the ashes that didn't go out through the basement window via the pump.

And it's nothing to do with insurance so long as they don't make their point, but if anyone suspects arson, you could also be up to your butt in cops and fire investigators which is not what you need as you're trying to sort out the players in this game.

Any all-inclusive rule-of-thumb for protecting yourself assuming you didn't deliberately set the fire yourself?

Yup.

Make sure you have enough insurance in the first place because then you won't care too much if you find massive charges coming off the payout so long as the insurance itself is massive. And don't kid yourself into thinking, for example, that you spend \$80 a week on groceries, ergo, you'll insure for food losses up to \$80; the pantry is full of staples bought over a period of time that could take up to a thousand to replace. The house is chockablock with stuff like that, minor things that you paid for over time and forgot about. The cost of it all is somewhere between your net pay and what you have in your chequing account multiplied by the paydays spanning the years you spent collecting your possessions. So if you're going to err, err on the side of buying too much insurance because, as we've suggested, the premiums are surprisingly low against the peace of mind they buy.

Any other good thoughts?

Oh, yes.  
Do it now.

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## "Rotation" Operation Princess Royal II

By Lt L.A. Coghill

### Pets in Germany

No doubt, one of the big concerns you will have during the next few months, is whether or not to bring your pet to Germany. Contrary to what you may have heard, pets are welcome in Germany provided you are willing to abide by the local laws and customs.

#### Basic Rules

A couple of basic rules apply to the importation of dogs and cats to Germany:

- no more than three animals may be brought at any one time;
- the animals must not be brought for sale or be destined to change owners; and
- proof of recent vaccination is required.

#### Pets in PMQ's

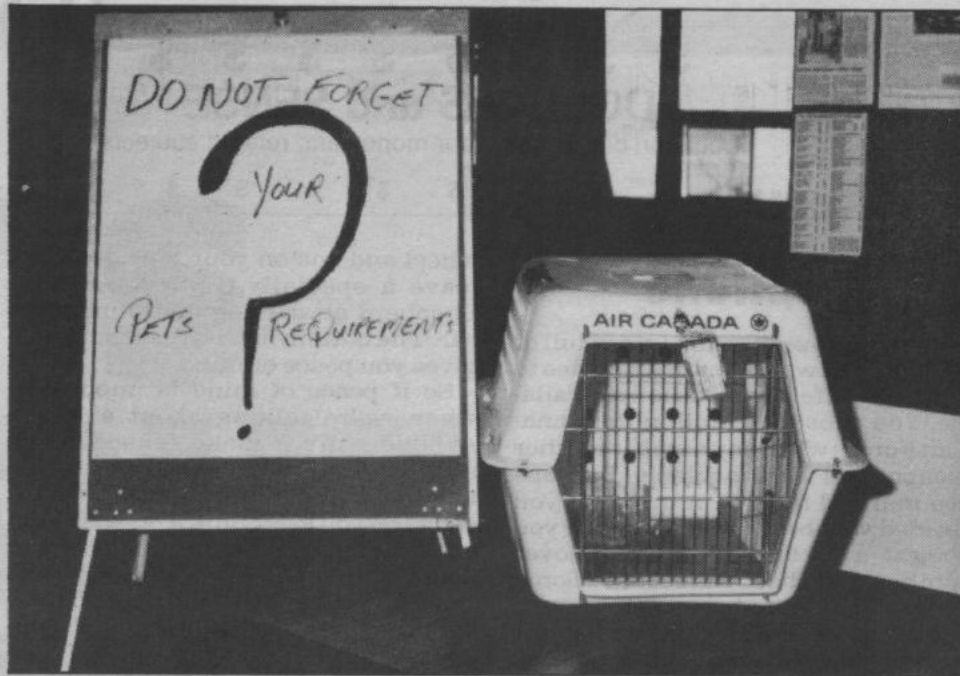
The rules which apply to control of pets in PMQ's are quite simple. The regulations ensure that owners must control their animals by keeping them on a leash and not leaving them unattended. The owner is also responsible for cleaning up after his/her pets, as well as keeping them quiet. Failure to abide by the rules will result in a writ-

ten warning, a fine or a loss of pet privileges.

One of the excellent services offered to members in the PMQ's is the Pet Control Office. This office holds regular veterinary clinics to give pets their annual shots. They also conduct deworming and disposal of stray animals. The other big job of the pet control office is to enforce the rules in the PMQ sites to see that pet owners live up to their obligation to keep the base a clean, safe, and quiet area to live in.

#### Pets on the Economy

Again, pets are welcome on the economy but it is very important to get your landlord's permission written into the lease agreement, prior to occupying your new accommodation. In Germany only dogs need to be registered. Cats are still considered predatory animals under German law. However, you may wish to use the tag registration system used on the base to allow for easy identification of your animal.



The rules for owning pets on the economy are similar to those in the PMQ's. It is important to note that in the case of a biting incident the owner of the pet may be held legally responsible. Also, in case of property damage the owner can be held financially responsible.

#### Cost

One of the big considerations in shipping your pets is the cost. Generally, the costs quoted during Pers Prep Week were high. The latest figures suggest that they range between \$175 dollars for a 16 kg pet to about \$400 dollars for a larger 80 kg pet. Do not

forget that this does not include the extra cost of getting rabies shots and the vaccination certificate.

#### Individual Responsibility

I must emphasize that shipment of pets is an individual members' responsibility. The Housing Office has prepared a small handout to assist you in preparing your pet for "Rotation". However, this deals specifically with cats and dogs. Anyone who is considering taking any other pet to Canadian Forces Europe is advised to check with the German Consulate at 208-310 Donald Street, Winnipeg or phone 947-0958.

## No-smoking In DND Workplaces Becomes The Rule 1 Jan 89

Are you looking for an excuse to quit smoking? Need a motivating factor? Come 1 December 1987 there'll be no need to look too far. On that date all ashtrays will disappear from DND workplaces and smoking will only be permitted in designated areas.

It's only the first step in DND's new non-smoking policy, the "phasing-in" stage. Effective 1 January 1989, reflecting new Treasury Board policy for the Public Service, no smoking at all will be the rule in DND workplaces.

However, the new policy is not being implemented by DND without a good deal of consultation and thought. That's one of the reasons the transition phase is not scheduled to begin until December. Smoking public servants in other departments found themselves restricted to specially designated areas as early as 1 October!

Cmdre H.A. Cooper, Director General Personnel Services at NDHQ and current chairman of the DND smoking policy working group, pointed out there was a need to address the many complexities and unique circumstances that arise from the implementation of the new smoking guidelines in the Canadian Forces.

"We have married quarters, single quarters, ships — which members regard as their home — messes and service clubs. All are DND property, all are "work places" under the Treasury Board directive: "any enclosed space or part thereof which is under the control of the department."

But the Canadian Forces does not think it reasonable or practical to impose the policy where families, or other people not subject to the Treasury Board, are concerned, so DND will be excluding all married quarters from the provision of the policy.

Single quarters will also be excluded, at least during the interim period, 1 December 1987 to 1 January 1989, except for employees, such as barrack wardens or cleaners, whose place of duty is in the quarters.

"The implementation of the new policy has to be tempered with reason and consideration for the rights of others," said Cmdre Cooper. "We have to ensure that provision is made for

smokers to pursue their habit, at least temporarily until 1 January 1989."

