



Free

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CFB/BFC Winnipeg
 20 January, 1988

Meritorious Service Méritoire

Maj/le major Patrick O'Brien



Maj Patrick O'Brien, 3rd Battalion, The Royal Canadian Regiment, receives the Meritorious Service Cross from the Governor General, the Rt. Hon. Jeanne Sauvé. (IS97-895 by Sgt Tim Smith)

Le major Patrick O'Brien, 3 RCR, reçoit la Croix du service méritoire des mains du Gouverneur général, la Très Honorable Jeanne Sauvé. (IS 87-895 par le sergent Tim Smith)

Maj Patrick O'Brien, 3rd Battalion, *The Royal Canadian Regiment*, Winnipeg, received the Meritorious Service Cross from the Governor General, the Rt. Hon. Jeanne Sauvé, at an investiture in Rideau Hall on 25 November.

During August 1986 while employed as a company commander on UN peacekeeping duties in Nicosia, Cyprus, Maj O'Brien was involved in three potentially volatile situations when ordered to re-establish a UN presence in a disputed area of the buffer zone.

Each occurrence led to a confrontation with armed Turkish-Cypriot forces who were determined to proclaim sovereignty over the area.

Despite physical abuse and numerous threats of death at

gunpoint, Maj O'Brien, who is from Ottawa, maintained his composure and, by exercising authority with restraint, stabilized each situation, and brought the operation to a successful conclusion.

Le major Patrick O'Brien, du 3^e Bataillon du *Royal Canadian Regiment*, de Winnipeg, a reçu la Croix du service méritoire des mains du Gouverneur général du Canada, la Très Honorable Jeanne Sauvé, lors d'une cérémonie qui a eu lieu le 25 novembre dernier.

Alors qu'il était commandant d'une compagnie de la Force des Nations Unies chargée du maintien de la paix à Nicosie (Chypre) en août 1986, le major O'Brien s'est trouvé, à trois reprises, dans

une situation potentiellement dangereuse après avoir reçu l'ordre d'assurer à nouveau la présence des troupes des Nations Unies dans un secteur contesté de la zone tampon.

Dans chaque cas, il y a eu confrontation avec les forces armées cypristes-turques qui avaient la ferme intention d'établir leur suprématie dans ce secteur.

En dépit des mauvais traitements subis et de nombreuses menaces de mort de la part des militaires cypristes-turques qui brandissaient des armes à feu, le major O'Brien a réussi à stabiliser la situation. Il a ainsi contribué à trouver une solution satisfaisante à un problème qui persistait depuis longtemps.

Le major O'Brien est natif d'Ottawa.

Pte/Le soldat P.M.R. St. Denis

The Meritorious Service Cross has been awarded to Pte Peter M.R. St. Denis, 3rd Battalion, *The Royal Canadian Regiment*, who, while on peacekeeping duties in Nicosia, Cyprus, faced extreme provocation from armed Turkish-Cypriot forces on three occasions.

The incidents occurred in August, 1986, while Pte St. Denis, a native of Guelph, was a member of patrols endeavoring to re-establish a UN presence in a disputed area of the buffer zone. It led to confrontations with Turkish-Cypriot soldiers who were determined to proclaim sovereignty over the area.

Despite physical abuse and numerous threats of death, Pte St. Denis maintained his composure and in a calm, professional manner conveyed his resolve



and the intention of the UN force to exercise its right within the buffer zone.

Le soldat Peter St. Denis, du 3^e Bataillon, *The Royal Canadian Regiment*, de Winnipeg, s'est mérité la Croix du service méritoire qui lui sera présentée plus tard par le gouverneur général du Canada, la très honorable Jeanne Sauvé.

En août 1986, alors qu'il participait aux opérations de maintien de la paix à Nicosie (Chypre), le soldat St. Denis s'est trouvé, à trois reprises, dans une situation potentiellement explosive. Il fai-

sait partie d'une patrouille qui avait pour mission d'assurer à nouveau la présence des troupes des Nations Unies dans un secteur contesté de la zone tampon.

Dans chaque cas, il y a eu confrontation avec les forces armées cypristes-turques qui avaient la ferme intention d'établir leur suprématie dans ce secteur. En dépit de provocations intenses, de mauvais traitements et de nombreuses menaces de mort de la part des militaires cypristes-turques qui brandissaient des armes à feu, le soldat St. Denis a conservé son sang-froid.

De façon posée et professionnelle, il a, à plusieurs reprises, clairement indiqué qu'il n'allait pas reculer et que la Force des Nations Unies avait l'intention de faire valoir ses droits dans la zone tampon.

Le soldat St. Denis est natif de Guelph (Ont).

Le sergent/ Sgt S.M. Pengelly

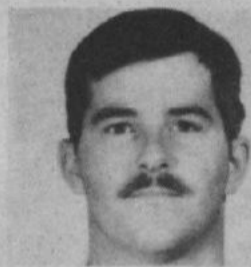
Le sergent Steven Pengelly, du 3^e Bataillon, *The Royal Canadian Regiment*, de Winnipeg, recevra la Croix du service méritoire des mains du gouverneur général du Canada, la très honorable Jeanne Sauvé.

Alors qu'il était commandant d'une section de la Force des Nations Unies chargée du maintien de la paix à Nicosie (Chypre), le sergent Pengelly s'est trouvé dans une situation potentiellement explosive le 28 août 1986.

Sa section avait reçu l'ordre d'occuper une petite chapelle servant habituellement de poste d'observation aux forces armées cypristes-turques dans un secteur contesté de la zone tampon.