#### Field conditions

Provision will also be made in the non-smoking guidelines for particular environmental situations. The Commander Mobile Command will be the designated authority on the implementation of the smoking policy in field force vehicles and under field conditions.

The Commander Maritime Command will act in the same capacity in the implementation of the policy in ships and the Commander Air Command will be defining the policy with regard to military aircraft.

"One cannot legislate lifestyle conditions from the point of view of sitting in an ivory tower in Ottawa. One has to respect the conditions at the coal face," said Cmdre Cooper.

"These changes have to start at the individual level, it's an attitudinal change. Therefore, as far as possible, the recommendations of health and welfare committees on Canadian Forces bases and stations will be taken into consideration when recommending designated smoking areas and catering to the needs of smokers.

Since no-smoking is fast becoming the "status quo" in North America and, besides the Public Service, more and more major corporations are banning smoking in the workplace, Cmdre Cooper is convinced that many heavy smokers are looking for a good excuse to quit.

DND's previous policy on smoking, which came into effect in 1985, emphasized the establishment of specific non-smoking areas. Under the new policy, all areas are deemed non-smoking except where provision has been made to establish a place for smoking.

"The proliferation of non-smoking signs will decline in favour of a few smoking permitted signs," said Cmdre Cooper. A manifestation of this will probably be signs on government buildings saying: "Smoking is permitted in designated areas only, otherwise this is a non-smoking building."

#### Immediate effect

What will be the immediate effect of the new smoking policy on members as from 1 December?

"They will not be allowed to smoke at their place of work, even if they are in a private office, but will have to go to designated areas for a smoke break."

Cmdre Cooper does not envisage there will be disciplinary action needed to enforce the new guidelines. "The normal process of consideration for others and peer pressure will probably result in individuals changing their habits voluntarily," he said.

"There will still be smoking areas in restaurants and coffee shops. But, in time, with the increase in demand for cleaner air, even these designated areas will probably be phased-out."

Cmdre Cooper is the first to admit "it's not going to be easy for people who are heavy smokers." For them he recommends the Canadian Forces smoking cessation program, "Butt Out".

"Butt Out", a program sponsored by the Surgeon General's Branch, Directorate of Preventive Medicine, is also the official smoking cessation program of Health and Welfare Canada.

Capt Helene Bellemare, coordinator of prospective medicine programs at NDHQ said that base medical facilities can provide members with the names of their local "Butt Out" counsellors.

The program, which has one of the highest success rates in North America, involves nine sessions over a 12 week period. Each session lasts about one hour and is led by a specially trained facilitator who guides DND personnel (military and civilian) through discussions, workbook exercises and videos.

The "Butt Out" program will become very popular as the new DND smoking guidelines take effect. "It's my general impression that most people welcome the new policy because they realize that in the long run it's in their best interests," said Cmdre Cooper.



### Parkview Barber Shop

2177 Portage Avenue 832-1450

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 A column concerning your money and related subjects.  
 \$ \$ \$ \$ \$ \$ \$ \$

## Options

Everyone has options. Life is full of choices, and where there's a choice to be made, different options are available. You chose to enroll in the Canadian Forces when any number of other occupations were available. Perhaps you married the girl or guy that you decided was best for you. Maybe you bought a certain kind of car over another, and chose the set of optional 'extras' that suited you best.

Each of us is different, and so for each of us a different set of options apply. And we each in our own way try to make the best decision for us — whether we're deciding to get married or choosing an in-dash AM/FM auto-reverse cassette deck with graphic equalizer for our car. Of course, some decisions are more important than others — and some options we choose play a far greater role in our lives than others. If some low-life rips off your tape deck, it's a real pain in the neck — but no big deal. If you lose a spouse, that may be the most significant tragedy you'll ever face. Put that another way — if your spouse loses you, that would probably be the most serious setback of his or her life.

Now, if you have an AM/FM auto-reverse quadraphonic receiver cassette deck with dolby and multi-band graphic equalizer, chances are it's insured — right! So if some gutter scum does a smash and dash with your stereo, at least you know you're not going to have to fork over a few hundred hard-earned dollars just to get back to where you were before the dirty deed. That means you don't have to drive around with one hand on the

wheel and one on your tape deck, or leave a specially-trained German Shepherd attack dog guarding your car. The bottom line is, the insurance gives you peace of mind.

So if peace of mind is important when we're talking about a lousy radio, doesn't it make sense that it should be important when we're talking about the financial security of someone you love? Sure it does. That's what life insurance is all about — the peace of mind that comes from knowing that your spouse and dependants would be financially secure if you should die unexpectedly.

And that's where SISIP comes in. SISIP — the Service Income Security Insurance Plan — is an insurance program exclusively designed by, run by, and owned by Canadian Forces personnel. Each of us is different in many ways, but as members of the CF we all have some things in common — and SISIP is specifically designed to meet the common needs of CF personnel.

For instance, each of us is part of the same set of government compensation arrangements — Canadian Forces Superannuation Act (CFSA), Pension Act, Supplementary Death Benefit (SDB) and Canada Pension Plan (CPP) or Quebec Pension Plan (QPP). SISIP insurance coverages are tailor-made to fit exactly with these programs in providing your spouse and dependants with financial security if you should die or become disabled.

But, of course in a lot of ways each of us is very different. That's why SISIP goes beyond offering standardized insurance coverages that may not be exactly suited to your particular needs. That's why SISIP offers

## Optional Group Term Insurance (OGTI).

OGTI allows you to choose additional life insurance coverage that, with other SISIP coverages and the government's compensation programs, will ensure that you have enough insurance for your particular needs. OGTI is available to SISIP members in units of \$10,000 up to a maximum of \$300,000. And that's available to you without the need for a medical examination, in most cases.

It's your peace of mind we're talking about, so OGTI allows you to choose the beneficiary of the Optional Group Term Insurance on your life. You can name your spouse, child, a parent or any other person or agency that you wish.

In addition, OGTI can provide peace of mind for your spouse. OGTI-Spousal is also available in units of \$10,000 up to \$300,000. In other words, you can have up to \$300,000 on your life in addition to up to another \$300,000 on your spouse's life.

If after signing up for OGTI and/or OGTI-Spousal you should become disabled, the coverage on both you and your spouse's life would be continued free of charge while you are eligible to receive Long Term Disability benefits. And within 60 days of release from the Canadian Forces, you'd be allowed to convert your OGTI to SISIP-CAR (Coverage After Release) and an individual insurance policy for any amount exceeding \$150,000 without having to provide medical evidence of insurability.

If all of this sounds pretty good to you, that should be no surprise. After all, SISIP is the members' plan — it's owned and controlled by Canadian Force personnel.

Ask your SISIP Advisor for a piece of their mind about your peace of mind. He or she will be glad to give you further details about the Service Income Security Insurance Plan.

## À Vous de choisir

Chaque jour, de nombreuses possibilités s'offrent à nous et nous devons faire un choix. Par exemple, vous vous êtes engagé dans les Forces armées alors que vous auriez pu exercer une toute autre profession; vous venez peut-être d'épouser la personne de vos rêves, ou encore d'échanger votre voiture contre une neuve, avec toute une série d'accessoires optionnels.

Chacun d'entre nous choisit ce qui lui convient le mieux, qu'il s'agisse de se marier ou d'acheter un lecteur à inversion auto/radio AM/FM électronique pour sa voiture. Bien entendu, toutes les décisions n'ont pas la même importance et certaines auront une portée beaucoup plus grande que d'autres dans notre vie. Si on vous vole votre lecteur de cassettes, vous serez sûrement contrarié, mais vous vous en remettrez assez vite. Par contre, si vous perdez votre conjoint, ce pourrait être l'expérience la plus tragique de votre existence. Ou inversement, si votre conjoint se retrouvait sans vous, comment réussirait-il à s'en remettre?

Faisons ensemble un petit raisonnement. Il y a de fortes chances pour que le lecteur à inversion auto/radio AM/FM électronique de votre voiture soit assuré. N'est-ce pas? Par conséquent, si un voyou vous "pique" votre lecteur de cassettes, vous n'aurez pas à déboursier deux ou trois cents dollars de votre poche pour le remplacer. Vous n'avez pas non plus à coucher dans votre voiture — de peur des voleurs — ou encore d'y laisser un berger allemand en permanence! En d'autres mots, grâce à votre assurance, vous pouvez dormir tranquille.

Donc, si votre tranquillité d'esprit est importante dans le cas d'une vulgair radio, n'est-elle pas cent fois plus importante lorsqu'il s'agit de la sécurité financière d'un être cher? Aucun doute là-dessus. C'est en quelques mots tout le bien-fondé de l'assurance-vie: la tranquillité d'esprit qui provient

Continuer à page 10

# VS VIDEO STOP

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# IT'S ABOUT MONEY

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The SISIP Board of Trustees is pleased to introduce a unique and exciting package of bonuses and discounts on money services — savings accounts; loans; mortgages; RSPs; post-retirement plans; MasterCard; and investment certificates. The Service Financial Package is offered to you through Canada Trust, one of the nation's largest financial institutions.

CONTACT YOUR SISIP/SRSP ADVISOR FOR DETAILS

# IL S'AGIT D'ARGENT

## LE PROGRAMME FINANCIER POUR MILITAIRES

Le Conseil d'administration du RARM a le plaisir d'annoncer un programme unique et attrayant relatif aux primes et aux remises sur les services monétaires — comptes d'épargne, prêts, hypothèques, RÉR, programmes pour la retraite, la carte MasterCard, certificats de placement. Le programme financier pour militaires vous est offert par les soins de Canada Trust, l'une des plus grandes institutions financières de la nation.

POUR TOUT RENSEIGNEMENT, CONTACTEZ LE CONSEILLER RARM/RÉRM DE VOTRE BASE



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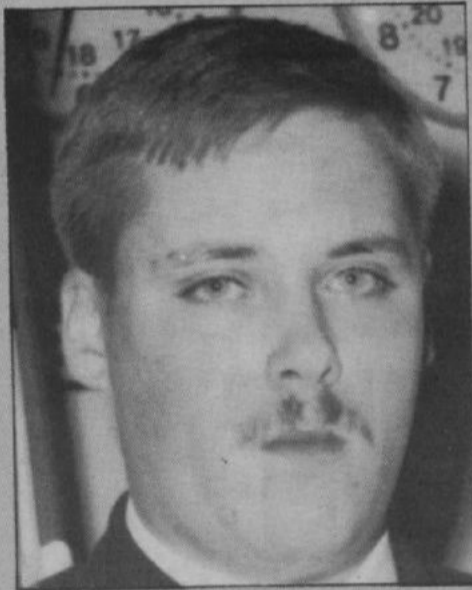
# 1987 International CFS Seminar



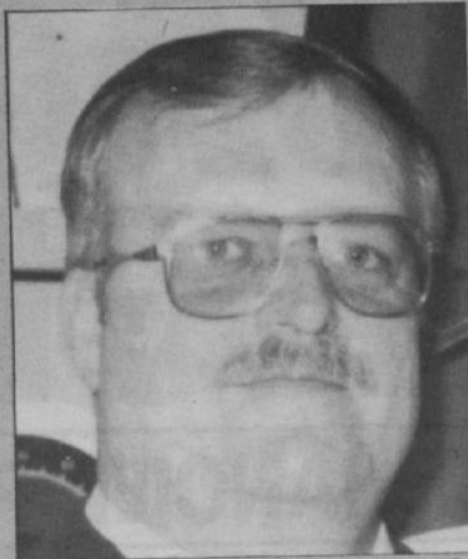
CFS, on behalf of BGen MS Eichel, recently hosted the 1987 International Central Flying School Seminar. Fifteen foreign delegates from the Royal Air Force, Royal New Zealand Air Force and the US Air Force attended the forum to exchange ideas on training philosophy and methodology.

Kneeling L-R: Capt BA Day, Capt JW Mars, Maj PA Vollehunga, Capt GA Reiser, Capt BA Kenyon. First Row L-R: Capt TR Lindsey, Capt IE Wiebe, Capt PG Rawlings, Sqn Ldr M Bossy, Col J Schad, Air Commodore DE Leppard, LCol JR Elias, Col RE O'Grady, W/C N MacKenzie, Maj M Thomas, Flt Lt J Grant, Maj HJ Cook, Sqn Ldr JF Gardiner. Back Row L-R: Maj MJ Dolan, Capt JD Hunter, Capt SW Annis, Maj DU Koski, Maj ST Fenton, W/C A Mawby, Maj DW Willis, Flt Lt SM Barclay, Sqn Ldr G Alexander, Capt WC Carswell, Sqn Ldr P Tolman, Capt MA Heikens.

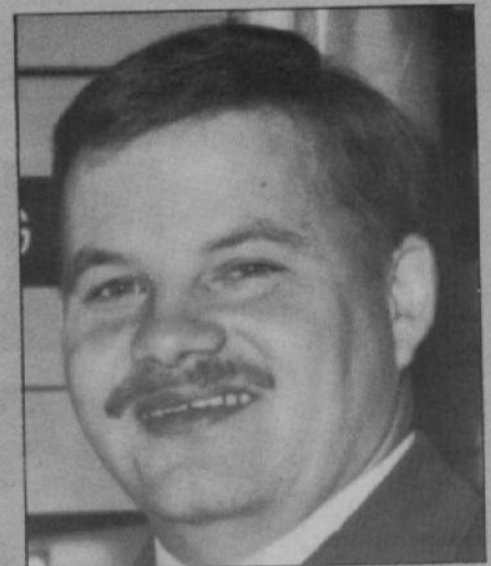
## Met Briefings



Pte R.A. Sletten, a recent graduate of the Meteorological Technician QL5A 8702 Course, received the Certificate of Achievement from LCol Doerksen, the BAdmO. The certificate is given to the student who has attained the highest academic standing on that course. Pte Sletten is currently employed as a weather observer at CFB Moose Jaw. Congratulations, Pte Sletten!



MCpl J.E. Swanson was recently awarded the first clasp to his CD. MCpl Swanson is employed as an instructor at the Canadian Forces School of Meteorology. Well done MCpl Swanson!



Cpl R. Banks, a recent graduate of the Meteorological Technician QL5A 8702 Course, received the Certificate of Merit. The certificate is given to a student who has excelled in all aspects of training and has demonstrated through attitude and leadership ability a high potential for continuing excellence in the Meteorological Technician trade. Cpl Banks is currently employed as a weather observer at CFB Comox. Good Work Cpl Banks!