Sa patrouille avait réussi à obtenir le contrôle de la chapelle sans avoir recours aux armes. Plus tard, la patrouille a dû affronter une compagnie de soldats cypristes-turcs venue avec des renforts pour tenter de déloger le sergent Pengelly, le menaçant même de tirer sur ses hommes.

Le sergent, faisant preuve d'une retenue considérable, a réussi à convaincre les jeunes soldats cypristes-turcs qu'ils se trouvaient en sécurité, mais il a résisté à toutes leurs tentatives pour le chasser. Par la suite, une fois le calme revenu, le sergent Pengelly est demeuré longtemps et sans armes dans la chapelle en témoignage de sa bonne foi. Cette



action a contribué à faire diminuer un peu plus la tension dans ce secteur.

Le sergent Pengelly est natif de Winnipeg.

* * *

For his actions while employed as a section commander in UN peacekeeping duties in Nicosia, Cyprus, Sgt Steven M. Pengelly, 3rd Battalion, *The Royal Canadian Regiment*, has been awarded the Meritorious Service Cross.

Sgt. Pengelly of Winnipeg was involved in a potentially explosive situation on 28 August, 1986 after wresting control (without recourse to weapon fire) of a small chapel normally used by armed Turkish-Cypriot forces as a sentry post.

He and his patrol were confronted by a reinforced company of Turkish-Cypriot soldiers who attempted to physically remove Sgt Pengelly from the chapel and threatened to shoot the patrol.

Exercising extreme restraint, Sgt Pengelly resisted all attempts to remove him from the chapel (in a disputed area of the buffer zone) and, after the situation was defused, remained unarmed in the chapel as a gesture of good faith.

Off to the "Canadians"! January 20-24 Victoria, B.C.



David McCulloch and Tara George placed third in the Manitoba Figure Skating Sectionals and third in the Central Divisionals Championship in London, Ontario. They are off to compete in the National Canadian Figure Skating Championship in Victoria, B.C.

David is the son of Sergeant and Mrs. D. McCulloch, stationed with 3RCR in Winnipeg. Tara's parents, Erryle and Tom reside in Barrie, Ontario.

David and Tara started skating together in May 1987 and they train in Toronto with Roy and Sue Bradshaw.

Employee Assistance Program

by K. Maureen Sheehan



EAP (Who Are We?)

The photo depicts the EAP Committees from Winnipeg, Portage, Moose Jaw, and Shilo, recently united in Shilo for a training seminar. The Teams are the Chairpersons, Regional Co-ord, and most of the Referral Agents that provide the Services required by the Employee Assistance Programs condoned jointly by Management and Union.

Thanks to the Department of National Defence and the Union of National Defence Employees

this program is a working benefit of our Department.

The EAP is represented by RAs as a neutral, non-partisan program and is seen in this light by all parties at the unit. It cannot be turned into a politicized issue if a spirit of sincere cooperation is to prevail. The neutrality of the program is paramount if we are to maintain the confidence of employees. The union of National Defence Employees (UNDE) and Department Management stand behind this program as the em-

ployee and his/her problems and welfare is their main concern. A happy employee is a productive member of the Team. The EAP Committee thanks the Union and Management of CFB Winnipeg for making the EAP a neutral, cooperative program. Thank-you.

Your EAP Committee Representatives are:

- Lt Gerry Howe-Chairperson 5738
- Maureen Sheehan-Co-Chair/RA 5941
- Dennis Jobin-RA 5168
- Austin Cooper-RA 5146
- Gloria Pearson-RA 6518
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VOXAIR VARIETY
 by JOHN LAUDER

As your culture correspondent has been out of town for the past three weeks, not much comment on what has been happening, but some on the upcoming shows. Also missing will be the this-time-of-year piece about the best and worst of 1987, as in past years almost everyone has disagreed with my choices.

Opening tonight, the 20th, at the Warehouse Theatre, is "Loot" by Joe Orton. This author is one of the new breed of British playwrights, who has several successful comedies to his credit. The Manitoba Theatre Centre is linking this cops and robbers tale with its now running "Ten Little Indians" on the Main Stage as a part of this season's "mystery festival", hoping the success of one will rub off on the others. The play runs until February 6th.

Also on this day of the 20th is the travel film "Russia" at the Centennial Concert Hall, with comment by veteran photographer-narrator Clay Francisco. There are three shows, at 2.00, 5.45 and 8.15 p.m.

To-morrow night, at the Gas Station Theatre, the play "Footprints on the Moon", will open, and run until January 31st. This is a drama by Manitoba playwright Maureen Hunter, set in a small Saskatchewan town, dealing with the problems of a single mother and her teenage daughter. More on tickets and reservations at 942-6140. Times of shows in the evening 8.00 p.m.; with matinees on Sunday, Wednesday and Thursday.

The Winnipeg Symphony Orchestra will offer Louis Lortie at the piano for the Greig Piano Concerto on the 22nd and 23rd at the Concert Hall. Also on the program are Canadian Carnival, by Ben Britten, and Legends by Sibelius. Then on Saturday and Sunday, February 6th and 7th, the pops gang, including the Winnipeg Philharmonic Choir, will give us an evening of Rodgers and Hammerstein, with all the stuff from "Sound of Music", "South Pacific", "Oklahoma", and others.

Also at the Concert Hall, the big guns line up for the Manitoba Opera Association production of "The Merry Widow". For a change, this one will be sung in English, with show nights the 30th of January, and the 2nd and 5th of February, all at 8.00 p.m. Tickets from 943-2900. Buy early, these shows do sell out.

For a change of pace, the ever popular Ice Capades will be at the Arena from the 27th to the 31st. Tickets from \$9.00 to \$12.00 but with a half-price opening night on the 27th at 7.30 p.m., and discounts for youths on most other nights, plus \$2.00 off for the final show at 6.00 p.m. on Sunday the 31st.

And if country music is your bag, then there are two shows at the Concert Hall on the 31st, times 6.30 and 9.30 p.m. These feature Mel Tillis and Roy Clark in concert, two of the big, big stars from Nashville.

To include a bit of history, last week the Royal Winnipeg Ballet proudly opened its new home, a 10.2 million dollar structure on Graham Avenue, downtown. The building has ten spacious dance studios, one of which can function for small performances with theatre lighting and seating for about 150 people, modern production, administrative, wardrobe and box office facilities, dressing rooms, and even a physiotherapy room.

The nice thing is that only less than half of the cost of this facility came out of our pockets, as the three levels of government only kicked in \$4.5 million. The rest was raised locally by a capital campaign committee, who deserve our thanks and praise.



The Base Chief Said...

Well it's over with for another year. Christmas and New Years that is. Kind of hate to see it come to an end. Not because it means time off work, but because of the season itself and the fact that it always brings out the best in people. Ann and I were fortunate this year to be able to spend this beautiful season with family and friends in Calgary, and I hope the majority of you were as fortunate. As the song goes, there's no place like home for the holidays. However, I always pause to think about those who are alone at that time of year, either because of military duties or other reasons. What about Quincy? Well Mr Quincy got fixed up pretty good this year and he deserved it. Let me tell you.

We left Winnipeg at around 1000 on the 20th of December by car with our "pet" in the back seat. At around 1900 we pulled into an un-named base to spend the night, and after quietly getting our "baby" into the room, we all settled down for a good nights sleep and the anticipation of seeing the folks the following day. At approximately 0030, our "pet" heard some movement in the barracks, and as dogs will do, he started barking. At that point I suggested that I should kill him, however, cooler heads prevailed, and we tried the modern approach used to raise children, that is, we tried reasoning with him. This lasted for about an hour. The problem is that when he was not barking, we were lying there

waiting and wondering when he would.

He barked his last at 0130 hrs, and it was at this point that I gave Ann two options, either the dog could spend the rest of the night in the car, or we get dressed and get on the road. The latter was agreed upon, and so at 0200 hrs, we found ourselves west-bound. Guess what our little darling was doing? You got it, sound asleep in the back seat. Needless to say, I was not impressed.

Have any of you ever been in Swift Current, Sask, at 0400 hrs? Not too much going on at that hour of the day. Thank God for Husky service stations.

Anyway, we got to Calgary at about 1000 hrs, 21 Dec 87. We quickly found that Quincy and "Timmy the Cat" were not going to get along very well, and if we didn't do something positive, our whole holiday would be ruined. As Mrs Boucher would not even entertain putting "Timmy the Cat" in kennels, arrangements were made to put Quincy in. After that everything went well.

While in Calgary we visited most of the Olympic sites. I'm no expert on Olympic facilities, but from my point of view, Calgary has some of the best in the world. The spirit is starting to build and I'm positive that by the 13th of February, all will be ready to go, and Calgary will do Canada proud. The bob sled run was operating, and for a sum of \$100.00 you could take a run down

from the top, in all about a two minute ride. Ann exercised some good sense, and took my credit card away from me. I was really impressed with the 90 M ski jump. I never realized what those jumpers were facing, until I stood at the top of that jump and looked down. They can have it!

The indoor speed skating oval is another super facility, and the only one of it's kind in the world. The times should be great, and the competition keen.

The great thing about all these facilities is that they will stay in Calgary, long after the Winter Olympics are over. Therefore, our athletes will have some great training facilities, which should stand us in good stead in the future.

Speaking of Quincy and his infernal barking earlier, we were walking around the base the other day when he saw a base Winnipeg sign complete with crest. Yes, he started barking at the sign and wouldn't stop until I explained the CFB Winnipeg crest to him.

I told him that the centrepiece of the crest consists of a Red River Cart wheel superimposed on a compass rose, with both the wheel and the compass centred in front of a terrestrial globe.

The famous Red River Cart originated in the Winnipeg area and takes its name from the Red River which flows through the city. The Red River Cart wheel is unique to this area of Canada. Winnipeg is known as the transportation hub or cross-roads of Canada and our crest uses the Red River Cart wheel to symbolize this position.

The compass rose has a dual purpose. Firstly, by its central position on the globe, it emphasizes CFB Winnipeg's position at the cross-roads of both east-west and north-south flight lines. Secondly, the compass rose covers the

25 Lousy Percent

Dear Quincy;

I am writing this letter to you on behalf of my Phys Ed Instructor, Sgt Mark E. DeSade, AKA Jim Wallace who runs the lunch-time aerobics classes at building 2L. Since you've become a bit of a 'seeing-eye dog', so to speak, as well as having friends in high places, he feels you can help.

The problem is one of commitment. When Mark E. formed what is now known as the 'Rice Crispie Commandoes' back in September, no fewer than 36 aspiring, perspiring people put their names on the list.

On the first day of classes, about half that number actually showed up on the gym floor. Since then the number has further dwindled to nine stalwart members, the same faces show-

ing up on Mondays, Tuesdays and Fridays.

Quincy, you don't have to be a mathematical genius, or even a Navigator, to figure out that we are down to 25 lousy percent! But we're a dedicated bunch, Quincy, and in better shape every week. Hell, we've even got our own doctor, in the person of the Command Surgeon, no less!