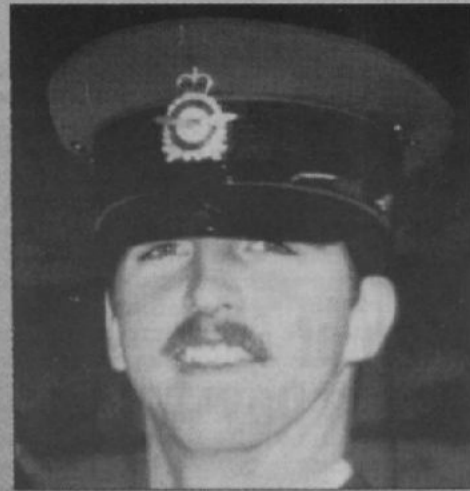


GRADUATION — QL5A 8702 The Meteorological Technician QL5A 8702 Grad was held 4 Nov 87. The eleven graduates were presented with their certificates by the BAdmO, LCol Doerksen. QL5A graduates are employed throughout the CF Weather Service as quality control technicians as well as providing weather information in support of Land, Sea, and Air Operations.

# BAMEO Showcase



MCpl Forget and Pte Lawrence come under close inspection from CWO Genovy, Maj Tudor, and Capt Rietmuller at the recent BAMEO muster parades, 22 and 26 Oct 87.



Congratulations to Pte Gunter who recently achieved the highest TQ4 score for Aero Engine Techs across the Forces.

## BAMEO Airman of the Month

Commencing 1 Nov 87, a monthly award will be implemented in the BAME organization to recognize deserving individuals. The considerations in choosing the worthy individuals are:

- a. continuous effort and contribution toward organizational goals and commitments;
- b. safety conscientiousness; or
- c. even just for cheering up those around him/her.

Among the many rewards for the "winner" is the use, for one month, of a BAME officer's prime parking slot in front of 16 Hangar.

The BAMEO Airman of the month for the month of November is MCpl J.A.M. (Mike) Coulombe, an Integral Systems Technician on No. 3 crew — Hercs and Daks.

When Hercules 305 returned from periodic inspection in Edmonton, the No. 1 compass system was unserviceable. Each crew was frustrated in their attempts to rectify the compass snag.

MCpl Coulombe, determined to correct the problem, stayed on the job close to 15 hours. The fault was isolated to a couple of frayed wires inside a large wire bundle. After supervising the replacement of the faulty wire bundle, he personally arranged to go flying with the aircraft to make final adjustments to the system.

The aircraft finally flew serviceable thanks to MCpl Coulombe's detailed system knowledge, coupled with his pride and dedication to the job. Well done, Mike!



MCpl Coulombe is shown accepting his parking slot reservation from Maj Tudor.

# CHAPLAINS CORNER



## The meaning of Remembrance Day

Well, here it is another Remembrance Day having passed and no doubt there are quite a few reading this article who really have little if any idea what this — commemoration — is all about. I know, I know, many of you are thinking, "What in God's name is he talking about!! Why, when I was in school (providing you're of my generation) we learned that Remembrance Day was when we stood quiet for two minutes at the 11th hour of the 11th day of the 11th month and thought about all those thousands upon thousands who died in World War One and World War Two so we could have the rest of the day off school, (or now that we're older; off work!!)" Well my friends, as they say in the Airborne "..... 'taint necessarily so!!", it's so very much more.

I personally remember Sgt. George Lee, Sgt. Wally Fisher, Bdr. George Hannah, Fr. John MacGregor, Maj. Doug Penny, and Capt R.P. Hill; all Artillerymen (except Fr. John), who instructed in the Apprentice Training Battery at Camp Shilo (1959-1961); and cared enough about others to take the time to mould 85 'hard-rock' teenagers into competent and confident, well trained and dedicated soldiers.

I personally remember many many Snr NCO's and Officers who constantly encouraged a Met Tech 121 while he attended university in an

attempt to fulfill a dream. People too numerous to mention who changed shifts (without too much moaning); covered during their off hours, before and after evenings and graveyards (eh Bernie!!); came in early for their own shift so classes wouldn't be missed; swapped postings so there would be a university close at hand and generally engraved their contribution and kindness into this Jr. NCO's mind and heart.

I personally remember many Officers and Men in the Canadian Forces Special Service Force: who shared too much time away from loved ones; free time in strange places like England, Norway, Texas, Germany, Wainwright (Alta.), Gagetown (N.B.), Petawawa (Ont.), and Nicosia, Cyprus; who shared questions arising in their personal lives from the military lifestyle they had embraced; who shared fear, doubt, joy, anxiety, guilt, desperation, happiness, insecurities, and on one occasion, even panic.

At this time of the year as we move, not quite so slowly, into the Christmas season, I also remember as I was taught, those who made this freedom possible, all the heroes of the two great wars and Korea. But the making of heroes didn't end with the drying of an ink stain on a piece of paper in Paris, Geneva or P'annunjom; we have pushed back the boundaries of space; Dr. Christian Barnard and yes, even Jerry Lewis, both of whom, in the face of great adversity surrounding the ethics of their endeavours, have worked tirelessly for a richer quality of life for many many thousands; and let us not forget the likes of Terry Fox, or Rick Hanson who have given hope to so many individuals who without their inspiration and courage, would have been condemned to a life of premature inactivity.

So you see, at this time of year, we need to look at our own lives and remember all those people, even the ones we have never known personally, who have touched our lives through theirs. Individuals who have attempted to show us that there are no limitations beyond those which we place on ourselves and that through participatory community we can change the world, because all things are possible. What a responsibility! Think about it!!

Have a joyous Advent and we'll see you in Church.

Padre Ken Garrity,  
Air Reserve Augmentation Flight

# St. Andrew's Chapel Ladies Guild

## Operation Eyesight

The letter of appreciation that follows was received by the St Andrew's Protestant Chapel Ladies Guild from Operations Eyesight Universal.

The Guild would like to express our thanks to the personnel of Canadian Forces Base Winnipeg, for their support in our project of collecting old eye glasses. We donated a huge box and want all participants to enjoy the good feeling that comes from helping someone who is less fortunate than ourselves.

Many thanks to all of you.

Dear Mrs. Sharpe,

What a marvellous, huge box of glasses you have sent us! They are

on their way now, and what a joy it will be for someone who puts a pair on and finds they can see the world again.

I don't know of any organization I would rather be working for — the very idea of being unnecessarily blind is so terrible to me. If I knew that a twelve minute operation would give my sight back, and that the only stumbling block was the lack of \$25.00 it would be truly frustrating.

Please thank all your members for the wonderful support and encouragement they have given us. It is warmly appreciated.

Sincerely,  
Beth Gourley

The Ladies Guild from the Chapel of the Good Shepherd wish to announce a CRAFT and BAKE Sale to be held at the Chapel on the corner of Whytewold and Silver Avenue on Saturday, 28 Nov 1987 from 10 am to 3 pm. A variety of home baking and hand made crafts at reasonable prices will be offered.

\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$

(Continuer de la page 6)

de savoir que votre conjoint et vos personnes à charge seront à l'abri de soucis financiers si vous décédez subitement.

Voilà où le Régime d'assurance-revenu militaire (RARM), conçu et géré exclusivement par le personnel des Forces armées entre en jeu. S'il est vrai que nous sommes tous différents, il est également vrai que nous avons beaucoup en commun à titre de membres des Forces armées. Voilà pourquoi nous avons besoin d'une assurance conçue spécialement pour nous.