So how about it, ol' pal? Maybe you could put the word in the ear of a couple of gentlemen on the second floor at Base Headquarters that the RC Commandoes are looking for a few good men and women who understand the importance of fitness and commitment.

Your Pal,
The Peakin' Deacon

globe to represent the worldwide field in which CFB Winnipeg's navigation school graduates will serve. The cardinal points extend beyond the boundaries of the globe to symbolize the modern developments in communication and navigation training at CFB Winnipeg's schools.

The motto "Prospice" is derived from the Latin form of "look to the future".

Quincy can be a bit of a nit-picker at times, and he just shook his head, and wondered where I

get all my information from. I told him the majority of RCAF history for this article comes from "Customs and Traditions of the Canadian Armed Forces", a book written by Mr E.C. Russell, while the rest of my information comes from a variety of articles that I pick up from time to time.

After finishing those rather lengthy explanations, Quincy promptly did a number two. Thank goodness it's cold, as it makes scooping much easier.



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CFANS Newscorner

Welcome back with a few notes from the Nav School.

Congratulations are in order for J.P. and Ghislaine Charbonneau on the birth of their daughter Gabrielle. Let's hope you both will soon rediscover what eight hours uninterrupted sleep is.

By the time this is published we will once again have achieved our objective with the graduation of courses 8701 and 8702. A pre-grad social turned into the sporting event of the year as wrestling fans watched Richard "The Animal" Hone body slam Kevin "Krusher" Kimpinski for a three count. The Animal was so impressed with himself he then proceeded to give all his shoes a lumpy spit shine. All fun aside, the best of luck on your new postings.

After many years new lights have been installed in our hallowed halls. Once we could see, 8703 sponsored an interior decorating team to give it some life. Too bad guys, we didn't like your taste. It was fun watching you scrub it off.

Saturday night hockey has been receiving excellent support. So much so that recently the instructors challenged the students. The game was close until the end. After the instructors retired to the dressing room the

students continued to play for twenty minutes. To their credit, they managed to score five goals. Final score 14-13 students. I think a rematch is in order.

This year's Nav School Christmas Party was another unqualified success. Happily the Ops O did not dress like a security risk this time around. Congratulations and thanks to Brian Hoogkamp and his seven dwarfs for a job well done. Good work Santa! Is there any truth to the recent rumour that a well known children's TV personality is about to retire to be replaced by a member of CFANS?

The Nav Career Manager's Visit is over for another year. We have it on good authority that Lynn Paddick mentioned the words 'Sea King' at various times during the visit — her interest in the topic has been noted. Overall, our good friends from Ottawa seem to have played to the usual mixed reviews and I'm sure the details will emerge over the next couple of months.

As we begin the new year the DASH of myth and legend draws closer — if you believe Major Rogers — and with it a number of changes to the school. 1988 should prove to be a challenging and exciting year.

ARTY REUNION 88

Retired Gunners, retired "other persons" who have had the honour of serving the Guns, and serving Gunners of the current Regular Force will concentrate at the Home Station of The Royal Regiment of Canadian Artillery, Canadian Forces Base Shilo, Shilo, Manitoba, during the week-end July 1, 2 and 3, 1988.

For further information contact:

Mr. S.G. Witt,
Chairman Arty Reunion 88
General Delivery
Shilo, Manitoba R0K 2A0

Application forms and monies for participation must be received by April 1, 1988.

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For more information, contact the volunteer office at

452-3411, ext. 356 (weekdays)
8:00 a.m. - 4:30 p.m.

BOR News

Well, another OPEVAL has come and gone. As nighttime rolled around, the roads became unsafe and so "Hotel BOR" was opened up for business. Many participating OPEVAL members stayed the night. Some people had a sofa well padded with cushions to sleep on while some of

BComd's Commendation



"Base Commander Colonel Reynolds presents the Base Commander's Commendation to Mrs. Bena R. Sly. Through her prompt action in reporting a hazardous situation concerning a malfunctioning light switch, Mrs. Sly averted a possible fire in Bldg 13 CFB Winnipeg".

us were not so lucky as the floor became the next best thing. (Could it get any worse?). All in all, it was four hours of welcome sleep.

We're sad to say goodbye to two of our favorite people in HQ. Cpl Ken Skidmore is off to pursue bigger and better things in life. Ken, for your own good and the safety of us all, p-l-e-a-s-e don't take a job that requires driving a standard vehicle. Take care Ken and we wish you all the best.

Also, Nicole Faucher, BPAD-MO secretary will be leaving in Jan 88. We're sure going to miss

you when volleyball season rolls around next year. Good Luck.

Before we sign off, here is just a small reminder for those who wish to, but have not yet enrolled into the new CF Dental Care Plan, the 90 day period will be up this month. Just stop by the BOR and they will be more than happy to help you complete the paperwork.

Volleyball has been a great success for the HQ team. We're in first place and we haven't even won a single game! The finals should be interesting.

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PERI Promotion

National Safe Driving Week



Major D. Brazeau BPSVCSO congratulates Sgt Gallant R BPE&R Section on his promotion to Sgt 1 Dec 87. (Bldg 21 is really in for it now).



1st Prize

Sgt Martin, Aircom Band, is presented the keys to a new rental car for one weekend donated by Mr. Dennis Hempting of Avis Rent A Car in support of National Safe Driving Week. MCpl Rick Parent, MSE Safety, smiles on.

The week of 1-7 Dec 87 was National Safe Driving Week. To promote this event, the MSE Safety Patrol was out on a regular basis observing what we hoped would be the safe driving practices of CFB Winnipeg personnel. Those who were found to drive in a safe and defensive manner were given a silver dollar. They were also eligible for one of the prizes made available to highlight this campaign. Unfortunately,

of the dozens of vehicles observed, only ten people were given silver dollars. They were: CWO Smith, Mrs Karen Packer, Maj Ed Leask, Lt Boucher, MWO Small, Sgt Martin, Maj Henry, Pte Letiec, Capt Gignac and Cpl Peddle.

These names were then put into a draw for various prizes which were donated by the sponsors. The draw was made by Maj JGG Archambault, BTnO CFB

Winnipeg. The winners were:
 Sgt Martin — the use of a car for one weekend. Donated by Avis Rent a Car;
 MWO Small — two tickets to a Winnipeg Jets hockey game. Donated by King Transport;
 CWO Smith — two tickets to Winnipeg Jets hockey game. Donated by King Transport;
 Mrs Packer — one year membership to the Manitoba Automobile Association. Donated by King Transport;
 Maj Henry — vehicle trouble kit. Donated by Baldwinson Agencies;
 Cpl Peddle — Canex gift certificate. Donated by BXO.
 The money to purchase silver dollars was also donated by Baldwinson Agencies.
 Congratulations to all the winners and many thanks to the people who donated prizes in support of National Safe Driving Week. The MSE Safety Section is planning another safe driving blitz in the near future. Maybe you could be our next winner. THINK SAFETY, DRIVE DEFENSIVELY, BUCKLE UP. Good luck.
 Your MSE Safety Section.

Aerobic Excellence

Capt Frank R. Sauntry SO Tech 73 Comm Gp was recently presented with the third seal to his Physical Fitness Award for Aerobic Excellence. Capt Sauntry began his program in 1981 and has earned the points primarily by jogging. Capt Sauntry arrived at 73 Comm Gp (by car!) in Jul 87. His previous tour was as CGEO (Chief Ground Environment Officer) at CFS Lowther.



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BAMEO

Airman of the Month



Cpl Albert shown receiving his parking spot reservation and congratulations from the BAMEO, Maj Tudor.

Cpl Gilles Albert is in charge of the Tire Bay and Component Shop under the Aircraft Repair Organization (ARO). He is responsible for maintaining all unit aircraft wheels and spares (with sufficient spares), and ensuring that they are available when required.

Gilles has carried out extensive research in support of the many problems encountered with the Dakota brake shoe and lining assemblies. He is actively in-

involved in the supervision and training of the ARO personnel in shop procedures. He also acts as his sub-section's sports rep.

In recognition for his fine efforts towards his work, and his personable nature, Cpl Albert is honored as BAMEO Airman of the Month for December. Amongst other benefits, he will enjoy the use of Major Tudor's privileged parking spot for the month.

Certificate of Service



Corporal Don Palmer, receiving his Certificate of Service after 32 years service in the RCAF and CF.

First Hooks For Privates

Promotions



Corporal Barb Cross, on her promotion to that rank, effective 18 November 1987.

CD's



MCpl Desjardins received his CD from the Base Commander, Colonel Lorne H. Reynolds in December 1987.



Sgt Thomas received his CD1 clasp in December 1987.



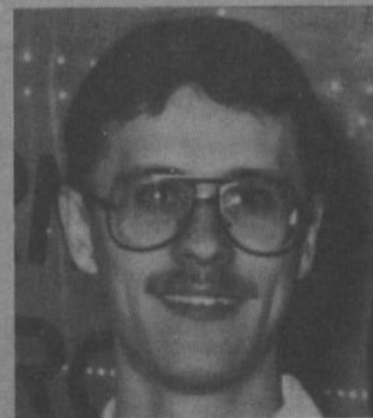
Cpl Appleton received his CD in December 1987.



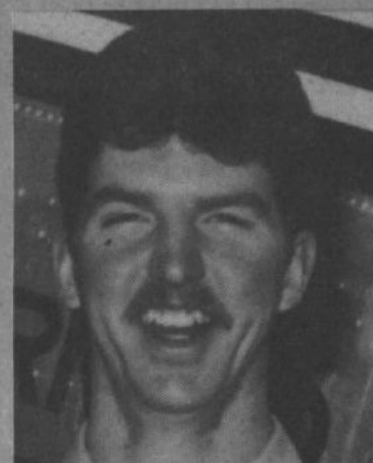
MCpl Sears received his CD1 clasp in December 1987.



Pte Boulianne



Pte Plourde



Pte Gunter



Congratulations to Cpl A. Lawrence on her accelerated promotion effective 23 Dec 87. Cpl Lawrence is an Airframe Technician in the Dakota and Hercules servicing section.

A.F.C.E.A.



At the 20 November 1987 meeting of the Winnipeg Chapter of AFCEA (Armed Forces Communication and Electronics Association) LCol (Rtd) David W. Heath presented an overview of SED, a Saskatchewan based company. LCol Heath retired from the CF in June 1987. His last tour of duty was as SSO C&E in Air Command Headquarters. LCol Eric J. Sim (on the left) Commander 73 Comm Gp and current AFCEA Chapter President is shown presenting LCol Heath with an Honor Certificate in recognition of his service to the Chapter as a Past President.

Armed Forces Communication & Electronics Assoc.