Par exemple, nous sommes tous couverts par les mêmes régimes gouvernementaux: la Loi sur la pension de retraite des Forces canadiennes (LPRFC), la Loi sur les pensions, la Prestation de décès et le Régime de pensions du Canada (RPC) ou le Régime de rentes du Québec (RRQ). Le RARM, en venant compléter ces régimes gouvernementaux, assure la sécurité financière de votre conjoint et de vos personnes à charge au cas où vous mourriez ou deviendriez invalide.

Et pour répondre à vos besoins particuliers, le RARM offre en plus toute une gamme de garanties optionnelles qui viendront individualiser votre assurance de base. Ainsi en est-il de l'Assurance collective facultative temporaire (ACFT).

L'ACFT, combinée avec d'autres couvertures RARM et les régimes gouvernementaux, vous permet d'obtenir une protection d'assurance-vie maximale pour répondre à vos besoins particuliers. Elle est offerte aux participants du RARM par tranches de 10 000 \$, jusqu'à concurrence

de 300 000 \$, sans examen médical dans la plupart des cas.

Comme il s'agit de votre tranquillité d'esprit, c'est à vous de choisir le bénéficiaire de votre Assurance collective facultative temporaire. Vous pouvez nommer votre conjoint, un enfant, un parent ou tout autre personne ou organisme que vous désirez.

L'ACFT peut également apporter la tranquillité d'esprit à votre conjoint. En effet, vous pouvez souscrire cette assurance sur la tête de votre conjoint et en être bénéficiaire. En d'autres termes, vous pouvez souscrire jusqu'à 300 000 \$ d'assurance-vie sur votre tête et jusqu'à 300 000 \$ sur celle de votre conjoint.

Si vous devenez invalide après avoir souscrit l'ACFT sur votre tête ou celle de votre conjoint, vous serez exonéré des primes de cette garantie aussi longtemps que vous toucherez des prestations d'invalidité prolongée. De plus, dans les 60 jours qui suivent votre libération des Forces armées, vous pouvez transformer cette garantie en Couverture après la libération (CAL) du RARM, et tout montant excédant 150 000 \$ en un contrat individuel d'assurance-vie, sans avoir à produire de déclaration de santé.

Si cela vous semble une bonne affaire, ne vous en étonnez pas: après tout, le RARM est un régime géré exclusivement par le personnel des Forces armées et lui appartenant à part entière.

N'hésitez pas à vous adresser à votre conseiller du RARM pour plus de détails au sujet du Régime d'assurance-revenu militaire. Après tout, il y a va de votre tranquillité d'esprit!

## Community Council Reps

Westwin Community Council Executive — 1987/88  
 President — Lt NE MacKinnon — 28 Listowel Bay — 831-5844, 6362 (W)  
 Vice President — Vacant  
 Secretary — Lt DJ Marshall — 134 Braintree Cres — 888-7329, 5992 (W)  
 Treasurer — Sgt M Kerr — 50 Cornwall Blvd — 837-7391, 5826 (W)  
 Minor Sports — Sgt Boulay — 70 Bourkewood Pl — 889-5376, 6315 (W); Pte M Cooper — 64 Braintree Cres — 837-6079, 6337 (W); Pte DJ Edmanski — 55 Braintree Cres — 832-5184, 5652 (W)  
 Bingo Chairman — WO D Smart — 101A Saber Cres — 837-8158, 5190 (W)  
 Bingo Manager — Sgt J MacFarlane  
 Cubs & Scouts — Sgt L Grant — 65 Cornwall Blvd — 837-8158, 5190 (W)  
 Playgrounds — MCpl Bertrand — 101B Saber Cres — 888-4109, 5003 (W)  
 CANEX Advisory Committee — Cpl P Leonard — 45 Bourkewood Pl — 5463 (W)  
 Publicity Director — Cpl P Leonard — 45 Bourkewood Pl  
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 Ward 1 — Sgt M Boulay, 70 Bourkewood Pl, 889-5623, 6315 (W); Cpl P Leonard, 45 Bourkewood Pl  
 Ward 2 — Cpl RI Carnegie, 84 Bourkewood Pl, 888-8973, 5572 (W); Cpl JR Trottier, 18 Bourkewood Pl, 831-5893, 5117 (W)  
 Ward 3 — MCpl JG Bergeron, 2 Paisley Pl, 888-2174, 5791  
 Ward 4 — Sgt L Grant, 65 Cornwall, 837-8158, 5190 (W)  
 Ward 5 — Lt NE MacKinnon, 28 Listowel Bay, 831-5844, 6362 (W)  
 Ward 6 — Pte M Cooper, 64 Braintree Cres, 837-6079, 6337 (W); Pte DI Edmanski, 55 Braintree Cres

Ward 7 — Sgt J MacFarlane; Cpl T Olson, 113 E Saber Cres, 889-5058, 5008 (W)  
 Ward 8 — WO D Smart, 101A Saber Cres, 889-3684, 5652 (W); MCpl Bertrand, 101B Saber Cres, 888-4109, 5003 (W)  
 Ward 9 — Vacant  
 Ward 10 — Capt FE Truman, 449 Moorgate St, 888-4978, 5419 (W)

Community Council (South Side)		
Activities	Representatives	Phone
President	MCpl O'Brien	489-2905/6337
Vice/President	LT Teuwen	895-6079
Guides		
Path Finders Brownies	MCpl O'Brien	489-2905/6337
Scouts		
Cubs	Mr. Tweed	489-3571
Beavers		
Beginner Skaters	Debbie Ott	6095
WARD MEMBERS		
Ward 1	Cpl Lewis	BOR/RCDS 895-5441 Secretary 3 RCR 895-6616
Ward 2	MWO McInnis	B Supply 895-6337
Ward 3	MCpl O'Brien	BCompt 895-5391
Ward 4		
Ward 5	Vacant	
Ward 6	Cpl Donna Collins	BCompt 783-3071
	Lt Teuwen	BEME 895-6079



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

## R.C. Chapels

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

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

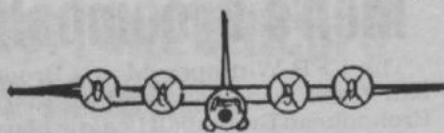
**SECRETARY (NORTH SIDE):** Francine - 895-5087  
**SECRETARY (SOUTH SIDE):** Denise - 895-6024

TÉLÉPHONE:  
 MASSES  
 MESSSES:

MARRIAGE:  
 MARIAGE:  
 BAPTISM:

BAPTÊME:

# Bison Bits



# Base Ops Talk

A lot has happened at 429 Sqn since the last 'Bits', but I will give you the main highlights. On 29 Oct the Sqn had a dining out night at the Marigold Restaurant with BGen Terreau, Commander of ATG. During the evening, BGen Terreau was presented with a piece of art that will not soon be forgotten and will also fit perfectly into his Superfrog collection. We hope it will serve as an inspiration... A good time was had by all.

Capt Duane Godfrey joined the club of married people in Oct, but still thinks he is single, especially when it comes time to fill out the Family Sheet. Ask him!!! We wish him all the

best and a lot of little Godfreys.

After two months or so at Staff School in Toronto, we welcome back Capt Dave Wigley. Dave can be seen trying hard to impart some of his new found knowledge to the Admin staff.

Congratulations are in order to MWO Gallant on his promotion to Chief and also his new posting to 435 Sqn. He will be missed.

Finally, 429 Sqn is having its Christmas party on 12 Dec at the Army, Navy and Air Force Club. Santa will be there with lot of goodies and we are all looking forward to a good time. Till next time.