The Armed Forces Communication and Electronics Association (AFCEA) is an international organization with chapters spread throughout the free world. There are several Chapters in Canada including Halifax, Montreal, Ottawa, Kingston, Toronto, Edmonton, Vancouver and Winnipeg. The members include personnel from the Regular and Reserve forces, government civilian employees and industrial and service companies in the private sector. Membership includes the many disciplines in communica-

tion, electronic and computer technologies. For example the local Winnipeg Chapter is represented by Air Command HQ, 73 Comm Gp, 733 Comm Sqn, 731 Comm Sqn (Shilo), 735 Comm Reserve Regt, Ministry of Transport, Emergency Preparedness Canada, Manitoba Telephones, CNCP Telecommunications, Bristol Aerospace, Sinclair Radio, Unisys and others. The Winnipeg Chapter meets on the third Friday of each month except July, Aug and Dec. The meeting format includes an informal gathering,

lunch and a presentation. The presentations include out of town speakers or members of the local C and E community. Recent presentations have included The Air Force in the 21st Century, UNISYS, The RAMP Project, ADP in the Cdn Forces, Emergency Preparedness Canada Operations, North Warning System, SAR activities and Electronic Warfare. If any readers are interested they may call Maj Gene Scheidl local 5925, Maj Fred Fillion local 5485 or Capt John Clark local 6545.

73 Comm Gp HQ Course Achievements



The Commander 73 Comm Group, LCol Eric Sim presents a certificate to Mrs Debbie Spellman, OCE Operator at 73 Comm Group Headquarters. On 7 Oct 87, Mrs Spellman received four certificates for past courses. Three were from Wang Canada Education Centre for Word Processing (Feb 87), Glossary (Mar 87) and Office Systems Administrator (Apr 87). Mrs Spellman also received a Certificate of Achievement for the Military Writing Course conducted in Sep 87. Mrs Spellman began work with DND in 1977 at CFB Edmonton. She was first employed as a typist and then as a CR3. Sgt and Mrs Spellman moved to Winnipeg in 1982. Mrs Spellman was employed on the Base as a CR until Feb 1986 when she joined 73 Comm Gp as the OCE Operator.

3 RSU Presentation



On 14 Dec 87, Cpl Randy Hewitt of 3 Regular Support Unit was presented with his CD and his Flight Engineer wings by the Base Commander, Colonel Loren H. Reynolds. Congratulations on twelve years of undetected crime and good luck in your new trade!

OPEVAL — BDFS 5 Platoon



Capt Manser discusses riot control with BDFS 5 Platoon.

To ensure maximum combat readiness for OPEVAL, BDFS 5 Platoon conducted additional training. Drawing on the experience of ex-infantrymen in his platoon, Captain Steve Manser led his platoon through a variety of scenarios. Upon completion of the standard rifle training and classroom topics, the platoon, in light combat order, rehearsed riot control procedures, building bomb sweeps, and a fondly remembered tour of the gas chamber! 5 Platoon stood prepared to meet OPEVAL tasking with confidence and professionalism.

Bison Bits



Yet another year has come and gone and 429 now looks forward to the New Year. December 1987 proved to be all it was expected to be. Between Staff Navigation trips, Exercises, a Navigation Orientation trip and the standard details and trainers, we managed to fit in the annual Squadron Christmas party.

As it was last year, this year's party was a huge success. The music was great, the food excellent and the planning was superb. Many thanks go out to Capt Duane Godfrey, Sgt Bill Spellman and MCpl Dave Stubbert for an excellent job in arranging everything.

The Commanding Officer, LCol Barnes and Mrs. Barnes were again our gracious hosts for a Boxing Day visit which was enjoyed by all who attended. To bring December to a close, a snowball was arranged by Capt Duane Godfrey and we again enjoyed the warm hospitality of LCol and Mrs. Barnes once all the Squadron members had been gathered together. Special thanks go out to the Base Transportation Section for supporting our holiday endeavours and helping make our activities fun, but safe.

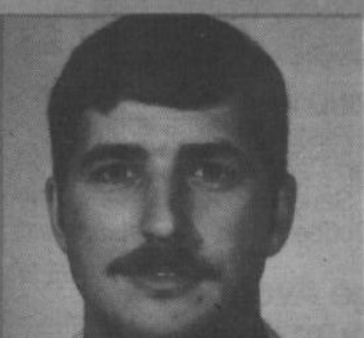
The first day of January 88 will be a red letter day in the memory of three of our members. For



Capt Bruno Ares



Capt Matt Finucan



Capt Bernard Pichette

Captains Matt Finucan, Bernard Pichette and Bruno Ares, it was the day they achieved that rank. Congratulations to all three!

January brings thoughts of warmer weather for some Squadron members as CAM 591 wings its way south for the Pacific Trainer. Suntans in January are disgusting!!!

Throughout 1988 another project will start to take form for 429. Virtually every Squadron member, in some way, will be involved in preparation for the Squadron Colours presentation in 1989. This is by no means a small task and means extra hours of work and planning are anticipated. However, we look forward with pride to that celebration as members of a Squadron with such a background of honours, awards and accomplishments.

To end on a light note, our Chief Clerk, MCpl Ann Boucher-Smith, has now adopted a time sharing plan in her job. She does her admin work in the daylight hours and her tiny, furry, four-legged mouse friends do their job during the night hours. Unfortunately, their times sometimes cross, and it's a toss-up as to who is the more surprised when they encounter each other in the morning — Ann or the mice!!!

Till next time.

CHAPLAINS CORNER

Direction for the New Year



The New Year is now upon us and with it comes the excitement and challenge of new opportunities and possibilities. The New Year divides the past from the present with a sharp line between what has been and what will be. Most importantly, it wisely compels us to reflect upon the yesterdays while moving forward to the tomorrows. As we engage in another year of busy schedules, deadlines to be met, and goals to achieve, we need to have at least some idea where we are going and how are we going to get there!

Thomas Huxley, that famous 19th century biologist and teacher had completed a series of

lectures in Dublin, Ireland and was in a great hurry to catch a train to the next city. He boarded a horse-drawn taxi, assuming the hotel doorman had given instructions, and merely said: "Hurry! I'm almost late. Drive fast!" With that, he sat back closing his eyes to rest. The horses galloped at break neck speed until Huxley looked out and realized they were going in the wrong direction. Leaning forward, the scholar shouted, "Do you know where you are going?" The driver answered without looking back, "No your honor. But I'm driving VERY FAST!!!"

Our speed of travel and importance of deeds in the New Year

might be impressive but in what direction are we going? What is the purpose behind our striving? God promised that He would send His Son to give us the direction and purpose for truly fulfilled lives. Christmas is perhaps a strategic reminder for the New Year that God is with us in every place and time; supporting and loving, forgiving and reorienting our lives.

St. Andrew's Chapel (South Side) and all Christian churches seek to provide the communion and fellowship of this Presence of God which speaks to you. You are invited to join in the worship and witness of 'Spiritual Preparations' for another year. May you have a continued Happy New Year and enjoy the gifts of this old Irish blessing:

"May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm on your face...(and)
May God hold you in the palm of his hand."

Padre Ed Wiley

Masters Swim Club



Capt Paul Arsenault

The Master's Swim Club has not officially opened yet but a member from our club participated in a Master Swim Meet at the University of Manitoba on the 5 Dec 87. Capt Paul Arsenault of I CEU came away with a first place in the 100 M Individual Medley and two second place finishes in the 50 M Crawl and 50 M Back Crawl. Well done, Paul!!

There will be future meets in the new year. If you would like more information on the Masters Swim Club contact MCpl Pearce at loc 5511.

sports update..

Ladies' Broomball

After three years absence of ladies broomball at CFB Winnipeg, the Moody Blues are on the right track to being a contender in this region. Coached by MCpl Bryan Pearce he says the team's goals are to get established in 87/88 and to up their goals in 88/89. So far the team has two wins 0 losses in the B Division league play this year.

Men's Broomball

Coached by Sgt Jim Wiseman this team has surprised the local civilian teams. At present we are in second place in the South Central Broomball League, and coming on strong. This team has a great chance of winning the Regionals, plus the civilian Provincials and representing Manitoba at the Civilian Broomball Championship in Yellowknife NWT in early April 88.

Flyers' Basketball

The Flyers have been active in the Greater Winnipeg Men's Basketball League for years. This season was supposed to be a transition year with only four players returning. The big surprise is the team has 9 wins 1 loss, and the only loss was a 81-80 set back.

The Flyers play in Division 7 and will be playing in the Provincial C Championships. The Region best beware — they are looking for gold.

Flyers' Volleyball

This team is perennially strong in the Winnipeg Senior Men's Volleyball League Tier III and in local tournaments. This year is no exception and the team, coached by Capt Caz Oreziak has a good chance of winning again. They have a good repeating cast and good bench strength. This is probably the best team that CFB Winnipeg has produced having won two CF Nationals and finishing second in the last three CF Nationals.

Ladies' Volleyball

The Servicewomen's Volleyball team has been active in the Winnipeg Senior Women's Volleyball League Tier III for several years. The team is very competitive and uses the league play as a stepping stone for CF Regional and National play. The team also participates in several local tournaments and in the Tier III Provincials.

This year sees a full compliment of twelve girls with six girls returning from last year. Coach MCpl Jim Weatherby is very pleased with the camaraderie, fitness level and skills which are all meshing to make this one of the best teams we have had in years.

Flyers' Hockey

The hockey Flyers, coached by Sgt McKechnie play in the Labatt's No Hit Hockey league. The team is preparing for the upcoming regionals in Moose Jaw in early February. The team has had a few problems icing the same team but with a full squad at the regionals it could be another surprise.

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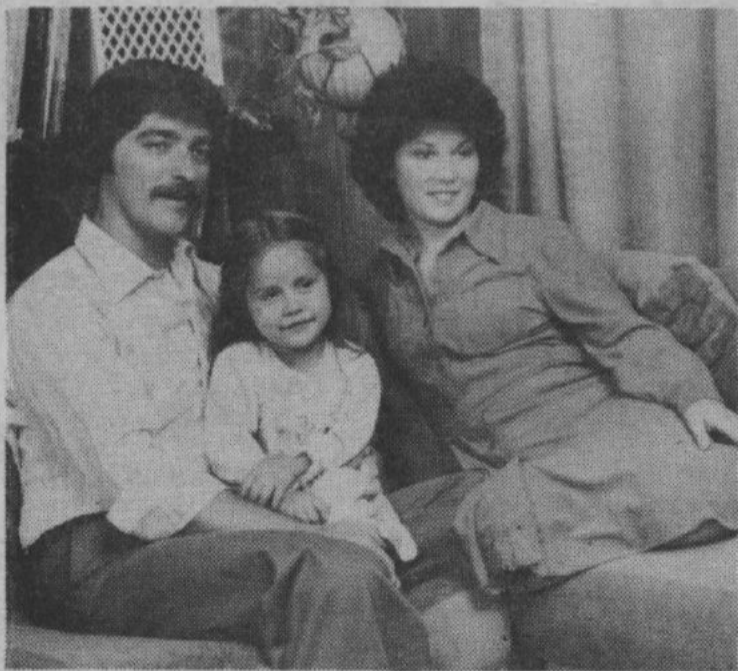
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Even though it's winter and the temperatures have plummeted, you don't have to give up running outdoors. With common sense, a proper warm-up and a few extra items of clothing, jogging in the cooler Manitoba winter season can be most exhilarating!