MCpl Glen Lloyd, a Flight Engineer with 3 Regular Support Unit receives his CD from the Commanding Officer, Major D.H. Tulloch effective 28 August 1987.

Finally I've got around to sitting down and writing something for the paper. I wasn't very good at writing letters either. However...

First I would like to welcome all the new people and their families to Base Operations and hope you will enjoy your stay here.

Everyone will have an opportunity to meet each other at our Annual Christmas dinner and dance on Saturday the 28th of Nov. So we'll see you there.

As I'm in the weather business I usually give a run down on the weather conditions that can be expected in the local area. For all you new people the weather over the past few weeks is much better than last year. Ask the ones who were here. They'll tell you it was very cold and up to our your know what in snow. Some general things about Winnipeg; Winnipeg is situated in the broad flat valley of the Red River and is 239 metres above sea level. The observations taken at the station are believed to be characteristic of the region as a whole. Winnipeg has a continental type climate, with relatively large temperature variations through the year. The average dates of last frost in spring is

May 23 and first frost in fall is Sep 22 giving an average frost free period of 121 days. South winds are predominate in all months of the year. Here's a few things that can be expected over the next month or so. The average high for December is -9°, the average low is -19°C. The average snowfall is 21CM with the number of days with measurable precipitation is 11 and only 92.6 hours of bright sunshine.

The main factor over the winter months in Winnipeg is the wind chill, so make sure you dress properly and in particular the children who have to walk to school.

Not much has happened around here over the past few months. Ray Giovannetti is spending a few months holiday in the heat in Egypt at government expense. Congratulations go out to Fred Audet on his recent promotion to Sgt and Bob Burke to MCpl.

Until next time; may the gate be at your back, may the drifts not obscure your vision, and may you have your driveway shovelled out more than a half hour before the snowplow fills it in. Drive Carefully.

Sgt Bill Barnes  
Base Met  
Base Operations

*It is with the approach of winter that cats become in a special manner our friends and guests. It is then too that they wear their richest fur and assume an air of sumptuous opulence.*

— Pierre Loti

**BUCKLE UP!**  
Seat belts save lives.

## TIME:TIPS

Plan your phone calls. Consolidating your out-calls will improve your productivity and save time. Plan who you call, when and what you will discuss. Most executives waste five minutes a day on each unplanned call whether incoming or outgoing. The average number of calls in a day is 12. By cutting down unplanned calls you can save hours each week.

## CFMS Medspiel!

Attention all CFMS and former CFMS curlers!

27th Annual Surgeon General's Medical Bonspiel  
9-10-11 Feb 88

Hosted by: NDMC Ottawa

For further information contact your local base/station medical facility or call NDMC (MWO Holmes) 733-6600 ext 4992.

Support the CFMS Medspiel — participate in 88!

Other attractions:

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## CFB Winnipeg Intra-Mural No Hit Hockey League

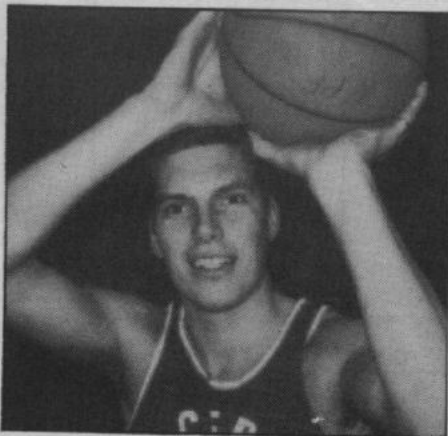


On Monday, October 19, 1987 the CFB Winnipeg Intra-Mural No Hit Hockey League got the 1987-88 season rolling at the Kirkfield Westwood Arena. The first puck was dropped by LCol Doerksen, BADMO and Capt Peet, BPERO. Taking the face-off was from the CFB Winnipeg Oldtimers Geriatrics Jets and Sgt Wayne Harris from the Braves. Also seen at first off is the league's Chief Official CWO Bob MacCullom. The Oldtimers had to come back from behind to finally win the season opener edging the Braves 9 to 4. Be sure to read the next Voxair to see the league standings and the CFB WHL player of the month.

## Profile of the month

This month's profile is on 2Lt Kevin Thurston who plays for the Flyers Basketball team who are presently undefeated in the City League partly due to Kevin's inspired play.

Kevin comes from Saskatchewan



2 Lt Kevin Thurston shows off his winning form.

where he played basketball at all levels from Prep School to the University of Saskatchewan Varsity team where he was the team captain and top scorer for four seasons.

Kevin joined the CF in August of 1986 and will soon be on his Air Navigation Course in early 1988. His goal is to get posted to Comox B.C. and be employed on the Auroras. When he attended the University of Sask he graduated with his Bachelor of Science in Mechanical Engineering.

What Kevin likes about the CFB Winnipeg team is that it is made up of a lot of role players, and everyone knows and executes what they have to do to win and contribute to the team. The players act as a team and not a group of individuals. With this type of formula and excellent coaching he feels they should win the City League in their division.

This is the second issue of our profile of the month. If you have anyone whom you feel should be in this article contact MCpl Pearce at local 5511.



## Bowling

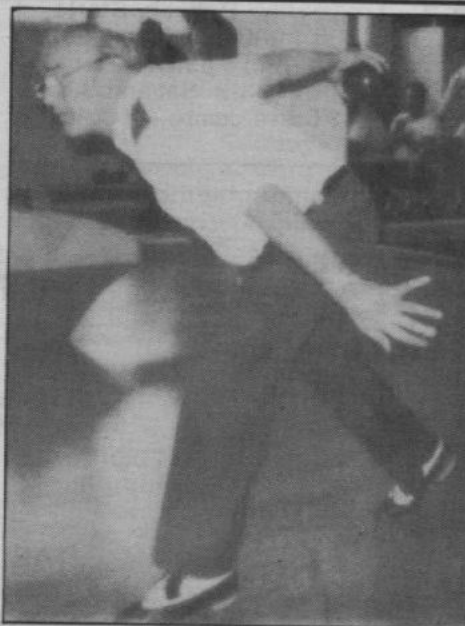
Hey, bowling enthusiasts! Now that bowling season is in full swing, we will keep you all informed of team and individual standings.

The Prairie Region Bowling Championships will be held in CFB Moose Jaw the last week of March 1988. A firm date will be announced later.

The Base Roll-Offs will be the 2nd and 3rd of February 1988. Each participant must bowl 20 games total pin-fall used to decide the top players. The top 6 plus an alternate go to the championships.

So get out there and PRACTICE!

For registration and further information, contact Cpl Shirley at local 5511. Registration deadline is 15 Jan 88.