Here's what to wear:

- Toque — You lose up to 15 per cent of your body heat from your head — wool is best — it stays the driest.
- Gloves/mitts — mitts are warmer — wool stays warmest.
- Long underwear/tights (100% cotton).
- Sweatsuit.
- Nylon shell/windbreaker suit.
- Running shoes with one pair of wool socks. Don't wear more than one pair of socks because blisters and cold feet may occur from multiple layers of socks. Experts advise that you loosen your shoelaces for better blood circulation.
- *Layering items of clothing is the most efficient way to stay warm in winter. Newer

materials — polypropylene or capilene — are the best undergarments because they actually 'wick' sweat away from the body while keeping it warm. Wool works but can be itchy around the neck. Good second layers are cotton while wind and water resistant nylon is best for outerwear because it absorbs water or snow.

Don't forget to warmup

A cold muscle is more susceptible to injuries because it is not as mechanically efficient as a warm muscle. Do both your warm up and stretch indoors. Use the stretch and hold method — stretch — don't bounce — and hold the stretch for a count of six. Be sure and stretch all the body's muscle groups. Aim for at least one minute of stretching for every three minutes you'll exercise.

Last of all, use your common sense. Be aware of the wind chill factor as well as the temperature when you exercise outdoors.

Happy jogging!

Goldeyes Scuba Club

The CFB Winnipeg Goldeyes Scuba Club operates out of the Westwin Gym pool area on Tuesday and Thursday evenings. Regular and Ordinary/Associate membership is \$40.00 and \$50.00 a year respectively. The main club activities during the winter months are SCUBA courses for Novices and swimming for conditioning for divers. It is currently planned to have Sunday morning family swimming for members if sufficient interest is shown.

The club has a good range of scuba equipment, a zodiac and an outboard motor for rent at

reasonable rates to club members. Additionally, the club has its own stationary air compressor.

During the November through April time frame the club runs courses in SCUBA diving. A new course will be starting early in the new year. The club has three fully certified instructors and courses are run in accordance with ACUC standards.

For further information contact:

MWO Barry Abram 895-5964
MWO Nick Bryant 895-5998
Cpl Dan Daigle 895-5316

BAMEO Annual Fun Spiel

The BAMEO Section has been busy again, this time the Annual Curling Fun Spiel Trophy was on the line and up for grabs.

At 0730, the walk from the FOB parking lot to the Curling Club was cool and dark, but once inside, the bright lights, smiling faces and a cup of hot coffee kicked-started the bod into gear. At 0800 hrs, the BAMEO, Major Tudor

threw the opening rock and the games were on.

A total of 12 teams vied for top honors throughout the morning and part of the afternoon. After the smoke had cleared eventual victors were declared. 1st place by a scant 2 points went to "Double raise and take out" Doug Tudor, "Draw weight in my back pocket" Sue Trevena, "Hit and Roll" Mark Lariviere, and

"Lucky" Don Frederick. Runner up went to Pte Lowe, Cpl Wisted, Cpl Stewart and MCpl Taylor. Hidden score went to Sgt MacDonald, MCpl Coates, Cpl Crocker and Rose Dong. Sportsperson award was won by MWO Downey, Cpl Michaud and Cpl Roy.

A tremendous success, free of injuries, but not of bruises, we all anxiously await next year's BAMEO Briar.



The Winners

(L-R) Cpl Trevena, Sgt Federick, Major Tudor, Cpl Lariviere

Intersection Squash

Team play finished with ACHQ winning by 1 point over 429 Sqn and BAMEO 3. This turned out to be a very competitive league with congratulations to the winners and special kudos to BAMEO, who had 3 teams in the 7 team league.

The new year will see individual competition with ladders and divisions for men and women. Details will have been discussed as this is being printed. The prime movers, LCol Al Erickson and Lt

Horm Irani, hope to get more people involved and are doing an excellent job.

If you would like to participate regardless of your level, in ladders, clinics or tournaments please contact MCpl Jim Weatherby in Bldg 90 or call 5511.

Old Timers Hockey

The Geriatric Jets of CFB Winnipeg play in the Sam Tascona Old Timer's league. The Jets are very competitive in this very tough league which features ex-pros. The young guys have been in this league for years, and this year's version is a good one. Rumour has it Cold Lake hosted the Regionals during OP EVAL because they heard about our team. Look out next year because these guys are getting younger.

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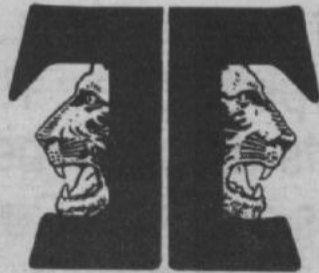
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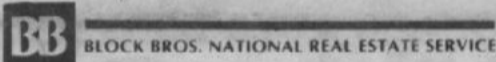
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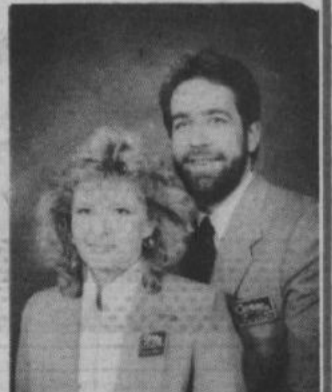
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