Top Average MWO Bud Knight

Base Team Sports			Hockey Old Timers X/Country/Road		
Sport	OPI	LOC	Races	Sgt J. Wiseman	6185
Broomball (Men's)	Sgt. J. Wiseman	6185	Squash	LCol Erickson	5175
Broomball (Ladies)	MCpl B. Pearce	5511	Intersection Sports		
Volleyball (Men's)	Capt K. Orezziak	5807	Sport	OPI	LOC
Volleyball (Ladies)	Sgt K. Cox	5080	Curling	Mcpl Burgess	5514
Badminton	Sgt I. Piper	6184	Floor hockey	MCpl Gallant	5148
Curling	MCpl B. Burgess	5514	Hockey	Cpl Pilon	6185/6183
Hockey	Sgt C. McKechnie	5556	Bowling	Capt Brown	5800
Bowling	Cpl B. Shirley	5511	Volleyball Lipsett Hall	MCpl Pearce	5511
Basketball	MCpl B Pearce	5511	Volleyball Bldg 21	MCpl Gallant	5148

## Men's Broomball

The CFB Winnipeg Men's Broomball team had a slow start in the Brokenhead Broomball League played in Stony Mountain. Our first game was against the Molson's Rockies and the result was a 5-0 loss. Our second game was against the James gang and the result was a 3-1 loss. Both games the team was shorthanded with several key members on TD or working. Our third game saw a complete reversal with almost the full team there. We won 4-0 against the Pumpers. The Flyers play most games on Sunday afternoons at Stony Mountain between 1200-1630 hours and periodically play Wed and Thur. For more information on the team call MCpl Pearce at local 5511.

## Women's Broomball

It has been an exhilarating season so far fans! Three games have been played and the standings read 2 Losses and one Win. But not to fret "devoted ones", as you haven't seen the team in action yet.

Briefly, a sum of up to the first game, which the end result being 2 to 2 for the "OPONENTS!"

Our commencement started in Stony Mountain Creek on 1 Nov 87 where we were extremely outnumbered by the opposition. We were scoreless till the last period, where upon we became weary from exertion, but lo and behold two flashes from our adversaries resulted in this, our first loss. They were the winning team in this situation, but next match they best beware. (inch-worm) Nathalie Houde #13, took VIP for the game.

Game #2. Well it was decided perhaps more theory and practise could have helped us win this match, however we were out-numbered once again, and held off till the last period. Our goalie (Red Light Pop-Eye) Patty Mesnor #9 allowed two goals in as she claimed she couldn't play the game herself! But Pop-Eye, we won't let that happen again, and anyway, Pop-Eye, you took the VIP honours for this game.

On 10 November, 1987 history was made for our woman's broomball team. Coach Brian the "Terrible" finally adjusted our new brooms to the correct measurements, and provided us with the means to take control of this league. We were victorious devotees. Yes, it was the same story of being out-numbered again, but that didn't deter us this time. Skill, persistence and fears of being in a slump made our vigorous attempts become a reality. We had them scared. We mesmerized them to the degree whereby they didn't know what they were doing. Winnipeg "NO NAMES" (US) took control and allowed one goal, and really you can't even call that bounce-shot as a goal just because it suddenly appeared in our net. So "Pop-Eye", just chalk it up to a fluke. Captain (Pee Wee) Paule Dostie #8 took VIP honours as she was short one goal of acquiring a hat-trick. What an outstanding fame folks, which deserves a "well done" by all participants. The opposition will never be the same.

Next game is Saturday, 14 November, 1987 at 1930 hours in Portage La Prairie. Be there sports fans or at least be there in spirit. Next write-up will also make your day, so stay tuned in. Until next week this F.M.P. (and the F stands for friendly) is signing off now.

## Injuries

The Athletic Therapy Levels program is aimed at developing an awareness of sports injuries in individuals that will be responsible for the health of athletes during competition and to prepare them to accept the responsibilities of the team's athletic first aid requirements. The program is for anyone involved in sports fitness or recreational activities who is concerned about the safety and well being of those who participate. This information will be valued by coaches, parents, teachers, fitness instructors, parks and recreation leaders and stu-

# sports update.. Hockey

The Hockey Flyers are off to a slow start in the Labatts Super No Hit Hockey League. Coached by Sgt McKechnie the team has lost a few close games by one goal.

The team is preparing for the Prairie Regionals later in the new year. The team is supported with players from all units. The team plays at different times throughout the week. If you are interested in attending the games as a spectator contact the PERI staff Bldg 90 at local 5511 or 5514.

## Volleyball

The CFB Ladies Volleyball team is into their fifth week of competition in the ladies league. The team is very competitive in this league and should continue to improve as the year goes on. At the present time a lot of new players are joining the team and are preparing for the Prairie Regionals where they finished second last year.

Sgt Cox is coaching the team. The team plays Tues nights at Lipsett Hall gymnasium and practices Thur nights at 1630 hours at Bldg 90.



## Basketball

Winning their first three games in the Greater Winnipeg Mens Basketball League, Division Seven, the base basketball team, the FLYERS, are off to a great start. Having dropped down a division from last year, the Flyers compete against seven other teams every Saturday morning at 0900 at Lipsett Hall. The wins have helped to build the team's confidence as they prepare to play against the tougher teams in the division.

During their first three victories, the Flyers played aggressive man-to-man defense and a strong outside shooting offensive game. The physical conditioning of the individual players have made their opponents loose composure and make mistakes, which the Flyers quickly use to their advantage. With some new players this year, the Flyers are working well together as a team and improving with each game.

The team goes through gruelling practices each Wednesday and are always interested in playing scrimmage basketball on off days. Not only does it give the players a chance to practice their skills, it is also an excellent way to work the cardiovascular system. any base members interested in enjoying this sport are welcomed to contact team players. Spectators are always welcomed; enjoy a Saturday morning supporting the base Flyers.



dents interested in the field of injury and sport.

Athletic Therapy Level I (8 hours) will be held in Building 21 Room 206 from 0900-1700 hrs on Thursday 3 Dec 87. (Cost \$15.00).

Anyone interested in attending this clinic please contact MCpl Ron Gallant at local 5148. Require a minimum of 15 participants to conduct the clinic.

# C & E - Chief Warrant Officers Committee meeting



The Communications and Electronics Branch Chief Warrant Officer Committee Meeting was recently held at Air Command Headquarters in Winnipeg and hosted by Col M. Charron, Deputy Chief of Staff Communications and Electronics and CWO J. Fletcher, Air Command C&E representative. The Committee provides advice to the Branch Advisory Group on all matters affecting the C&E NCMs. Pictured above are the representatives from NDHQ, the various Commands and Groups: Front row left to right CWO Bill Carlson, Branch CWO; CWO Tom Casey, CFCCHQ Ottawa (both members holding the C&E plaque which was presented to Air Command HQ by all members of the C&E Branch); Col M. Charron DCOS C&E AIRCOM HQ; CWO Bert Nickerson, FGHQ North Bay; CWO Jim Fletcher, AIRCOM HQ. Back row left to right CWO Harry Huggins, CFSCE Kingston; CWO Turk Deschamps, CFE Comm Gp Europe; CWO Gil Aubé DPCOR (Career Manager) NDHQ MWO Jean Romard NDHQ; CWO Ron Arthur, FMCHQ St Hubert; CPO Ralph Kunkel, CFSRSHQ Ottawa.

# CFANS Big Winners



MGen J.R. Chisholm, DComd Aircom, presented winning CFANS team with United Way Trophy.



**United Way**

United Way has come and gone at CFANS for another year. The United Way Campaign began with a Kick-off sporting event. Twelve section teams were entered to participate in twelve physically gruelling events, designed to test each team member's dexterity to the utmost.

The rivalry between the sections was fierce as the competition drew to a close. The end result was that the

CFANS team, loaded with highly motivated staff and students, handily obliterated the other teams. Well done to those who participated!

The staff and students at CFANS were very generous when it came to donating to the United Way cause. The Navigation Squadron achieved 176.0% of its goal. Well done and thanks a lot.

# 14 Training Group HQ - Santa's Toybox and the Physical Fits

Two youthful new faces are currently gracing the 14 Trg Gp garage of late. OCdts Steve Bergin and Ken Dubie are awaiting classification training and the extra help is appreciated.

When it was determined that Steve possessed a valid drivers licence, he was assigned to the Training Control shop, where he spends his days driving bits and bytes into the computer. Steve's busy digits are most valuable right now, being the season to assemble and produce the multitude of training schedules for 1988. These are indeed the times that try men's souls.

And speaking of seasons, we are now beset with that one, the true meaning of which is hardly recognizable any more.

Those yuppie gnomes of toyland have taxed their little cash register craniums to the limit to sell us more bizarre gifts which we can profer upon each other in the name of love and Christmas. But, they may have missed a few. Here, then from the 14 Training Group toybox are a few samples:

1. A new game called "Free Trade". Includes a little plastic fence, and a little fuzzy pink duck called Howard. Players sit Howard on the fence and try to guess which way he will fall.

2. A Tammy Bakker make-up kit. The ingredients also make good grouting around the bath tub tile.

3. For war toy lovers, a Canadian doll called G.I. Josephine. Comes complete with a maternity uniform, UIC forms and a leave pass.

4. Finally, a little gadget called "Stock Market." It's a round spool attached to a length of string, which is looped around your finger. A long time ago this little toy was called a yo-yo.

The newest and most senior member of the geriatric fitness class at the Base Recreation Centre is none other than 14 Trg Gp's head schoolteacher, Major Bob Sutherland.

For the uninformed, this mature group of physical fitness devotees, all beyond 40 years of age, have surrendered their bodies to the tender mercies of one Sgt. Mark E. Desade, AKA Jim Wallace, of the base PERI staff. Three days a week he leads them

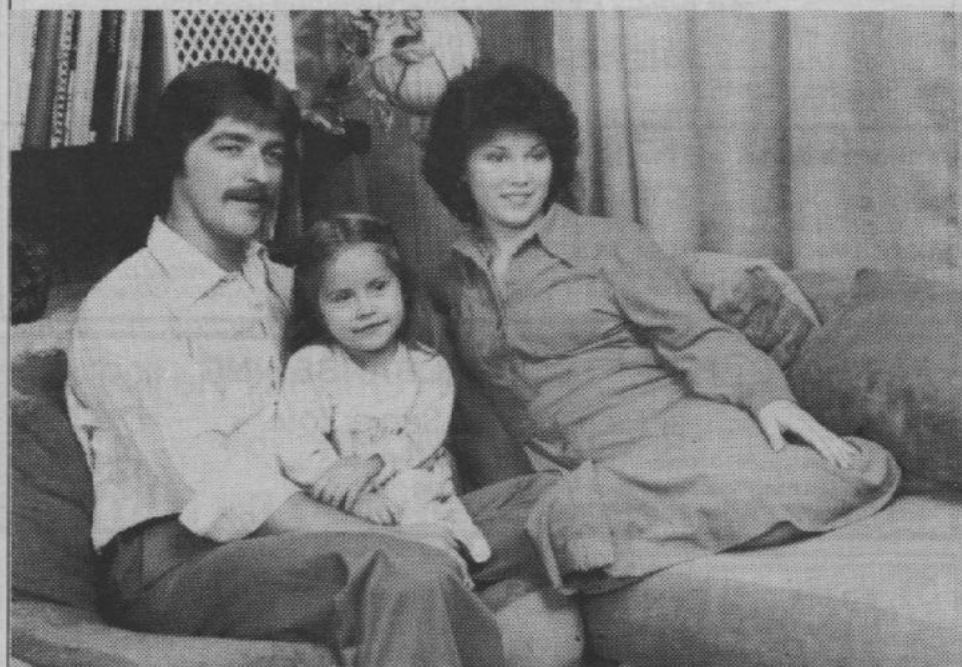
through a regimen of bending, stretching and running.

But back to the newest victim, er, devotee. Maj. Sutherland has brought to the class two remarkable attributes. First, his vocabulary. While most locker room conversation may tend to be a bit basic, our Major puts forth such bon mots as "syntactic redundancy", which apparently

means something like "uselessly useless".

Second, the sound effects created by his limbs during stretching exercises have given this erstwhile group a name. And that name is the "Rice Crispie Commandos", because you've never heard more snap, crackle and pop in your life.

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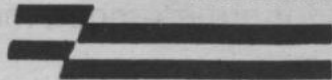
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# Communications and Electronics Branch 19th Anniversary

By WO Dave Winter

Celebrations at Air Command Headquarters on the 23rd of October marked the 19th Anniversary of the Communications and Electronics Organization. In 1968, the old Telecommunications Branch of the RCAF passed into history as did the Royal Canadian Corps of Signals and its components.

Prior to 1934, the RCAF depended on the RCCS for both operation and maintenance of Radio Communications but in that year the Headquarters of a new Signals Squadron was established in Ottawa. Members were recruited from RCAF personnel with experience in the electronics field and were supplemented with 19 new, highly educated civilians who were enrolled as AC2's. Courses began in October and the RCAF Telecommunications Branch was on its way to a long and proud future.

Eventually all electronics training in the RCAF was done at 1 Radar and Communications School and there are still a few members who can recall pounding the parade square at RCAF Station Clinton. This became home for Radio Technicians and operators, Radar Technicians, Fighter Control Operators, Teletype Technicians and operators and other associated trades. Everyone received their basic courses, some lasting up to a year, and then looked forward to returning again and again for advanced training on specific equipment. On any day an airman could find himself learning aircraft recognition, pole climbing, morse

code, radio and radar CCTS or the operating characteristics of a marvelous new device, the transistor.

With the integration of the Army, Navy and the Air Force into the Canadian Forces, an Airforce electronics school in rural Ontario became redundant and hard to support. New, modern facilities were constructed at CFB Kingston that in the following decade would house all C&E training from the new recruits to senior NCO's, Warrant Officers and Officers. In August 1971 an administrative order authorized the formation of a Communications and Electronics Branch that in fact had existed from integration. On the 10th of April 1972 the easily recognized Branch Badge was approved.

CFB Kingston, the home station and home mess of the Communications and Electronics Branch, is an outstanding example of integrated training as we move back to separate uniforms. Students destined for land, sea and air environments learn the fundamentals of their new professions side by side before advancing into specific job oriented training. They will return to their roots time and again as their career progresses mastering new skills, meeting old friends and making new ones.

The Communication and Electronics Branch is at the forefront of today's technology and an excellent example of the way co-operation and understanding in a mixed force can get the job done.



It was all smiles at Air Command Headquarters as the Communications and Electronics staff from the Winnipeg area gathered to celebrate the 19th Anniversary of the C&E Branch. Cutting the cake was Col JJM Charron, Deputy Chief of Staff Communications and Electronics with the assistance of CWO JR Fletcher, Air Command C&E CWO. Speaking at a luncheon that followed, Col Charron noted how much was accomplished working as a green Branch and emphasized the need to continue the close co-operation after we became blue and brown. Happy Birthday Jimmy!

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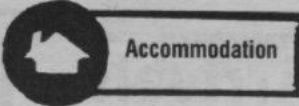
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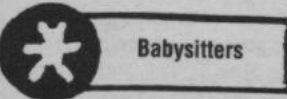
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To: The Editor — Voxair  
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